Steps to Minimize Toxic Exposure at Home Transcript

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Introduction to Toxic Aging

And the number one toxin that's probably aging you on your skin is mold. Mold destroys your keratin and elastin in your skin and ages you rapidly on your skin.

And 70% of you watching this have toxic levels of mold in your home. So this is a big toxin. 70%, 70%. Wow. Yeah, I mean, they say 50% of homes, 40% of homes have mold, but it's, if you looked at the healthy levels, it's 70% or more of homes because mold's everywhere with building, with how we build today.

This is Dr. Talks, real talk from real doctors on the issues that matter to you most. Welcome to the Longevity Leaders podcast. I'm Dr. Isaac Jones, and this episode is part of our exclusive series recorded at the Exponential Longevity Summit, a global gathering of cutting edge health experts exploring the edge of human performance, health span, and longevity.

Let's get into it. Welcome, I'm excited to be interviewing non-toxic dad, Warren Phillips. He is an incredible prolific researcher into environmental toxins.

He's had his own story that has impacted his health and the people around him. And what's incredible is that he's gone from pain to purpose, really understanding the challenges that he was dealing with was related to environmental toxins.

And now he's trying to get this, or he is not trying. He's got hundreds and hundreds of thousands of people that follow him on social media. And he'll have millions in the future, you know, to, to, to really bring awareness to this whole topic of gerontogens, which are toxins and environmental toxins that drive aging within the body.

It's a whole conversation of study. Warren, I'm so excited that you're here. Thank you so much for, for being here today.

Environmental Toxins and Longevity

It's going to be an easy interview because you're easy to smile at and connect with and you already told me I was good looking so that we have instant rapport, you know, and we are going to transform some lives here today.

This toxicity message, as big as it's getting, it's not getting the fanfare that it should, specifically in longevity medicine and anti-aging. We do all these different outside in approaches from red light therapy to stem cell, you know, therapy, you know, longevity botox is wrapped into that bow somehow to even though it's a toxin, it's a nasty toxin.

And there's some research showing that's probably not in your best interest long term. There's some really exciting well, For me, it's exciting, but let alone the social toxin of not being able to express your emotions and feelings and the aging process, which is beautiful.

The further we get away from nature, guys, the faster you're gonna age. End of story. We could drop the mic right there. The further away you get from God and nature, the faster you're gonna age.

And we can give you lots of examples of how that's happening in our body and how it's aging you rapidly. And I'll pass it back to you, Isaac, or else I'll just roll.

No, no, no, I love it. It's absolutely. And I think that there's been a lot of really great presentations in the summit on really the foundational underlying reasons why we age and some of the foundational things that like security and relationships and connectivity and and nature and forest bathing.

And, you know, it's just incredible, you know, after some of the interviews, they'll, they'll talk about all these incredible longevity strategies and solutions.

And they'll be like, Hey, by the way, nothing produces more serotonin and dopamine than a hug, or nothing produces more longevity solutions than you walking out into the forest and being in the forest on a regular basis and listening to birds and being out in the natural sunlight, et cetera.

So no, I love that. You know, Robert F Kennedy jr did this video recently on how many toxins have been passed by the FDA and the USDA that are not are banned in Europe.

They're banned and they're banned in all these different countries. But there, there's such incredible amounts of money to be made by these toxins getting out into the American public that, and, and because of the vested interest of these government agencies, like they just get out there.

And unfortunately, you know, the, the countries that have banned them and banned them for a reason, because it causes cancer, they're carcinogenic, they're gerontogens, which are, you know, toxins that cause you to age rapidly.

So. What I'd love for you to share is just like, what do you see right now as a big problem? And what are some of the top gerontogens, these, these age inducing chemicals and toxins that are, are more constantly being exposed to?

And I'd love to hear a little bit about Botox and fillers. If you, if you have any insights, dirty insights into that, I think that'd be good as well.

I probably should avoid that topic because it's too political. It's like talking about some some of these other toxins like atrazine and how it's you know possibly feminizing our children or or dysregulating our children's hormones and it's in our water.

So these are really scary topics and they're they are driven you're right by big ag you know by these special interests and they And then they have marketers out there.

They even have influencers that are counter influencing me saying, oh, you can handle it. You'd have to drink, you know, to 24 packs of Coke, 50 Cokes to get any carcinogenic effects.

from this fake sugar. But the reality is we're having not one toxin, but thousands of toxins. We're not talking about the lethal dose or the carcinogenic dose.

We're talking about the bioaccumulative effect. We're talking about the synergistic effect of all these toxins. And let's be clear, with the amount of toxins today, there's no way your body can handle them all.

There's no way you have to eliminate these sources as best you can, you have to detoxify your body, you have to get out in nature, you have to sweat sweat shows in the research to release toxins, toxins.

And even if you're out in the sun, it's like an infrared sauna, it's free, but it also increases in your bloodstream. So it's going to pass you if grounding people call that woo woo it's not it's like an IV of antioxidants to your body you're discharging these electrical fields onto the ground right and plus it's the antioxidant effect 15 minutes just once a day will cause a massive increase even medical doctors um over in europe i heard a story because i do a lot of interviews and the medical doctor this individual had diabetes And the medical doctor over there, it was a transient doctor.

It was because their dad had a stroke on the plane and they landed. I think this was Dr. Randy John shared this on my podcast.

Nature, Relationships, and Health

And his dad had a stroke. They landed somewhere in South America or South Africa. But regardless, it was on an island. And the doctor that came said, your dad has diabetes.

and they wasn't even being treated for it. And one of the solutions is you got to get your dad outside grounding, and that will really help your diabetes.

So these things in America that we think are woo-woo are Eastern medicine truth, which has more anecdotal evidence, more timeline for healing than all the things we're doing here with all of our great medicine.

We're not going to outlive our grandparents. where our children are getting sicker at younger ages, their minds, they're losing their minds, they're losing their bodies, they're losing control.

And this is what we're faced with. This is why we got to really think about stop believing the lie. Now, the unfortunate part is you that watching this probably already believe what I'm saying.

So be inspired to speak up. Don't be mean. Don't tell them that you're an idiot for not eating grass fed grass finished mate from a regenerative farm.

Don't cross the vision, but slightly low. Be as gentle as a dove when you share this information. But it's true. Don't lose your fire. Don't lose hope.

Surround yourself with a natural environment that's going to uplevel your healing. Surround yourself with people that are amazing, that think like you, they're going to challenge you so that you adapt and become better and you're going to become stronger.

So the fastest way you can help this world is not by complaining about it, it's by putting yourself in a more non-toxic social environment, a more non-toxic living environment, a more non-toxic consumption environment so that you elevate and people will see you shining like a light on a hill and they're gonna ask them, how are you so healthy?

Why are you ripped and shredded without TRT, without outside interventions that we're using in longevity medicine? I just got my testosterone. I'm 50 years old.

It was 800 a year ago. I'm at 450 now with no TRT and with no, not some of the biohacks I was doing before like red lighting my stuff and doing DHEA and some other hacks, but I'm And I'm probably one of the most toxic guys on the planet or used to be.

Right. And I'm still able to restore my testosterone naturally, which is anti-aging because I removed the very endocrine disruptors like atrazine, like phthalates, like bisphenol and BPA.

these life robbing environmental endocrine disrupting toxins that are removing the hormones that we're now using as creams and injections and creating all this fanfare and people flexing and making teenagers who have low testosterone by the way.

It's like a 30% reduction over the last 30 years. It's a massive drop where some of them are actually getting on TRT by their doctors. because it's so low because an infertility is dropping off we're wearing plastic underwear the research shows that it's 100 a contraceptive to your body this old research that i read from the 90s right and the materials are made of plastic there's energy there that disrupt the this cell-to-cell communication that is one of the reasons it causes lower sperm count.

And it's actually in this study as a potential method of action because it's synthetic. There is frequency around wool. There's frequency around linen that's similar to your body, either at higher or equal frequency.

Cotton, 1,800 megahertz. 800, I don't know the exact number. I think it's 800 megahertz or whatever the measure of energy is and a plastic shirt that you're wearing right now is dead.

It's dead frequency and your body is frequency. If you don't think you're made of love and light, then you're completely missing the point of what's going on in this world.

And we have these anti-nature, these toxic invaders coming and robbing our energy, our vitality and our longevity. If we continue in this, our children are gonna get sicker and sicker.

We're gonna have less and less children. We're not gonna have to worry about what Bill Gates is saying because it's already happening. Like people that complain that Bill Gates is trying to kill everybody off and all that stuff.

Who cares what Bill's doing? It's a fact, it's here. If you're a medical doctor, nurse practitioner, chiropractor, or other health expert that's stuck in a broken system, there's a better way.

The Freedom Webinar shows you a proven five-step system to build a seven-figure virtual health practice or how to modernize your current brick and mortar practice without the burnout.

Learn to create high ticket programs, automated income, residual revenue, and attract clients ready to work with you. Book your million dollar strategy session today by clicking the link in the description.

This is, I mean, it is, it is crazy.

Endocrine Disruptors and Hormone Decline

50% of kids have chronic diseases and 40% of teenagers have mental illness, you know, are depressed and have anxiety or something along those lines. Uh, you've got, you've got insane amounts of people that have chronic diseases as adults that, that, you know, it was unheard of to have people with diabetes back in like the, the, the forties, fifties and sixties.

And now it's like, of course everyone's got diabetes or a lot of people do. So. And what is it like one, one third of, of children have pre-diabetes or diabetes.

Like it's just, it is crazy. So, you know, there, there needs to be a shift in a change and, and, and what you shared with like, for instance, atrazine it's in 65% of all drinking water.

Right. And it at the level that at higher levels and what the EPA is recommending is safe and at lower levels, you know, Tufts University has done studies showing that it actually changes the sex At 10 at 10% of the frogs that were exposed to it in water, it actually causes gender bending to take place.

And then in 50% of all the frogs, these African bullfrogs, it caused, you know, infertility, which is crazy. So the next question is, Hey, we should test this in humans.

Well, no, we're not testing these in humans. we're just continuing to like spray it all over the country and it gets into the water system. 65% of Americans are being exposed to it.

And you know, it's, it is, it's a, it's a sad state of affairs. And that's just one of the many toxins that are feminizing men and causing hormone dysregulation in women.

And so, you know, I love, I love your, your, your thoughts around all of this, that the things that like what hit home to me or in respect to what you just shared is that You know, you've got, I'm looking at this as a cotton hat, right?

This is definitely a cotton hat, but you've got this four seasons hat and it's, it's all plastic. Like it's, it's like, it's, it's, it's not linen or anything like that.

It's all flex where, and you know, there's plastic. Yeah. It's two different energies. And you're saying that one is like an actual, like. can like, it prevents conception and fertility and, and, and one, you know, doesn't because of the energy of the actual material.

Yeah. And they did that. They did the study on dogs and on men and the cotton material, the wool material did not, right. Cause it was a hundred percent of the males that were the, the polyester sleeve kind of like a jockstrap.

and it caused lower sperm counts and stopped conception, right? And then they did it on dogs, same study, male and female. This is all like the plastic ware, right?

Yeah. Like Lululemon, Viori, all that. Yeah. Well, this was underwear, but same, same, same material, polyester. Yeah. Polyester sling, polyester underwears on underwear on dogs and on female dogs and the female dogs also.

It's crazy. So these talk about, you know, going in the wrong direction. I think longevity, is super important. I want to talk about how this happens at the cellular level.

We, you know, we can get into telomere length and all that, but there's some major mechanisms that I want to discuss. I mean, let alone the fact that it's hormone dysregulating and our hormones in the longevity world, we're doing these bioidentical hormones, but why do we need this in the first place?

We're not in nature. We're filling our bodies full of toxins. We're wearing plastic clothes and going to the gym and you know breathing mold because there's no regulations on mold inside of buildings where there needs to be there's no regular we're regulating the wrong things we're regulating to make money not to make people healthy so let me say that again we our regulations aren't for making you healthy they're for making people money the hospitals the drugs the vaccine schedules whether you believe in or not it's there for cash flow and cash flow and you know and that's it you know that's the main driver if you think any different it makes no sense because the data doesn't the the data isn't there these are these are diseases that are one in a billion or one in multi-million and it's not going to take out america and what's taking out america is is happening right now like We're getting sicker and sicker with all this greater medicine and more surgeries that's driving this economic engine.

And at some point it needs to stop. So let's talk about toxins. That's what we're here to talk about. We're not talking about the root cause. I think we got you all excited and fired up that this is real.

And so what are gerontogens? These are things that cause rapid aging. This is a longevity event. And if you want to anti-age quickly, remove these toxins from your life.

And I'll just say on that you're such a good point because everyone's talking about take this supplement, do this thing, get this technology done. If you don't listen to this episode, you're not going to actually get rid of the root cause of why people age rapidly.

Would you agree, Warren? I want a thousand percent. And a matter of fact, a lot of these cherries on top for your longevity, and I do them, right? Because I push hard and I don't use them enough, but I use my sauna, right?

Because I can't go outside and sweat. You could go outside and sweat. It's free. but I have a deviated septum in my nose and I don't breathe well so I'm using an oxygen chamber as you know well it's a hyperbaric chamber right and with a little bit of extra oxygen you don't even need that if you learn how to breathe right you can go outside and do breath work you can do Wim Hof you can do there's lots of different greats and you could oxygenate your body that way you can cause hormesis by shocking your body, which is kind of like how hyperbaric works by jumping in a cold plunge or taking a cold shower.

So you don't even need these fancy biohacks because you can do a lot of these things for free, right? You can go outside and ground and do it for free.

Cellular Toxicity and Senescence

You can change your diet. Taco Bell and McDonald's, if you're still eating that stuff, you can make the same stuff at home for the same amount, right?

And for the, even if you are spending your money at say Chipotle, which is a which is health washing, by the way,

because it's not organic. But you can make five times the amount of food with for the same price at 12 bucks at the non-organic organic way.

So there's really there's foundational changes you need to do. And so you have to live your life around the fact that we have we've evolved or have been created to be in a divine synergy and symphony with nature.

And the further you're getting away from that and making choices that are away from that, the more there's going to be a consequence, right? Now, I get it.

If I'm 95 and I'm not able to function and I might take TRT, which is going to decrease my life expectancy a little bit, but not much at that point, that's still an outside intervention.

But to do it as a teenager, The consequences is infertility, right? The consequences to your lifespan is gonna be great because it's happening over a long period of time and it's really hard to get off.

That's an outside in approach to longevity. You teach this kid about resistive exercise and burst training and things he can handle to spike his growth hormone 500% in testosterone because they can handle it because their mitochondria are still healthy.

Well, let's hope so. We can talk about one of the causes of of aging is cellular toxicity disrupting mitochondria and mitochondrial energy these toxins disrupt enzymes that your mitochondria these what some call them like these ancient bacteria but they're bacteria like engines inside of our bodies that produce this massive amount of energy that run our detoxification, that run our hormone production, that run our brain function, that are the very centers of all energy and light being produced in our body.

And we can feed it with sunshine, we can feed it with food, but when we're feeding it with toxins, it's a Trojan horse going into the cell and wreaking havoc and destroying that cell.

And once it's in there, it's like Troy, the movie Troy, it's like once it gets in there, these spread inside and shut down the very fabric of who we are in humanity and kill us.

And that's, I hate to say that word, but they are like in the movie, they're destroying the cell, driving, this is how you age, is when these toxins get in into the cell, when they're disrupting your cell, it's like, okay, fortress is down, the Trojan got in, we have to shut down this city and produce a new city.

And it's driving what's called cellular senescence. And your cells can only destroy the city so many times before you have a bunch of broken down cities that can't rejuvenate.

These are dead, useless cells in your body. And that's when you get so many of them, you die. It drives that aging process and toxins drive aging that way by driving cellular senescence, forcing your body to kill off the cell because it can't function.

It's going to lead to cancer and it's dysfunctional. It's not adding value. Your body's smart. It's adapting. You put it in a bad environment. You put it in a home with brand new carpets.

with brand building materials that you shouldn't have, with couches you shouldn't have, with paint you shouldn't have. And it's just aging you slowly inside of the very walls that are meant to protect you and your family.

And they're driving an aging process at the cellular level that you can't see creating cells at. senescent cells at a rapid rate to the point where your body's aging cells go up, worthless cells in your body that can't produce mitochondria, that can't drive hormonal processes through ATP, that can't drive detoxification for your body, that are sitting there, that are worthless and useless cells.

That's true aging at the cellular level. Wow. Yeah, that's incredible. And honestly, like, this is at the core of why people are dealing with, I believe, rapid aging, right?

You can get Botox and it's just like, if you're already toxic, yeah, it'll cause your skin not to wrinkle anymore in certain areas. But, you know, it does cause muscular atrophy and, you know, botulism, toxin, or whatever it's called, which is- That's right.

Botulism, toxin A, I think. Yeah, it does. It is a toxin. It stops the nerves from working, blocks the nerves. It's a poison. If you get it in canning, that's the same toxin.

Remember to say, be careful with canning. You could die. That's a botulism toxin, and if you eat the food, it'll kill you. It's in a small amount. They're injecting it.

there's all kinds of consequences to that. And a lot of them are saying that it is building up in your body, that it is linked to certain diseases now.

So it's not a get out of jail free card by any means. Yeah. And you know, with the bucket analogy of toxin overload, it's like everyone has different size genetic buckets that they can have certain tolerances for the amount of toxin that they get exposed to.

So, you know, maybe the Botox isn't that big of a deal for some people that have a larger genetic, you know, genetic capability to handle toxins. But a lot of people, our buckets are getting smaller and smaller and smaller.

And so we want to look at anything and everything that's going to mitigate you know, the, the overflow of that bucket. So just out of curiosity, as a, as like a quick question, what are your favorite clothing brands?

What are your favorite, like home brands of things like, you know, there, there are a lot of toxic, you know, Hey, you go to Ikea. Ikea is like, you know, essentially Chinese furniture that has a ton of petrochemicals in it and volatile organic compounds, but you know, flame retardants, et cetera.

But what, what are your, what are your, your, your, your, your top picks right now for what you would want to put on your body, you know, as far as like oils or face creams, what kind of clothes you put on your body and what, what do you like?

I've been to your house. Warren's house is the most non-toxic. clean home in the world. Like the air is pure. The couches he orders from people that build it from scratch.

And I mean, it's just an incredible home. I tell people that your house is like Iron Man's house. It's like, you know, all glass on the top of a hill, looking over the city and probably the best location in Salt Lake city.

But, you know, what, what, what, what would you say? What would you say to that? Like what could we practically do to address the clothing we're wearing, the underwear, et cetera.

Yeah, there's a lot of great brands out there. And I'll mention some that I'll tell people how I got here. I was so sick that I when I was sick, I just didn't have carpet.

I just didn't have a couch. Right.

Botox, Clothing, and Everyday Exposures

And then when I got a couch before I even moved out here, even when I moved out here, I had all used furniture from friends that that I knew didn't have mold in their house, you know, but just furniture that's off gassed.

because I couldn't afford all the things like the custom furniture or the more expensive. Here's a great brand is called Medley. I'll give a shout out to them.

They make really great non-toxic furniture at a relatively decent rate. You can also get furniture from overseas from Italy because they have much more stringent regulations, right?

You can get linen covers and the foam that they use doesn't you know, aren't off gassing because they're using, you know, feathers and things like that.

So there's there's ways around this, but it takes time, right? It's not this quick fix. So if you can't have delayed gratification, you're never going to get ahead, right?

You can't put this stuff on a credit card. You have to get it used at first. Yeah, I, you know, I It took me 20 years, but I lived essentially below the poverty level for for quite some years when I was sick and lived like that and made choices so that I could reinvest back into my passions, back into my businesses, back into individuals, so I could go to seminars.

So I'd have this stuff didn't exist. So I had to travel around the world going to specialists and getting IVs and going one hundred thousand dollars in debt to get my health, because your health is your greatest currency.

Right. It's when I look at my life and I look at my My greatest weakness still to this day is my health. After attaining a lot of great health, even me, even you, Isaac, right?

It's like you get fatigued and brain fogged. You're not as good as a parent. You're not as good to your staff and teams. You can't communicate on a webinar like this and bring more love and connection to the people on the other side, to the tone in our voice and the expressions on our face.

These are critical and health robs that. Botox robs that too, by the way. I keep throwing Botox under the bus. Some really good brands out there that are global would be like packed.

They make a lot of organic clothing and they're scaling up. There's NADS makes really good organic cotton underwear. They've actually reached out to me.

I have a bunch of brands reaching out to me. I have so many, I wish I had the list for my team. Cause there is a lot of good clothing brands out there, but there's even, shoot, like the shirt that I'm wearing right now, even though it's a little bit of a rough looking logo, but what does this say?

What does this, this is a big brand. It's a little dark. Let's see. Bring it in closer. I'm getting there. Can I take my shirt off? Do that again. It looks like something saints.

Oh, yeah. Saint. Is it Saints? All Saints. All Saints. All Saints has organic t-shirts, right? OK, so there's NADS. There's PACT also makes underwear.

There's booty that makes really good. And they use a type of bamboo that isn't toxic. It's organic and it's lyocell, right? The processing of it, because regular bamboo like some of these companies, as they scaled up and got bought out by investment groups, stop using the more expensive mass-produced lyocell and they use a different bamboo or non-organic toxic bamboo process that you don't want to have, right?

It's just like toilet paper. Toilet paper is another massive toxin. They show that microplastics from recycled, specifically recycled, because when you recycle paper, it also has plastic in it.

So it gets incorporated into the the toilet paper and you wipe it onto those tissues and both in women and men and throw in these micro plastic particles, which I think is the, it's good.

It's also causing massive aging, right? At the cell level inflammation, which drives hormone dysregulation, which drives aging and longevity. So toxins, if we get into toxins, it really is a, a, a crazy insanity process because they shut down mitochondrial energy, right?

You need mitochondria to drive glutathione, the detox, but then you're driving glutathione so much because of so much toxins, you have oxidized glutathione, which is oxidative to your body and you need energy to reduce it back across through metabolic processes.

So it takes energy. So toxins rob the very energy that your body needs to detox. It's a mitochondrial disease. It's a metabolic disease, driving metabolic disease.

So Medley is a good brand. I'm trying to think All Saints, Booty, those are some of the big ones. That's great. No, it's awesome. I love it. That's really, really awesome.

I just want to give practical strategies for them to be able to integrate as well. So so here's the thing, though. So we're going to let's go practically before we go there.

And I do want to give a piece for the premature aging on gerontogen. Just one more, like a major one that's in 70 percent of homes. And we'll go there in a second.

But if you can if you if you can't afford organic, just get cotton, make sure you wash it three to four times in like baking soda and soap in your in your.

Don't wash any of your stuff in regular detergent. You can just use vinegar if you want, but use baking soda. You can even get washing soda. I have videos where I make this stuff at home.

There's companies that are now selling homemade powders, because they send them to me. I can't remember the name. That's a new company. But you can make this stuff at home with baking soda, washing soda, and you can drop in some lemon essential oil to make it smell.

You can do all this non-toxic living, but if you get just regular cotton, Of course, it's still sprayed with pesticides. It's one of the most heavily sprayed crops on the planet.

So you can you can get used right stuff as well. Go to stuff that's been washed. You're going to have very little. So you can still get nice quality stuff and just get it used.

Or when you get it, wash it with baking soda. Baking soda is great to wash things if if it has if it's gotten a mold exposure to. That's a great tip. Baking soda and borax as well, because it creates a real alkaline environment and will kill mold.

Wow. You just wash these things a few times. Never wear brand new clothes. They spray it with chemicals because of pesticides and bugs and such when it's coming overseas.

So they definitely spray the clothing because that's a commodity coming across and that's value. And if something happens like worms and stuff can get into this stuff.

So they spray this stuff with pesticides as well.

Practical Non-Toxic Living Tips

so make sure you wash your clothes get used clothes if you can't afford it organic brands and not all organics organic when it comes to organic clothing i'm not gonna i'm not gonna lie to you there but organic clothing is better than non-organic and then there's new companies that are actually getting like it's almost like regenerative cotton and organic and the special dyes that aren't toxic and are natural so there's a movement happening because of individuals like you there's so many organic clothing lines right and i talk about them on my social media but it's out there now there's there's organic shoes i mean again get back to nature right just all leather shoes where your toes aren't getting smashed and over top and you know wearing which shoes are those you know there's There's lots of different brands of shoes, but you'd, I mean, you're essentially wearing like Native American moccasins if you want to ground to the earth.

And you know, that gets a little bit unpractical, but there's a lot of shoe brands that at least have wide toe box. They're made of all leather. And then there's some funkier brands.

I actually have a list and I can drop it in this podcast that'd be in this summit. And I can drop a list. I'll send it over to you of the top shoes from best all the way down that we've collected.

Wow. That'd be amazing. No, that'll be a great value. We don't have to talk about it here. So I can just drop it. I can drop clothing lines. I'll make sure I put that all together for the listeners.

That is so cool. Yeah. I love it. No, this is, this is such an incredible topic in closing. Warren, what would you say for gerontogens? How do we address these toxins?

Obviously we talked about, you know, changing our clothing. We talked about, you know, mitigating the toxins in your environment. But, but like, is there a way to actually get them out of your body?

How did you go from 400 to 800 in your testosterone in a year? You know, like it sounds like you, all you did was just detox and then eight and then 800 back down to 450, but yeah, I'm doing some of those things, but it's, it's interesting when I was sick, I had very low testosterone and I didn't do anything, but.

Maybe a little DHEA cream, but it was just detoxification, becoming more hormone sensitive, becoming more insulin sensitive, getting my metabolism, my metabolic cancer is a metabolic disease.

So you can look that up and more and more doctors are talking about that. So the more you can get your metabolism, your mitochondrial function, reducing inflammation in your body, you become more hormone sensitive.

So you can have testosterone, but your body needs to hear it. We're testosterone resistant. You can have high… free tea, but your body's not hearing it.

You can have high thyroid hormone, which TSH doesn't do it for you, right? Cause that's produced, I believe in the pituitary or hypothalamus, which one is that?

Hypothalamus. But then you have the, That doesn't mean anything. It doesn't mean it's being converted into reverse T3 or whatever your, what your body needs to tell your body to produce energy.

And it controls a lot of other hormones and even anti-aging hormones. So what I did would just optimize my hormones by removing the things that dysregulate them, right?

So I cleaned up my home environment. I cleaned up my water. I cleaned up my air and the number one toxin that's probably aging you on your skin. is mold.

Mold destroys your keratin and elastin in your skin and ages you rapidly on your skin. And 70% of you watching this have toxic levels of mold in your home.

So this is a big toxin. 70%, 70%. Wow. Yeah, I mean, they say 50% of homes, 40% of homes have mold, but it's, if you looked at the healthy levels, it's 70% or more of homes because it molds everywhere with building, with how we build today, right?

It's everywhere. And it's, and it's, and it's even in some, this is what experts say is 70%. So it's not just my opinion. You don't need to smell it or see it.

It's there, right? Correct. Yep. I've had two unfortunate, I had a toilet overflow that we had to do massive remediation, which costs tens of thousands of dollars to remediate and like a good four months to remediate.

And Warren helped me through that whole process. And then we had, you know, you know, another problem happened where a vent, you know, got condensation and then there was water dripping down a drywall.

So the, the, the challenges, even in, in, in this brand new house that we just built, like, you know, a lot of people, they would be like, Oh, it's okay.

But I'm like, no, I want to rip out all that drywall. They're like, well, we don't see any mold and we sprayed sprayed for the mold. I'm like, I don't care because even a little moisture in the drywall is going to cause mold to form.

And even if you can't see it, like it can damage the health. So they went in over the last literally several days and they were remediating kind of that area as well.

So. You know, it's serious, right? And I think there's a lot of serious, there's a lot, even, even in our bathrooms, right? Like there's mold oftentimes in our bathrooms, not proper ventilation.

And, and so, so, so how do we get rid of these things? Yeah. I mean, don't, this is an overwhelming talk topic. I just talked about mold and you know, it stops your production of keratin and elastin, you know, so that's.

Well, it's doing way worse than that, right? It's highly carcinogenic, it's immunosuppressive, it can trigger autoimmune, so it's also immunosuppressive, it causes cellular inflammation at the cellular level, it dysregulates hormones, it destroys mitochondria in your energy, and one person in the house could be healthy and the other person could be sick.

So then you, it creates battles and homes. It ruins marriages. It tears families apart. It's, it is emotions. You're right. Like, yeah, people go crazy with mold exposure and biotoxic exposure.

Make Swiss cheese of your brain. It can Swiss cheese of your gut leading to more inflammation. So it's a process and you can't fear it. And if your house is full of black mold, you might want to start renting, right?

You got to make big decisions, but You can remediate this stuff over time. You can remove it to reduce your load. You can use air filters to knock down particles because these biotoxins, which really have the massive effect on your body.

So it's a, it's a neurotoxin, but it's from a produce from a living thing versus a neurotoxin like mercury. That's made from your amalgam fillings that go straight into your brain.

Those are neurotoxins as well. Fragrance is a neurotoxin made from a chemical. So it's. man-made. Mercury is an inorganic substance, not man-made, but also a neurotoxin.

Then you have a toxin, like a biotoxin, that's also all over our food as well. Aflatoxins, there's mold on coffee. That's a big source of mold. So we have all these different sources.

It's like, oh my gosh, what do we do? It's overwhelming. You have to make yourself strong as possible. Start with the major things that you do on a daily basis.

And if I was going to start and I had mold in my house, I probably wouldn't worry about as much as my diet. But you also should because it's knocking down inflammation on a daily basis and you're getting inflamed by something you can't control at the moment.

You can take special carbon i have a product called true carbon cleanse that can bind in your gut and help relieve that bind it up in the bile so you're not recirculating these toxins through hepatic billiway recirculation which is what they call about it call it in the research you can do like some of these mitigating strategies but you have to figure out the mold And you have to drop the humidity in your home, at least keep it below 50% for at least half of the day.

It might raise up to 55 or 60, but keep it below 50 or below for a bulk of the day.

Mold, Remediation, and Home Safety

And that's going to stop. the mold from growing because it needs water, food, water and food and darkness, some of these things because they're UV sensitive.

So if you knock down the humidity in your house with the dehumidifier, if you use a air filter, which can trap the dust particles that mold particles fly on and also the biotoxins fly on so if you can drop that all in your home you're not breathing as much of this stuff right so it's knocking down the insult on your body so that helps you're knocking down the humidity so you have less of this stuff growing and then you can identify the water leak you can do a physical removal you can slowly you can wash your clothes you can slowly switch out your your bed if it got contaminated because porous things you're gonna have to get rid of but you might not have to if you're not sick right if you just see mold and you want to live for longevity then just remove it you're gonna live a lot longer than any other outside intervention you can do because they're Biotoxins are so wicked in aging you and driving cellular senescence and driving the aging process, not just on your skin, but at the cellular level, but it shuts down that keratin and elastin production in your skin.

So you slowly, methodically, step by step have to remove these toxins from your life. And biotoxins and mold in your home is a big one. Reduce the load.

Open your windows. Do what you can. Keep that humidity down when you open those windows, especially in places where you live, like Georgia. You'll grow mold like crazy.

So it's tough to avoid. We can't… you know, I'll go live in the woods and be super healthy with the environment as we were designed, but we can reduce the ability for these toxins to grow.

And there's better technologies like the mold fogging, but you have to remove the physical mold. Don't let someone say, Hey, I'm just going to fog your house.

You're going to be fine. The mold is going to grow again. And you're going to have the same problems you started with. Yeah, no, it's good. I mean, it's, I've taken all the precautions and the various water damage issues that we've had.

But, Warren, what do you think about the ozonating like air purification systems that, you know, shoot out ozone and then knock the mold particles down out of the air?

Yeah, those are effective strategies. Don't be in the home. They're ozone and it's a hydroxyl group. This technology has been around for a while. You can actually buy these and stick them into your HVAC system above the coil.

And so they're constantly oxidizing and killing the mold on the coil. So those are very effective. And they're not at a high enough level where they're going to get into your house and cause oxidative stress.

Right? So those are really effective. And if you use those types of filters in your home that drop the toxins, kind of ionize them and drop them to the floor, then you need to vacuum, of course, because now those toxins are on the floor and your kids walking around and you can kick it up again.

So you're going to have to vacuum. So they are effective. So it's a combination of those things. I would make sure if you have an HVAC unit, I would get one of those hydroxyl producing UV lights.

They do both. to keep your coil from getting moldy run your fan all the time so you dry off the coil because if you don't dry off the coil and there's dust on there that becomes food now you have water it's all water because it's essentially a de-emitifier that's what it is that's why you should run your air conditioning when you leave because you want to de-emitify your home If you don't, you're going to grow mold.

It's going to be a hot humid environment. So make sure you keep your house at like, at least like 78 degrees so that you can keep that humidity down. If you're traveling, that's a you come home.

If you're leaving at 85, you're going to have mold growing in your house only takes 24 hours for mold to grow. So yes, those filters can be effective.

If you're using ozone, it can, it can kill mold, but it also is oxidative. It's oxidative stress to your body. So don't run

that when you're in there.

But if it's a hydroxyl group, which is also oxidative, you know, don't breathe it directly, but those, that can be really effective for dropping, killing mold and even reducing some VOCs.

If it's depending on the catalyst that you're using. Wow. Dude, you're incredible. This is amazing. I would love to, I would love to know what your actions are for us.

Where could we go to learn more about what you do? How can we follow you and you know, maybe get even your product. Yeah, so on social, the movement that we're creating is on non-toxic dad and we're partnering with other influencers and crunchy moms around the nation.

We really want to create a movement where non-toxic living becomes the new cool, the new keto, if you will. So please help us there. And a lot of the people watching this are geniuses are being light on right on regenerative farming, you know, get your microbiome, you know, clean because if it's a microbiome in your body is the same as the microbiome out there.

That's your epigenetics. It affects your microbiology and your connection and your hormones to your brains. Like they're just the people out there that know all that stuff.

So join the movement nontoxic dad.com on all social obviously.com and share and listen to this information. Ask questions, share, share your beautiful knowledge and wisdom.

You might not have the resources to do things like this and put the time and effort into social media, but I'm honoring you and thanking you for all the things that you're doing because you're part of the solution, right?

You're not a problem on this planet. You're part of the solution. You're beautiful souls. And I will, as Isaac always says, any way we can serve you, we're here.

And as far as products, yes, I have a detoxification products, patented real products that, that make a difference in people's lives that aren't inviting toxins into your body.

A lot of these. products are contaminated. We have patents around all this stuff to support you. You can check that stuff out. One of the products is cyto detox and another one's true carbon cleanse.

Resources and Closing Remarks

But ultimately guys, what I want you to do is to slowly and methodically make a choice, even if it's one a week or one a month of removing a toxin from your life, whether it's all the things that have fragrance, right?

Um, the water that you're, that you're doing saving up for that air filter, like just methodically move your, your life towards a non-toxic lifestyle and make choices because you have a choice and you can either make excuse not to make the choice and not get the outcome that you want or choose the life that you want and slowly and methodically choose a non-toxic lifestyle and yes you can use some products to help you along the way but the biggest thing is reducing those sources and any way we can help we're here for you.

Amazing. Warren, thank you so much. Go follow non-toxic dad and you know, check out his products. I think they're going to be transformative for you as they have been for me, as well as so many other people that have taken them.

Uh, it's a toxic world that we live in and we need the products that will help us. know, address these issues. So thank you for all the scientific research you've done around this Warren.

We didn't even get into that today. You have done research behind it. You've studied, you know, hours and years and years of your life has gone into research and understanding how to do this.

You've ran some of the most successful clinics with, you know, different doctors around the country. And it's, it's, you've, you've, you've certainly created a movement.

So I appreciate you and looking forward to, to getting this out to as many people as, as we can. Love you brother. Thank you, Dr. Jones. And thank you everyone for listening.

All right, thank you guys. Thank you for tuning into Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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