Nick Pineault — our body burden and what the world is asking us to carry Transcript

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Podcast Introduction and Mission

If you have a condition, it can give you hope that, well, if I lower my body burden, the condition might get better or resolved itself. All chronic conditions have one component of it that is causal through the environment.

That's not even a radical thing to say. At least, you know, If have lead exposure, It can impact your pancreas, blood sugar, Alzheimer's. Welcome to the Deeper Healing Podcast.

I'm your host, Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're gonna hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. you're going to hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Welcome, everybody. I am super excited to have Nick Pinault here today, coming in from Canada. If you're not familiar with him, he is an amazing investigative journalist.

And before that, He was an EMF expert. He has spent a long time in his career really educating families about the effects of the EMS. I'll let you speak to how you're broadening your scope, but he is the producer of the movie Body Burden, The Toxins We Carry.

I just want to say out loud, you are creating a mission, an actual mission for people to understand what the heck is going on in the world.

Nick's Background and Early Health Research

What I love about the movie so much is it takes a regular person, and when I say regular, I mean those people that are just spending good money on toxic junk every day.

I see them every at the food store. And you literally take them on a journey that lets them go, oh, wait a minute. Wait a minute. And it's an amazing awakening.

That is an, it an Amazing Awakening. Everybody should see this film. So it is available. It's available for free. You can see it anytime. If you sign up, you get it, and you can stream it and watch it.

Okay, so that just kind of lays the land for anyone who doesn't know about it We'll put all the links in the notes here. Nick, tell me, give me a little bit of how you got here Well, you know, I started 16 years ago writing about health.

At the beginning, it was really just an interest because I wanted to do bodybuilding. That's like my 2009. I was 120 pounds, very thin. I'm like, okay, I want to put on muscle mass.

So I started following people online about food, nutrition. But very rapidly, through watching a couple of documentaries, one of them is Food Matters or Food Inc.

They talked about, you know, pesticides and the contamination of our food supply. And I was very alarmed, as someone with a background in communications.

I kind of was on that path to journalism. Although I never ended up going to a journalism school, Copywriting professionally for TV, but at the same time, I knew that, you know, writing for tv, i barely watch tv even at that time.

So I know it wasn't my calling. so on the side I was starting a blog and you, know connecting with people online about nutrition, But really my interest was environmental toxins.

I felt like, okay, a lot of people talk about, You know carbohydrates and the importance of, reducing your calorie if you want to lose weight. But I'm like wait a minute guys, there's a hormonal effect of.

certain substances that leach out of plastic containers called BPA, and it's replaced with BPS that is something even more toxic. You guys don't get it.

And I was in that conversation in like 2010. No one really understood it except a small, you know, a couple thousand people that were following my work at the time.

It kind of led me into talking about nutrition and many other topics, but I the contamination in tap water, following, you know, sometimes articles from the EWG, but sometimes following some of the health pioneers, Dr.

Joseph Mercola, for example, and then discovering Children's Health Defense very, very early in my career. And then starting to read these other voices that we're talking about how things are completely messed up.

We are getting poisoned from, the tap, water to the air to, to plastics to our clothing, that's plastic. And I was like, oh my God, this is very overwhelming.

And started talking about it to try to distill it down in a way that is digestible on my newsletter. Eventually it led me into EMFs, which is a whole other can of worms.

I started in 2016 looking into electromagnetic radiation emitted by cell phones and Wi-Fi, Bluetooth, cell towers. It dug in that rabbit hole, the reading one book after a deed.

I did not know I would spend 10 years and counting on this almost exclusively. And yet here I am, you know, 10 Years later, have been talking about EMFs, having, on hundreds of interviews on stages, I was invited everywhere.

Part of me was, you know, for many years I felt like an imposter because I'm like, I was early 30s or even late 20s, no former experience in EMFs. No former experienced in journalism.

You know some people call me a blogger and I am like… What am I? I don't know. I just want to talk about EMFs. Guys, this matters so much and I was screaming from the rooftops and then people started inviting me like, hey, what have you discovered?

And I'm like well, I've discovered that this is severely underfunded, that we should use precaution, You know, there is a synergy between EMFs and the cell phones and Bluetooth in your home and all other environmental toxins.

From EMFs to Environmental Medicine

And it kind of led me into 2023, I got in touch with Dr. McCarter, who used to be at Deeper Healing, is now in Dallas, practicing in Nick, I am seeing a lot of these people that follow you are what we can say, you know, suffering from the EMR syndrome used to be called electro hypersensitivity.

And these many people do not understand what it's like because they had minor symptoms related to EMS but some people have symptoms so major they cannot even live in a city.

I mean some, people can feel this sort of oppressive feeling or have weird heartbeats or start you know feeling distress response even with just one single phone in the room.

This is how bad it is for some of these people. And some people wrote to me in the last 10 years and they said, Nick, I'm getting worse. I don't know what to do.

Well, look, i'm just a citizen journalist. iI'm going to send you to doctors, but I know which one understand it. Some people in functional medicine understood EMS a little bit.

But then I found that people like Dr. Neil Nathan and Lynn Patrick talked about EMS and she was from environmental medicine. And then Dr. Stephanie McCarter also was also from Environmental Medicine.

I said, what is this environmental Medicine? Look, I didn't hear a lot about it. Then Dr McCArthur said look, i am at the Deeper Healing Medical Center.

Come and see what we're doing. It is different and we are seeing people with environmental poisoning. We're getting them better, which is a rare thing to hear from my perspective of journalists, because most people have this narrative when they are environmentally injured, they're essentially doomed, right?

The environment made me sick, like I had more toxicity and now my health will never recover. And I discovered through, you know, the different stories I heard like that.

And then other stories who told me, no, I was able to recover and I used XYZ or this other thing, or I saw a thousand different doctors and kind of had my own journey, but I wasn't able come back to a relatively good level of health.

So I said, okay, well, one thing is for sure. If you are environmentally injured or you have any chronic issue, maybe you haven't found the path to recovery.

But so far, I don't believe in, okay, you're doomed to something. I saw people with stage 4 cancer tell me, no, I was able to heal. So I said, okay, well, at a minimum, we could say, maybe you don't have a lot of chance if you have stage four cancer, but there is one chance.

And, you know, it's not guaranteed. It's that, OK, this magic pill will heal you. But we have to keep the hope. I want to add to that because it is so important.

And I'm seeing this a lot where people are coming in with their genetic testing. I feel like it's the shiny object right now. It's like, I want to get my genetics tested.

So they're looking for like these snaps or these predispositions to disease and And literally they're like, oh my God, I'm going to get cancer. Oh my god, i'm gonna get Alzheimer's.

I can't do talk, whatever the thing is. You see people doing dramatic, proactive, preventative things on a genetic test. And this is what they are saying is genetics is the gun, but environment is pulling the trigger.

The good news is if it is environment, There's a ton that can be done. You are not destined for any of these diseases. And it's actually, that is the hopeful conversation.

That's the hopeful conversation of this movie, Body Burden. It's like, what's your body burden? And maybe, I see a lot of us too. My kid just got diagnosed with diabetes.

They're telling me it is genetic, but we don't have any diabetes on either side of our family. How is it genetic? I've heard that like literally a hundred times last year.

And then why are all these kids getting diabetes all of a sudden? Are we genetically defective all of a sudden? No, that's not it. So there's a much bigger, bigger picture, a bigger onion to unpeel back.

And that what I love about people who are seeing this film is it takes you on a journey. I feel like the EMF people are so far down the tunnel. that I always say, if you're failing the electromagnetic stuff, because that's a much smaller percentage, or that are cognizant of it, that they recognize that it's happening, I should say.

I think it is affecting everybody, but usually their bucket is really high, their body burden is very high. They have a lot of other stuff going on and I really think that is what you really unveiled in this conversation and even your own self-discovery.

Why I decided to go first, it was an interesting proposition. Like, okay, let me go there. And then we started thinking about a documentary. I'm like, well, what if I discover like one of the places in the world where they can get people with electro hypersensitivity better?

Isn't that something like everyone keeps telling me on my newsletter that it's impossible at a minimum. It's not like they have found, you know, a magic bullet, but they haven't approach, right?

This approach of environmental medicine. I know that they're getting right because I knew Dr. McCarter and then I met Dr B and clearly the physicians there.

When I, when I entered the place, I'm like, okay, these guys know everything is done the right way. So at a minimum, it's a good example of how to get things right.

And I know that even among environmental medicine, there's always practitioners that try to push the envelope. I've been told Switzerland, Germany, I Know Deeper Healing is one of these places too, because Dr.

McCarter and then Dr B told me, well, we have practitioners from functional medicine or from environmental medicines that go see what we do. That's the thing with environmental It's one of these things, when I started to look into it and look in to what Dr.

Ray did, what Doctor Crinian brought, and it's something that has been developing but not nearly enough because the environment, it is developing at a snail's pace, but the environments is becoming poisonous and more poison at at rapid pace.

It is something where a lot of it, is cutting edge, new modalities that they are trying and they see the clinical proof and the move forward. It was super interesting for me to just look at, okay, what is kind of the cutting edge of environmental medicine?

But, you know, this entire project was not supposed to be about anything about me, to to honest. So what happened is, in the documentary, we see my results like a year before, a, year after I filmed.

Wait, wait, before you go down there, because I want to make sure we cover this in this podcast.

Body Burden Documentary and Patient Recovery Stories

This project wasn't even supposed be a movie. It was originally supposed to be a little reveal at an EMF summit. It's supposed be short. Hey, Nick comes in, we follow what he does.

He does a big reveal. And then all of a sudden, it really was over the course of the year organically. So you did that. You came in and you had your testing and your detoxification.

because I almost forgot I had to think about it like oh yeah yeah this thing became so much bigger then when you were here you started talking to patients and it's like, oh, yeah, I was in a wheelchair before yeah I would you know really really like the worst cases and then they're recovered and you're like wait I want to interview them wait a minute I wanna know what happened that that story is really interesting to me So all of a sudden now it's your story, but then it like that woman's story with her daughter and that person's, story and Matt guy's and everyone's stories, their diagnosis is there.

Everything was very, very different symptomatically and, and manifestation wise, all recovering. So let's capture these stories and go, okay. And, the other, like the link that, that finds them all together is they were all told nothing could be done.

Nothing can be. and you're stuck with this and whatever things they were doing, and they pretty much hopeless. And here, now they're on the other side of it.

So you are like, no, I think this is maybe a short movie where I combine this together and then all of a sudden as one interview, another interview. All of a sudden, this turns into Bill Ray, Walter Crinion, Environmental Godfathers, legacy movie, taking the audience on a journey and then showing the authentic proof that it's working.

Recovery is possible. As you've been told, it is not. A hundred percent. And it's not even that. I have to shout out, you know, Mike Schatz with Horizon that did an incredible job.

Obviously it was the filmmaker behind this. Still doing edits today. We're still texting back and forth because still preparing the movie. But I feel like not only it says.

Part of his vision when he saw the material and started working and then we, you know, all together it was kind of a collective project starting to intertwine the storyline where I go to the clinic, which is I think a cool thing to see, but there's not really the human aspect.

All of the sudden, when I saw interviews, many of them, I cried listening to them and I'm like, I mean, for me, it's Brendan. I think it is probably because I just see myself in like 10 years, you know, a little bit more gray.

The guy couldn't remember his friend's names. And just that part, forgetting. about things that are important to you, it just gets to me. I'm like, Oh my God, imagine if it happened that soon in like you know, my late fees, all of a sudden, I can't even remember my old buddies from primary school and that I see every year.

He was losing everything. He touched me. But what I wanted to say is that in the end, when I film the documentary and then did follow up testing and got my testing results, this is when i got the testing result.

It took probably a week or two after filming. I was back home in Montreal and I saw the PDFs and we had a call with Dr. McCarter and i was like, wait a minute, are you telling me I have like these lead levels?

And I did have brain fog. I didn't have acne that has now pretty much resolved at this point that can flare back sometimes, but I had brainfog, you know, just very poor ability to concentrate at a computer and it was getting worse.

So in the end, it wasn't a little bit for me and well, I don't A condition I'm not diagnosed with anything. In fact, I did some testing, some basic testing and you know, my hair mineral analysis was very good.

So I had been eating mostly organic for what 15 years. I mean, it was early to all these precautionary measures from environmental medicine. But even then I find the lead super elevated and the mercury fairly elevated than mycotoxins.

And it made me realize, geez, it's going to turn into something else. So in the end, because the editing process took a long time, I was able to film what is my, you know, my own conclusion a year after.

I'm just in a much better place. Very powerful. And that's the thing that powerful. Look, if you have a condition, it can give you hope that, well, If I lower my body burden, the condition might get better or resolved itself.

All chronic conditions have one component of it that is causal through the environment. That's not even the radical thing to say. At least if have lead exposure, It can impact your pancreas, blood sugar, it can impact Alzheimer's.

We know all these things, but the science is severely lacking to make the link between all of these different environmental toxins, how they play with each other, and then how that in turn will impact your risk of chronic disease.

But if we push the chronic diseases aside, How are you underperforming in your life? I realized, oh my God, I was

like, Mildly excited about projects, going through the motions.

I have to tell you, Danielle, it's almost funny because we talk almost every month, sometimes just to organize things and no business meetings, but we haven't updated each other about me personally.

But at one point I had to rewatch the movie and I cried because I realized where was I? Where I was, yep. That's, it's powerful. It's only after the fact.

Once you, once your brain fog lifts, you have to deal with the. Like, why was I behaving a certain way? Like feeling depressed, not really not answering people for weeks because I felt overwhelmed and maybe not being as present with my wife as I wanted to be and being, mildly happy at a maximum and mild, unhappy most of the time.

And I'm like, what's wrong with me? Right. Like just because if your brain is not online and me as an entrepreneur, I have to deal with my business growth with, my personal organization.

Like no one looks after me. No one pays me a salary. So I had a stressful life and I'd have be on to be able to grow each aspect. And I wasn't really doing a good job at it all.

I was feeling quite overwhelmed even through the video shoot and everything. It's just I was dealing with so many things and in this sort of anxious energy.

And now I'm just in a much better place where to be fair, I am not necessarily calmer. I feel like I m getting overexcited about, you know, research. That's like the passion.

but I'm able to just show up more in every single aspect of my life. And that is not, you know, curing a disease per se or anything like that, but it's precious.

It's something that I think everyone listening to this probably want for themselves. Yes. Do you how many guys, and in fact, I just did two, just dropped two podcasts that are one guy's name is Stark and one guys name was Chip and they both talk about this for men.

They're both like, I have a business, I'm a high performer, i have wife, i have kids, I have all this stuff and their pressure and they were like I didn't realize how bad I was until i was better because you get there slowly, right?

Nick's Own Testing and Health Improvements

The decline is almost imperceptible. It's like a moodier, a little more tired and then you have people like oh you're getting older, oh, you are getting in your 30s, oh you getting your 40s and all of a sudden you like this is me now.

You almost look back at an old picture and be like, oh yeah, it used to be so much more whatever, energetic. But when you come out on the other side of it, you really feel it because you're doing it somewhat quickly where the decline is very long and floggy.

You know, and like both of the guys said this separately, they're like, I wish I didn't wait so long. I wished I hadn't waited till I was broken. Like that was the gift that you got.

You weren't, you were on a slow decline, but you weren' broken, You caught it and you're were like okay, yeah. And now you are like whoa, whoa I don't even realize how bad I am.

This, when I talked to regular people, They're all sluggish. Why is everyone, I say they're propping their eyes up with Adderall and coffee, like literally.

And, you know, we're not meant to lose our, Like I've had people like, it's between the bun with cheese. I'm like a hamburger. They were like yeah, want a hamburgers.

We can't think of the word. Like you said, You can think your friend's name. You know your brain's not working, but you're like what's going on with me?

You it not normal. It's that normal? And it can be very, very different. And the movie is amazing at showing that. Yeah, and you know what I realize is the more brain capacity you unlock, if you can remove some of this toxic sludge.

To be fair, I mean, my latest test a year and a half later, when it comes to lead, it is primarily stored in bones. In fact, now I have more mental capacity to look at, wait a minute, that I had this lead in my body, what could it impact?

blood sugar regulation, which is a problem for me. I have pancreas, inflammatory markers are high and I was like, what is that? And part of it is mold also that can also have a link with the pancrea.

So anyway, I'm learning about what this burden is doing to my body, but I have more mental capacity to think about how I used to, think and to solve my problems.

And that's the kind of loop that I realized I was in is where your mental, capacity declines and then your ability to get out of this rut declives too at the same time.

So for some people, it is paroling down and down, and eventually you're like, well, you know, anyway, health is kind, of set in stone. I'm getting older.

You don't have clarity about the fact that, wait a minute, something is wrong here and maybe I should seek help. But then are you finding the right help, right?

Yeah, it's finding that right. Oh my God. It's stuff. And this is why everyone's on there buying their supplements from the TikTok shop because they're watching from real in bed while they were kind of half out of it.

You're like, oh, that guy, the girl said it was great. I'm going to order it for 30 bucks. This is where people are. They're just desperate for like But just some guidance, you know, what do I do?

You know I feel Danielle like maybe if I could have redone the movie I would have done it a little bit differently. Some people told me, oh I wish you threw out the documentary you would've learned more things and things like that.

Maybe but at the end, I wanted to leave people with practical steps because what has been the biggest impact for me the visit that Deeper Healing was like what three, four days of treatment, that's not enough to lower a body burden.

It has to be the work afterwards. So for me, for example, if I could tell a single thing that made the difference is a year and a half of three saunas per week.

45 minutes I sweat you know my butt off and it's a non-negotiable and when I didn't start right away I was again even knowing the test results it was tough to incorporate that and every morning I go and pick up and go drive Elliot to school and right afterwards, I have a place where I do the sauna and I wipe myself off exactly the way I've learned from environmental medicine physicians and have been doing it.

And I feel like it's probably one of the strongest modalities I use. I used a lot of other things, but at least that is a constant of like, okay, now atleast I'm opening this excretion pathway that before I mean, to be fair, I told it, you know, was, very honest in the documentary.

I think my sauna used before was something like six times per year, and it was just completely insufficient. How can you move the needle if you just open your detox pathways that way, like, six time per years?

It doesn't work. And then I started learning about the recommendations of environmental medicine physicians, You know, looked at this study where Dr. Walter Crinion would take certain patients that are so sick, it would have them under physician supervision, to be fair, but twice per day was the sauna routine for some of these people short term.

So he had specific ways of saying, okay, these, people are, so overwhelmed with toxins that we have to find other excretion pathways. Anyway, consistency is really what I learned from this entire experience.

It's consistency in what you drink, your tap water, is it filtered? Is it not? This consistency and what to breathe. Is the air full of toxins or is a cleaner?

And it's a consistency. And what do you do? Do you move your body? So I've been just steadily getting better and more disciplined on these things that I know will work.

I think the lifestyle stuff can't be minimized. And one of the things, a deeper healing mission is to help heal the sick, but to prevent everyone else from becoming so.

Two of things that I want the listeners to hear is, because these are free and they're just things you can just incorporate. We just created the body burden assessment, which is what are my body burdens?

It's going to ask you, it's a quiz, I feel like it is 38 questions and you get a report. for free on like, what are your issues that are better? And it does two things.

One, it helps them become aware by the questions themselves. Like, yeah, do I run the exhaust fan for 20 to 30 minutes to an hour after I shower? Or do i even have an exhaust fans?

You know, as just one example. And then the other thing is, just what you said, clean air, water, food, you know, using your money to, like people say to me all the time, is my refrigerator filled or any good?

It's really hard to find what is an actual good product. So we have a guidebook for free that just has like, how do you figure out what's in your water?

All the links are live. If you're on a well, your test it this way. Your municipality, this is where you get your reports. And just knowing what you're dealing with.

And then you are like, okay, my water's crap.

Lowering Toxic Load Through Daily Habits

What's great is that you can get a report from any municipality. Then you know your water is crap, well then how am I going to filter it? Okay, here's the cheap way, and here is a whole house filter.

So these are things that, like you said, everyone starts off overwhelmed. You just do one thing at a time. I'm just going get my clean up. You know, I'm going to do better buying organic, whatever it is.

You just, you start. And as you, cause you know you were already down the road, so was I. Then I found my lead. I have a very similar story. Now I've been chipping away at my led.

My brain functions better. and I know like, yeah, on 50, but guess what? I am not worried about aging because I looking under the hood. Everyone deserves that. I say it all the time.

I saw some TikTok guy like, everyone, if you haven't checked your medals yet, it's true. He's right. Everyone deserves that before they're, you know, in the memory care facility in their seventies.

They deserve to know like do I have an issue? I believe this is, I believed this movie is elevating and COVID is a

big gift of that. of really knowing that you're on your own and you gotta be vigilant about what you are doing.

No one's out there protecting you. You gotta protect your family. And how am I gonna do that? Clean air, clean food, and clean water. That's the easy start.

Yeah. And, and those resources are out there. When I always say like, people ask me a million times about this one and that one, just like the EMF stuff.

There's a lot of marketing, there's lot a chatter, a there a lots of noise, lot confusion. So it's best to get your advice from people who have really gone down the rabbit hole.

like you have, and kind of know, like, okay, at least if I'm going to spend money on something, I know that it's going work. And this is the world we're in.

What I think is funny is I still talk to people who are like are they really toxins? I mean, really? Like, oh dear mother of God. That's true. And you know, what I've been doing in the last, I must say, two months is organizing my research database.

A lot of it's using AI because I have too many documents. The more I dig into what is accumulating in human body, the more alarmed I am. because I didn't know.

I looked into PFAS with a half-life of what is it nine years or five years, years in the body with excretion routes that are very difficult and it doesn't go out in sweat that easily.

And then you look okay well this is just one class of things. What about lead? stored in bones okay it's stored and bones is it stable in Bones no there is a bone turnover that is natural that it is just 20 something day cycle so that lead will leave your body recirculate to wreak havoc and then restore in bone and I'm like My God.

So you're not even protected. It's not like your lead and bone is just hanging out there and you are like, oh, yes, it's stored at least. it is stored, but it also wreaking havoc.

And then, of course, is not just stored in bones, It could be in other tissues. and it something that is even controversial to say that lead is extremely neurotoxic.

I'm saying this now and I am like uh-oh. I'm alarmed myself at what I am saying, right? So the reality is that it's extremely uncontroversial to say that we each have a body burden.

We don't know to what extent. No one has the, probably the budget or the time to test for every single chemical that exists. It's not even that useful, but we have to, I think a framework where you say, okay, I surely have more toxins in my body than I should.

The amount that should be there is near zero. Back in ancestral times, it wouldn't be these modern exposures. So all of them need to go to as close to zero as possible.

Everyone can therefore benefit from looking at strategies that are time tested, strategy of avoidance. by filtering out your water avoidance, the strategy of opening up detox pathways by moving your body or by, you know, sweating more.

Like these things are not controversial either. What is controversial, I think, is just health authorities are still completely stuck in a paradigm that was never useful to start with, but like studying one single toxin and the impact on one, single disease category.

We are so far behind. So the reality yes and it's a sad and dramatic reality is that it is up to us to take control of that and to be loud because eventually I have great hope and I'm trying to connect with the right people that You know, environmental medicine needs to make it to public health in a big way because the population is not getting better.

And while we have all these different tools, I hear about peptides and you know that. Yeah, maybe some of them can help alleviate symptoms, but the fundamentals need to include environmental medicines.

This is what I'm convinced about and it needs to include EMFs. And that's part of what excites me is, you know, the physicians know about toxic exposures and they know the importance of the environment and then the important of removing the bad stuff from the body, bringing the good in.

I just feel like this is a paradigm that needs make it everywhere. So that is my hope that the movie will contribute to that at least a little bit. It's a mission and it's been interesting where the past two years, we've had a lot of physicians referring their patients to deeper healing.

They are recognizing, I don't know what to do with this patient who's super sick and I'm not trained in environment. I know I am out of my depth. person and I'm like, okay, this is cool.

So they're really starting the educated physician, practitioner, naturopath, you know, nurse practitioner. They're, really, starting to recognize, Okay, This is a missing part of what I've learned.

And I really think that we're barreling towards this becoming part of medical education, this, becoming, part, of naturopathic education that environmental medicine will actually be one of the categories that you can specialize in and know deeply because as you said we are we're an epidemic of people who are sick from environmental factors and then where do you go what do, you know I mean, we're talking to people all over the world and they're like, there's nowhere to go.

It's just, it's not, It is really, really not. So I do think that has been the greatest gift of COVID.

Practical Resources and the Body Burden Quiz

I think it has a really big gift. And I love the work that like Food Aid is doing. Like the people who are really like taking something, like whether it is Roundup or they are taking on the EMFs.

Thank you for taking on the food or taking the guys or just one aspect of what's going on. Because at the end of the day, no matter how much cleaning up we do, which you're doing and I'm doing personally, I am still living in the same world as everyone else.

So this is why you need regular sauna. You could sit here and do a bunch of rejuvenates and get your body, get you organs all cleaned out. But guess what?

You're back out in the world again. So we also have to fight the fight of, we don't want this in our world. We don' want PFAS in out world, you know? Watching the movie, I'll never forget when I watched The Devil We Know, which was, it's a movie.

It's years old, but it was about the PFAs journey. And you get to the end of the move, and they're basically like, This can't be removed from the body.

It has a super long life in the world. And they just changed the name and they're still doing it. You're like, what? You think you're watching something that's going to have a nice bow at the end.

Like, oh, and it's all better now. No, not. So, you know, I think a lot of people who feel overwhelmed are kind of like I don't want to look at that. I say to people all the time, like, hey, I get it.

Ignorance is bliss. It doesn't make it untrue if you ignore it, right? It's still happening whether you ignored it or not. so you can do something about it or not, and you will pay the price or no.

So I like to be an educated person. I say I'd like choose my toxins. But I don't want to choose a cleaner and a toothpaste. You know, I want those things to not hurt me.

Even with the food, you know. Do you have to eat perfectly clean all the time? No, everybody has their thing. And it's not about It's not about not living, you know, it's about having a long life well lived.

And that's what I love about the movie. Nikki did such a good job. Michael did a such good a job, I'm very proud of the film and I really gonna shout it from the rooftops.

Everyone needs to see that movie, they need to understand for their benefit of their children, their families and their future. and fight the fight every day.

Not just food, babe, and not just, there are these people who are really fighting hard, but we need to sign their petitions and get behind them as well.

We don't want this. we don' want it. And we deserve better. Exactly. And I feel like the movie is filling kind of a gap in that entire conversation of we're getting poisoned.

Yes, we are. We have to fight against the polluters, including, for me, it's the telecoms. For Food Baby, its like Monsanto and these pesticide corporations.

But what do we do? in the meantime, to start undoing some of the damage that we have inside us. And that's the accumulation of that body burden. I feel like there's not a lot of people who talk about that framework that exists.

It's a seven-day green smoothie diet, it's just not that. a certain framework and that framework is environmental medicine, I'm convinced of it. I just hope that many people start looking into it and at a minimum start taking their personal intake of toxins more seriously and do what they can to get them out.

And I know it is a daunting journey, but for a lot of people, they told me Okay, well, at least now I know and I'm inspired to do more and see if I can feel better, right?

Because in the end, I want to spin it as a positive here. It's not just about, you know, removing these toxins and, blaming these polluters. Can you feel you better now while you have a life to live?

You can. I am the example and if you tell me that Maybe in two years, I'll feel even cleaner here, especially in my mind, i'll be unstoppable. Like I love it.

I loved the possibility of just feeling better and better. And it makes you able when you're cleaner in your head makes, you are able to cope with the fact that yeah, it is a messed up world.

Yes. The pollution is there and there's a lot of injustice. You know, the huge march against Monsanto people versus poison. Yesterday, I'm going to have to look at what happened.

I know so many thousands of people, you know are fighting against this nonsense. But the thing is if you clean yourself up and you become, have more mental capacity, then you can contribute even more.

So we have two work on that individually to be able to contribute to this world. At the end of the day, we vote with our dollars. We vote our money. Dr.

B says all the time, he's like, there's the mirror and the window. And I love that. He's, like you can't control what's going on outside the windows, but you control with going in front of a mirror.

So what do you do with that? You control how you spend your money, you controlled what you bring into your environment, and you controls your daily decisions.

How am I going to live my life? And your health is priceless. Everyone agrees on that and the more that we just shed the overwhelm and just take it one step at a time, you know, I'm going to switch out this for that.

And there's loads of help out there. I would say the easiest, quickest thing to do is take the toxin quiz. See what your areas are. Okay, it'll tell you for free.

Closing Thoughts and Call to Action

What's your number one driver? What can you do about that today? These are resources right at your fingertips. They take minutes. So these are things that are available to help guide you down the right path.

And as we continue these conversations, not just Nick and Danielle and deeper healing and Dr. McCarter and all the pioneers that are out there, Dr McCollough, everybody, you know, it's going to just become more mainstream.

People are going have a better understanding. They're going make better decisions, which is going change the market. That's what changes the markets. And that's when everyone's load goes down.

So I think that's a great way to close it up. If you have not signed up to see this movie, Body Burden, The Toxins We Carry, that is one hour of your life that it's worth it.

I know you guys are all watching shows, binge-watching shows that aren't changing your lives. This can change your And then there's an eight minute quiz that'll help you determine what you need to do.

If you're really sick out there, deeper healing's there to help. And every day, everyone needs to make better lifestyle choices. Nick, you are a shining example of what can happen, what could happen.

Now every aspect of your life can benefit. Your marriage, your parenting, work, everything. That's what we all want. We all need quality life. It's as simple as that.

You're amazing. I'm very grateful to you. Who knocks on the door and says, can I make a movie about what you're doing? I don't know. Yeah, it was kind of crazy.

That is kind crazy! DeeperHandling did not sponsor this movie. This is Nick Penalt made this. It's to help as many people as possible wake up. So good job.

Good job, amazing work. And I am very Thank you, Danielle. Thanks for having me and I hope that people learn a thing or two and help spread the word to everyone they know, of course.

Well, I want to add one more thing. I wanna also mention we have a foundation. The other thing that comes up all the time is the cost. And I can tell you for deeper healing, we're all about getting people what they need.

So if someone cannot afford it, you have foundation where patients pay it forward and we pay forward by putting into a to help pay for people who cannot afford it.

Because everyone deserves to live their best life. So I gotta put that plug in there. Okay, sign up for the movie. All the links are gonna be below. And Nick, thank you so much.

Thanks so for having me, Danielle. It's a pleasure. We hope this episode inspired you. Here's how to go deeper. Visit deeperhealing.com to become a patient.

Online we have loads of courses and a free toxin quiz. Subscribe and please, please share this episode with someone who needs it. It's always that one-on-one support that really gets people to find deeper healing.

Remember, this is educational content, not medical advice. The information shared here should be discussed with your own personal healthcare provider.

If you're excited by listening to the medical experts or the personal recovery stories on here and you want to start your deeper healing journey, go to deeperhealing.com and start the process.