Summit Introduction and Purpose

Hey, everyone. Doctor Eric Slutsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event that has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, heart healthy life.

This is information your doctor will not be telling you about, so please clear away distractions and get ready to take lots of notes. No joke. You will not find this collection of practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps, to simplifying your lifestyle habits, each expert will empower you with simple, money saving tips that will put your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab the summit recording and bonus material for ongoing support in your journey to enjoy a heart healthy, abundant life.

And today, I'm thrilled to introduce you to a longtime friend and colleague, Warren Phillips. The nontoxic dead. Warren Phillips is the visionary force behind the nontoxic D&D, the viral sensation on social media, confronting his own battles with fibromyalgia, anxiety, weight gain, insomnia, and a myriad of other health obstacles.

Warren refused to give up his journey led him to explore alternative methods like heavy metal detoxification, dietary adjustments, and cellular support, resulting in his own dramatic restoration.

Fueled by this transformation, Warren now guides millions of people on social media and through his docu series homesick home toward a toxic, free lifestyle for himself and his family.

You can follow Warren by visiting nontoxic dead.com. All right, let's get started. All right. You just heard how awesome he is. And here he is. Warren. Thank you.

Thank you for being here, my friend. What's going on with you? How are. Things? A man just, had a great weekend with the family. And, really looking forward to this interview.

There's some important information we want to share about heart disease that nobody's talking about. So this is going to be great. That's awesome. I, folks, we're going to go on a little zoom screen share journey here.

Warren Phillips Background and Recovery Story

I got the nontoxic dad, and by the time you are watching this live or the replay, I assume this number is going to be well into the, hopefully millions of people you know, Warren, I want you to just, just just give a little bit of background into what exactly inspired you to do this, because we've known each other for many, many years.

And once you started, by the way, as a shameless plug, the quality and the education and of course, the education there, but the quality, the entertainment value, you're pretty funny.

I mean, you got some really good dry humor. I mean, you're on to something here, folks. If you want to learn how to live a nontoxic life from the nontoxic.

Yeah, we're going to cover the dangers of heavy metals and specifically in regards to heart attack and stroke. And but there's a lot that we're going to be covering here.

We probably not going to cover pillows, but I'm scrolling down because there's a couple things I know we want to

talk about. So I mean, hey, as I scroll through a couple of these, if you were to say, hey, you want to watch that one?

You want to watch this, give me something like it's flatware important regarding heart health. Well heavy metals. Yeah. Heavy metals with, you know, flatware.

And what. About pans? We're not a are we? Are you going to talk about pans? Let's talk about pans today. Oh, detox. Yeah. Saunas. I mean, we can. Saunas help us.

Sonozaki. Man, they really, Get rid of your blender. Seriously, I gotta get. My microplastics tenfold increase in risk for heart. Disease. Come on. Don't do this to me.

Yeah, okay. Bad. It's bad, it's bad. Juju. Right. So. So one thing we don't want to do, or one thing we don't want to do, is make you afraid of everything.

Because you can go down the route where you're going to be that person during Covid with the hazmat suit. We don't want you to be that person. So let's take it back a minute.

Just give us a quick, for many people who, know you as a nontoxic dad, they don't know you as Warren Phillips. Really? I mean, I have recently found you as a nontoxic dad.

I've known you as just my buddy, my brother in the Lord. We just had a wonderful prayer before we got on here. Folks, this is a man who lives this way, with his family, with his children.

And he is in integrity. He is congruent with the message that he speaks. It's not like he's saying one thing on Instagram and then he's going in McDonald's behind the scenes.

That's the thing that we have done here is to give you people that live well, life. So give us a little quick background of wide, nontoxic dad. And where are you going with this thing?

I you know, I didn't I didn't want to be here necessarily because doing that doing this work isn't isn't easy, right? It puts more pressure on your family.

It, you know, you got to travel. You get a lot of, negative energy any time you go against the grain. And. But I got sick, you know, so. And I remember when I got sick and my pastor at the time says you're not running from something, you're going to something.

Because I was so sick, I had to quit my job in Missoula, Montana. My dream home and location. I was a backwoods kind of country boy, and I loved hunting and fishing and all the Montana wild country living.

And long story short, I was I had my master's degree from environmental, geology, but the geology department at U of M and I got extremely sick later when I got an environmental consulting job.

So I was a geologist cleaning up and Bandon mines. And if you know anything about abandoned mines, when you pull hard rock gold, lead copper out of the earth, where it's in a reduced state, it oxidizes and releases heavy metals.

So all of the soils and water get contaminated. So during that cleanup, I just one of the toxic things I cleaned up, but we did a lot of abandoned mine work and that bio accumulated cause I was eating poorly at the time as well, but my life was falling apart where I couldn't function, so I had to sell everything, leave my dream, and move into my parents basement, which was super moldy in Pennsylvania at a bottom of a hill.

Most homes, if you're in a environment that's gets a lot of rain, the water pressure from a hill goes into your basement and you really can't. Even with the best dehumidifiers, when you live at a bottom of a hill, you are living with mold and humidity.

And I'm especially in the basement. So I and I was sleeping in the basement like, I won't I was going to make a joke, you know, but I won't. I'll hold back against millennials because a lot of millennials just to live in their parents basement.

So there I did. But I was, even I was a Gen Xer, I was living in my parents basement, and I got even sicker to the point where I was completely inflamed.

I was obese, I could not function whatsoever, guys. Like, if there is a semblance of happiness, I couldn't experience it. And I know people suffer from that level of depression.

But the depression, the anxiety, I couldn't move, you know, I wanted to take my life. And I was very angry at God, but I was very hopeful at the same time because my pastor gave me those words and that and that gave me enough hope.

That, man, there's got to be a reason. And that reason, I think, was multiple things along the way. I, I got well, so let's get through that. I got well, I got passionate.

We started coaching, educating practitioners on the dangers of heavy metals and mold and, bio toxins and, all the different major insults on the human body that decrease life.

And these toxins are out there robbing and stealing. Mercury is the god of deception. We're going to talk about Mercury today, and because of that, I was able to learn a lot, and I never and my job was promoting people like, doctor Z over here and other great practitioners to see them reaching people.

But someone challenged me just two years ago. When you have a lot of knowledge, like you're kind of funny, why don't you start an Instagram channel? And I thought, you know, the Instagram and social media was from the devil, so I'd even have it on my phone.

So because I and I do have a problem with it, right? It's this duality. Like, it's really hard to do something that you're not really, you know, that's taking life from, especially our youth, but using it as a tool to help people.

So I started doing it and I just started being myself first video where I was myself a million views, and it was on the contamination of dark chocolate with heavy metals like lead and cadmium, some of the top heavy metals that affect and can cause and be linked to, strongly linked to, according to the literature to heart disease.

So that is how this happened. And and I'm having an impact.

Heavy Metals, Chocolate, and Detox Basics

And it's really cool to reach millions and millions like we're talking hundreds of millions of people at this point with a message not to scare you, just to educate you because it's a free world.

We can make our decisions the way that we want to, but it's good to know that we can make decisions that are going to bring life instead of steal life from our bodies.

And again, guys, I'm not perfect. I still have micro-plastics in my life, my regenerative ground beef, grass fed grass finished is wrapped in stinking plastic.

So yes, I'm getting fat. Late exposure. Yes, I'm getting microplastic exposures and I know it. But if we can limit this God's design our bodies in such a way to be able to handle a certain load of toxicity, and we can handle it.

But if we're not being somewhat intentional, we're going to get overwhelmed. We're going to lead to a ten fold increase in heart disease when it comes to microplastics embedding themselves in our arteries, causing inflammation, causing calcification, causing, you know, and being linked in many different ways to mitochondrial dysfunction.

And this is where mercury lead cadmium also come in these are neurotoxins. Your heart is neurology, guys. There's nerves. There's nerve endings. There's so much we got to be take care of this precious vessel that, that we've been given.

Hold on. Hold on a second here. You just said something. Chocolate. Your your your your cast. And down the idol here. I mean, like, we can't have chocolate talk to unwrap this because this video went viral for a reason.

Give us the risks of conventional chocolate. Even the organic. I mean, is it the whatever? The eco friendly chocolate that I'm seeing are whole foods expose this chocolate thing because there seems to be a direct link to heart attack and stroke.

So are people hurting their heart because of choc healthy chocolate? It's it's a balance. I mean, yeah, it's loaded with magnesium for your heart and Antioch's and it's for your heart because you have metals cause oxidative stress.

But the amount of heavy metals and dark chocolate. Right. Because the the more you concentrate the the the cacao to make the chocolate cocoa right in the the bar, the higher your levels of lead and cadmium in the cacao tree, constant traits as it sequesters heavy metals depending in the region that they were grown.

So it is a regional issue. Some have a higher lead, some have higher cadmium and the chocolate industry, the healthy chocolate organic chocolate industry.

A lot of these companies know it, right. And they're being transparent and they're doing the best that they can. But we're not being told that. So if you go and buy, what was it?

They're not Lily Lily's is a healthier chocolate, but they had pretty high. Anything the dark chocolate is going to have concentrated lead and cadmium, especially if it's from. I wrote it down South America.

South America has higher levels of cadmium lead compared to South Africa. So South African chocolate's a little bit better. It's not perfect, but because of the nature of this plant and depending on the region it's grown, it's going to pull up and concentrate in the fruit.

High levels of cadmium lead. And this is an issue. This is an issue. So you need to and I'm not hitting. There's lead in everything right guys. But these are high levels I mean exceeding not just California levels prop 65 but then exceeding health standards.

It's pretty nasty. So you could see this one right I mean this is. Yes we can. Public knowledge. Y'all can. And it's not just. It's not just Consumer Reports.

There's massive studies done on this. Consumer reports is the one that went viral. But there's two other huge studies. We're talking hundreds and hundreds of pages and hundreds and hundreds of different chocolate products are being analyzed.

And across the board there's high levels of cadmium and or lead in chocolate. So this is something to consider, right? I mean, and this is where what did God design?

God designed the sugar cane. He didn't design processed white sugar, even raw sugar in the raw. Whatever you want to call these new products that are coming out almost daily, it seems, and God created the tree to be eaten and consumed in a certain way.

But basically what you're saying is as we processed and concentrate it, we're actually getting things in excess and that's something to consider. So what, in your opinion, is the and I know you're not a nutritionist.

I'm not putting you on the spot here. I know you're not a medical doctor, but specializing in nontoxic living, as with your background, with your expertise in this specifically, what's your recommendation of how to enjoy chocolate in

the right way without hurting your heart?

Well, just you got to eat it in less amounts because your body can handle a certain amount of lead and cadmium. There's no safe levels, by the way, your body can't use lead, cadmium, mercury, arsenic.

There's no use for it in your body. Because with the leaded gas, that's another thing that's contaminated all of our soils. Right. But certain regions have concentrated more lead because of volcanic activity.

Here comes geology, boy. Out. But there's certain soils are just based on the geology. Right? Based on the rock type, it's going to be more elevated. And regardless, you just got to eat less, right.

And try to choose conscious companies, because the higher your dark chocolate, right, the higher levels, 85% even know it's healthier. It's going to be more contaminated with cadmium and lead.

So I would look for that South African chocolate. I would call the company and ask for their certification of analysis to know where they're at and choose the lowest ones.

And it's a moving target. Especially because some chocolate companies, they're just sourcing wherever they can based on price there or even though organic chocolate.

So it's a moving target. It's kind of tough. So what I tell people is get South African. Some chocolate manufacturers talk that they'll talk about their lead level, some of these companies and to you just eat less of it because your body can handle a certain amount and make sure you're detoxing.

Make sure you're taking other antioxidants. I still eat chocolate, but since I've done this research, I eat far less. And that's what I would say. Do you eat less?

Yeah. Well, the Consumer Reports just said one bar. I mean, that's that's also, folks, we we can even look at the caloric intake and the fat content and depending on the sugar or whatever sweetener it is, I mean, we shouldn't be single person eating a bar of chocolate every day.

I mean, I know we're I know Willy Wonka when would be happy with us, but the reality is, same thing with your not free range, but your wild caught salmon.

It's impossible not to get fish contaminated with mercury. It's not like we're not going to eat them if you're not vegan. Of course you don't have ten ounces of it.

You could have a three ounce fillet. It kind of goes back to context again. No. And 2000 years ago, our ancestors didn't have the ability to consume as much as we do now just because of our manufacturing and processing.

So they would get micro doses of the heavy metals in their chocolate because they would only have a little bit because that's how much they had, that's how much naturally grew.

But let's talk about this kind of putting the cart before the horse. But one thing we do here, especially a natural living family, my business, my ministry, nontoxic dad, is we want to make things really practical.

So worn, I hear people say, I'm not going to give up my chocolate. I don't care what doctors says. I'm still going to have my bar chocolate organic every day.

It's sweetened with stevia. Who could tell me? No. Okay, what can they do to detox it? Can we kind of jump the jump to step five here? Like, I know I'm exposing myself to heavy metals.

I know it could be potentially harming my heart, increasing my risk for heart attack and stroke. What are the best mechanisms? And talk a little bit because I know this is something you've spent a lot of time investigating.

Yeah, I mean anything you can offset your, you know, heavy metals caused a lot of oxidative stress. They cause a lot of mitochondrial damage. So the best thing is to limit the amount of heavy metals.

And we just talked about chocolate. There can be cadmium from your 1810. Pots and pans, 18%, chromium, 10% nickel. Right. That nickel is also a neurotoxin, right.

A very powerful neurotoxin also going to be linked to heart disease, not one of the major top four, but still. So there's all these things limiting the source is number one.

And then you have to do outside interventions if you will. Some of those great outside interventions are antioxidants. You could take chlorella. It doesn't bind heavy metals very well.

People think that this plant is a heavy metal and spirulina, and Chlorella like cilantro. They're great antioxidants. They're super healthy herbs. You can eat a lot of them, right?

They're very healthy for you. Unless you're severely heavy metal poison, they can kind of stir up, heavy metal, heavy metals in your body. But eating great fresh herbs again.

Got to be careful because, oregano, some of these plants can be full of heavy metal. So I grow my own oregano. Right. So to you. Right. Because I know that the soils that I'm getting are not super contaminated can control that.

So antioxidants are going to be key. Two I love to use true binders. Right. If you go through a physician there are binders that and they call it collation therapy.

You know, even the Americ the American Heart Disease Association would talk about using key layers to decrease risk of heart disease. EDTA, they do EDTA, IVs as well, to decrease risk of, your arteries to strip off some of the heavy metal.

Now, what does heavy metals but strip off some of the calcification. There's these different modalities. But chelating therapy is a great therapy. However difficult to do.

You're going to have to work with a doctor, an MD that knows what they're talking about. Right? DMC is was developed in war work world World War two to help with lead getting out of people because there's all this shrapnel.

So they developed this chelating agent. It's a double steel group binder, double HS group. And that creates a two negative charges and it binds on to lead.

Specifically, there's little angle for the size of the molecule. So DMC is wonderful binder DMPs another wonderful binder. It loves mercury but it also loves lead EDTA which we discussed.

Also wonderful key leaders. So these key leaders are discussed when it comes to heart disease and lessening the risk. The medical profession talks about these things and how it's good to decrease your risk of heart disease to clean these heavy metals up. Why?

Reducing Exposure Through Water, Salt, and Air

Because heart disease is highly linked, strongly linked to heart disease, and also heart arrhythmias. Also stroke highly linked. So when we talk heavy metals it's one of the big ones that could be disrupting and increasing your chances dramatically.

And then next in line is going to be microplastics. So what do I do. Because I've been in the DMC working with practitioners. We're using DMC, DMPs, EDTA that we used to be able to use DMC with and buy it over the counter as a supplement.

And a lot of these major, there was 3 or 4 companies we work with. Designs for health actually developed, one for us called DMC synergy. DMC. Synergy, was a product they designed specifically for our, coaching company that we were having.

We were coaching doctors how to remove heavy metals from people. The FDA, FDA made a switch where you could manufactured anymore. Thorn had a product, complimentary prescriptions.

They changed their name. They had a product for DMC and there was a few others, but they got pulled off the market. So then we went on a deep dive of what's the best natural binder out there that you don't have to synthesize? Is it make it synthetic?

That's when we found zeolites. Long story short, zeolites are heavily contaminated with heavy metals. Just like chocolate. They sequester, they pull into their structure.

They're probably the best. Well, they are they're the best and most strong. They they bind heavy metal stronger than any natural thing you can imagine right there. They are truly a magnet.

Think of a magnet and metal shavings sticking to a magnet. You kind of know the visual, right? As a kid you played with magnets and and heavy metals. They they literally they created a cage like structure and they create a negative charge inside of that structure.

So it has it's a cage with negative, a negative charge that like a magnet holds that heavy metal. But they were contaminated. And I don't want to, you know, promote that.

I have a product, but the reason why is really no one else has done it. We cleaned those cages. We have a patent that shows that. So we did a patented process of cleaning the cages, making them different sizes, really doing something special to kind of disrupt the industry because zeolites are being missed.

Representative, adds a heavy metal binder. And so that's something that we've done. I love zeolites in the end for binding heavy metals. They're just they're wonderful.

The only problem is, is I think they're all but one on the market. That's a powder. I wouldn't even touch. And then the all the liquid ones, I haven't found anything with, any major, any major efficacy.

And here's a study. I mean, this is absorption of heavy metals on natural zeolites, a review that discusses exactly what you just said. I mean, we're talking arsenic.

Cadmium, chromium, lead, mercury, nickel. And it is beyond proven beyond a shadow of a doubt. So something that you might want to consider, y'all, is at this point it's in the air.

And we're we're kind of when we kind of went to the solution before we covered the problem. But I think it's obvious, especially for I almost feel worn whenever we have these discussions and people are listening.

We're preaching to the choir. I can't imagine there's anyone listening right now, or especially watching after this length of time. Who is in at least interested in, or who has been living some sort of natural lifestyle.

So I don't feel I need to convert y'all to the recognition that we're being exposed to toxins and heavy metals all day long, every day, right? That's the whole concept is like we are.

There's no way around it unless we live in a hyperbaric bubble and there's not. That's not a life to be lived. However, having something, taking something prophylactically, having a zeolite product and doing other things, reducing your risk is so important.

I want to set the stage here a little bit more about the heavy metals and let this kind of dive deeper, because I really hope and I know you will, because you've done such a great job on your Instagram channel.

Again, folks, if you haven't, check out Nontoxic Dad on Instagram and TikTok and Facebook. We need to help people recognize just how pervasive and ubiquitous heavy metals are.

And let me preface this, y'all. This is coming straight from the 2023 Journal of American Heart Association chronic exposure to low levels. We're not talking now something that I oftentimes think in terms of, toxicity is, a nuclear, you know, meltdown.

And we're thinking, oh, there is no, no, no low level of cadmium, lead, arsenic through commonly use households are directly linked to cardiovascular disease, especially heart attack, stroke, disease of the arteries to the legs, premature death from cardiac causes.

And we could go into some of the, pathophysiological reasons. Bottom line, this stuff is bad. It's really bad. You mentioned Mercury. We've covered that as well.

So expose the Comodo on this stuff. Like you mentioned it a little bit. Like can you go more in depth into cookware, other household products. What are the things like?

Let me ask it this way. Three things people need to do right now to reduce their heavy metal exposure, to help then reduce the risk of heart attack and stroke.

What are the top three products that they need to swap? Yesterday? Well. It let's just go after the major ones. The things we do every day, right? We're drinking water.

We do it constantly and that's designed by by God. Right. To flush our cells and not add toxicity. So I'm not even going to talk about the heavy metals.

They get away with a lot when it comes to lead, specifically because even your galvanized steel pipes, as they rust and that nickel coating comes off, which isn't really good either.

Right? Because nickel is a neurotoxin and also linked to heart disease. But lead is being released. And then there's lead based pipes. There's the the city water systems and know it's scary.

Guys, I'm going to drop this in there. We'll come back to this. But the replacing with PVC, which is microplastics. So it's like are you kidding me? Why can't we make our water mains out of something that's not poisoning humanity?

So bottom line is you need to filter your water at the point of source, the point of what? You're going to drink it. Right? So that's why I highly recommend every home should have an Ro reverse osmosis system.

And this is how gross this water is. But now there's glyphosate in our rainwater right. But there's pharmaceutical drugs. Because of that we consume the most medications in the United States, America.

And because we're on birth control, because we're on heart disease medications, because we're on low cholesterol lowering drugs, because we're on, psychotropic drugs like candy, especially with our children.

All that's going in the water, the water treatment system, plants cannot, handle the. Clean that up. Now, they're being tasked with that challenge. They're working on the technology, but it's not there.

So it's getting pumped back into the streams, back into our groundwater supply. It's at measurable levels inside of the water you're drinking. So you could be drinking your neighbor's heart disease meds, which is going to which lead to heart disease.

So you have to have a reverse osmosis system or even better, a distilled one. Right. And then put some minerals back in. Right. You can use sea salt. And again, something you use every day you thought was healthy.

It's contaminated with lead. It's crazy. So sea salt is another exposure. So what you want to swap out is the high

lead containing sea salt. And you can ask for a CoA a certificate of analysis.

The ones that I found that are the best. It's Jacobsen's, which measures almost zero parts per parts per million or parts per billion. And then Kalima, it's below 50 parts per billion now, Redmond sea salt here in Salt Lake City, where I, where I currently live, 250 parts per billion led so five times the amount.

So if you did 3 or 4 pinches, you would exceed a prop 65 level, which I believe 0.5 micrograms per day. That's kind of what your bottle body can handle per dose, if you will, per serving.

And it far exceeds that if you're doing this amount and much salt this this we do as health influencers. And then there it is great Baja gold one that everyone's promoting even higher than that.

Right. And it's like the super salt. It's full of minerals. You should use it. It's full of lead and the offset of those minerals, which are really good for reversing heart disease, which are really good for your detox pathways like zinc and selenium, like these, these micro doses of it, plus the trace minerals.

So good for you. But the amount of lead is is not worth it. So number two, switch out your salt for one of those two brands. And there's some other good ones out there too.

We can even drop drop some of the lowest lead amount. I think mama did a really good study there. Their tables are a little weird because they put the cream on the wrong one, but Mama Nation did a good study.

There's some also other folks doing studies on this, but I actually tested these at a lab myself just to confirm. I want another one that I used to promote all the time.

Redmond sea salt might have been 125 parts per billion and Celtic or Celtic sea salt. I always say Celtic and Celtic. But 250 parts per billion and I use as health practitioners back in the day with the ones I coached, not me, because I'm not one, but we used to recommend that one.

So and that's, that's I love Celine and actually I think they're a great company.

Mercury Risks from Dental Fillings and Fish

I think they're doing great things. But your salt guy's too much lead. So that's an easy switch and it's going to lower your lead load. The next thing, what do you do?

Every day we breathe your air and let me paint the picture. Think about just one of the contaminants. No we're talking about industry and and the streams being contaminated from industry and, manufacturing.

And of course, we're getting tons from that. We're talking Fukushima, putting uranium, which is another major heavy metal into our atmosphere and into our oceans, which is getting into our fish.

So that's another heavy metal. It's the most toxic heavy metal. So there is that exposure. So our water and air, uranium. But think about your car tires.

Where does all that rubber dust go when you have to change out your tires? You know, every 3 to 4 years. Where's that going? This toxic lead, mercury laden, cadmium laden dust is going into your atmosphere.

So even if you lived in a rainforest, you're still breathing heavy metals. So what do I recommend you're doing? Getting an air filter. Right. And, you know, air is a great one.

There's lots of great ones. There's some new companies, you know, I use, like, three different brands. Right? Adler Air, there's there's so many like, I'm not they're all really good.

Because they have Hepa filters and they knock down the amount of heavy metals that you're breathing for you and

your family. So at least put one of those in your bedroom. Right.

So that's another, another option, for cleaning up your air. So your air, your water. And then watch your foods. Here's a rule. If it has a prop 65 warning label on it, don't eat it.

When it comes to foods and drinks, just don't do it right. And then for. People that aren't familiar with that, you mentioned that a few times. Yeah. What's that?

Prop 65 is a California, labeling law. If you have a dose of a carcinogen like heavy metals that exceeds a certain level, you have to put a warning label on that item.

Right. So like sweet potatoes, you're at Costco, you flip over the sweet potato chips. It has a prop 65 warning label sweet potato chips. That means these ones are from China.

By the way, the ones that I just pulled and I did a video on this. That means they're because root vegetables can pull up more heavy metals. And I love this, warning. Right.

Because it's giving us an idea. It's giving us informed consent that these potatoes are being grown in heavy metal contaminated soil. They're concentrating in the chip.

And now California says we have to warn the consumer that there's a carcinogen or a reproductive warning on that. And you can even find it for other neurotoxins like acrylamide, because you're taking food like a potato chip and frying it sometimes in toxic oils.

And it produces that acrylamide on their right, which is a major neurotoxin. And they'll list that. So when I see the prop 65 warning, that's kind of my benchmark for food.

Now, you might see it on other things. It's on your car as well. Because of the VOCs and toxins in your car. So, don't buy new cars, guys. It's just not a good idea. I hate to say it, but you're.

You'll be breathing neurotoxins at hundreds, if not thousands of different chemicals for at least at decent levels for at least the first few four years of that car.

So that's a, you know, a little side, but you'll see prop 65 warnings on cars. But when it's on a hook that you're putting your hook, coat on, it might have a prop 65 warning label.

This is to stop them from getting, sued because of how lawyers kind of do things out of order. But on food and drinks, if you see it. I wouldn't eat it. Right?

Because it's just too much per serving. It's warning you just too much in here for your body and for your children. Here's a really important thing. We're talking about heart disease.

But you're your children because of how their gut is developed. So when they're younger, I think the amount of lead is five times more, detrimental to their health, meaning that they absorb five times more the amount of lead through their gut just because of how how their gut is.

So children are getting even more exposed. And I mean, I could go off on on that. When we start talking about children, I get super upset. But that so and another thing that I would do is don't try not to drink tons of juices and taking something like a sweet potato, sweet potato.

They say potato, a sweet potato and eating a ton of it in the form of chips, because now you're concentrating something that was meant to just eat one, and now you're eating like six, you know, in a setting, because you're dehydrating them and you're eating a ton of them.

The same thing with juice. If you're eating too much juice you're taking, aren't, there's. Well, depends on the on the,

on the fruit. But fruit juices can concentrate a lot of heavy metal. So you're taking, like, the juice of, like, 20 oranges and putting it into a cup.

So now you're concentrating those heavy metals. So eat food as God intended is another good rule. Don't concentrate stuff. So just some incentive because of the sugar amount.

But it's just some incentive to realize when you concentrate things in a small amount, it's going to cause, a bigger, a bigger concentration of heavy metals.

So let me give you guys a little real life hack. I'm searching here. Just did a simple, simple Google search, and hopefully you could see this on my screen.

It says I just typed up lead exposure and ADHD. And let me tell you something. When I first published my first study, man, what was it now? 12 years ago, this didn't exist.

I literally had to comb through dozens or hundreds of studies to find the golden nugget that I pulled up within 2.5 milliseconds. And this is what I want to a warn is sharing is not just common sense.

If you're in this world like, oh, yeah, but it's very factual and it's like, wow, like you're saying. And I don't want to gloss over the fact that this isn't just about your heart, your heart attack risk, your stroke risk, but also the heart attack and stroke risk of your children and grandchildren forever.

And this is beyond a shadow of a doubt, the risk not just with lead for the heart, but what about learning disabilities? And I want to point that out.

Our children rates of autism and rates of ADHD and other learning differences are being directly exposed to heavy metal exposure. And so just just a quick thing to think about is when you do a Google search, this is relatively new within the last six or so months that I've seen it.

And here's what I look at. I look at automatically the sources that they're quoting and I'm seeing here, Chad, this is a direct association of attention deficit disorder.

This is National Institute of Health, NIH Science Direct Link. These are legitimate, legitimate scientific resources. And if you click this button, it takes you to the PubMed study.

That actually wasn't as fun. It takes you a right to the actual, anchor link of this study. And you can scroll up and you're like, what exactly is going on here?

And now we're here into the Journal of Environmental Public Health. I mean, just environmental research and public. All this is how we utilize the internet nowadays.

And the reality is this is what I'll leave you with, be a researcher. The whole purpose of these discussions and these interviews and all the wonderful things that we're trying to do, the whole purpose and mission of what Nontoxic dad is about is to give you the fishing pole so you can fish on your own and to learn.

And we hope that you are at one point angered by what's happening, but also inspired because we're not victim of our circumstances. And if you're interested, like maybe there could be some correlation between what's happening to you and your family and heavy metal toxicity.

So just some really, really, key notes. And you mentioned Mercury, and I was hoping we could hone in on Mercury a little bit. So you already heard Warren say water and air.

One caveat I would say one is be careful you don't go to Home Depot and get a Honeywell or a Dyson air purifier, like you're going to want to do a little research.

A lot of most of them have done lab testing to determine how many particles that they allow and all that other stuff like it will say mold spores, heavy metals like it will let you know.

Same thing with your reverse osmosis. These are non-negotiables in my opinion. But mercury, Mercury exposure, everybody is strongly linked to increased heart attack.

And we're going right to Harvard. We're going to PubMed. We're going to research studies. So expose this mercury thing. How do we avoid it. How do we clean up our lives from it.

Mercury is is just nasty. And the dental world didn't do us any justice. Right. And we're still fighting this battle where other countries have finally laid, laid down and said, yeah, this stuff's absolute poison.

Your amalgam fillings are loaded with mercury, guys, it's so bad. Like, not even. It's unbelievable. This was what happened to me. Like I was in the environmental cleanup world, right.

And and I found out that heavy metals was was poisoning me, right. I finally made the link. Like, these are my symptoms. I have crazy mercury symptoms.

And yeah, I was exposed to mercury. I did mercuric oxide cleanup. This is what we used to quote grains and our brilliance back in the day. Let's coat our grains with mercuric oxide, this red dust.

So they put it on wheat and corn and threw it into the fields. So not only we contaminating the soil with mercury, but what they liked is the yields. It's like they didn't think about the connection.

They didn't think about the felt hats and putting mercury in the felt hats to keep the shape right. Contacting Mad Hatter's disease. So we put mercuric oxide on grains.

So it was a pesticide. It's an herbicide. It's a fungicide. Mercury kills everything, right? It kills everything. That's why they put it inside a vaccine so they can multiple stick.

That's why they put it in. I solution back in the day. Because you don't want to put any bacteria in your eyes and cause eye infection. So let's put mercury in there so it doesn't cause any infection.

It just kills everything. So the small amount of mercury that's put into vaccines used to be put into your contact lens solution. It was put on grains to do the same thing, to keep it nice and pristine in the ground and get better yields.

So I did do a mercuric oxide cleanup. And really the bottom kind of fell out, you know, after that for me, I got a big exposure of mercury. So going back to dental, after knowing all that, I came and I couldn't believe that America, the United States, our medical system, our dental system that we look up to.

My brother dentists. You're brilliant. You're kind. You're so sweet to me. Right? How could you put a mercury amalgam filling in my child's mouth? That's leeching 10,000 times the amount allowed by the EPA into the air that I'm breathing.

Cookware, Household Swaps, and Practical Detox Support

When you drink a hot coffee cup of hot coffee and or chew on a mercury amalgam filling to breathe right into my brain, right into my lungs, and polluting my body with mercury.

And there's the most prestigious journals like Faseb shows the amount of Malcolm fillings in your mom's mouth is directly linked to the amount of mercury in the fetus.

Right. And the neurological tissues in the in in the brain, in the liver, in the kidneys, just concentrating directly relation the amount of milk amalgam fillings, the amount of mercury in your child's brain and other tissues.

Right. How can they allow that? This was my challenge to myself. I didn't want to believe it. You don't want to believe it. How can they be lying to us?

They are because they made a mistake and they don't want to admit it. It's almost like not having self-responsibility. You're never going to grow as an individual.

I made a mistake. Get over it. Forgive yourself. Move on. Make a better decision. For some reason, our medical system has not saying forgive us, we made a mistake.

Please. You know, let's help this. Let's. Let's work with, you know, the science that I'm doing and the heavy metal collection, you know, strategies that could be used and given to America or removing this stuff.

And then they put microplastics into our mouth. Right. It it's it's horrible. But you have to come to realization that there's no denying I can put a meter in your mouth when you chew or drink a cup of hot coffee with an amalgam filling in your mouth, and it's going to exceed EPA air quality standards.

Your breath if I. If you breathe on me, you're poisoning me. You're poisoning your fam. If you're kissing your your loved one, you're poisoning them, right?

It's it's nuts that they allow this. Right. So that's your number one source of mercury is going to be those fillings, right? It's ridiculous. And you need to work with a doctor that knows how in a dentist that's not just trained on it but actually cares.

And here's how I do a dentist. What do you wear to protect yourself when you're removing an amalgam filling? If they say nothing, run the other way. Even if they're a biological dentist dentist, it's a they have the number one suicide, rate.

Why, yes, they're mad as hatters. They're being poisoned by their job. OSHA. I can't believe it. Like it exceeds all these standards. And yet we're supposed to.

OSHA is supposed to protect the health of our dentists, and they're not. So this is one of those ones that hurt your brain. Like, how can they get away with this when I can show you with that beyond a shadow of a doubt, you can look up the Smoking Tooth video right now and watch this.

The there's a good company out there called, an organization. I a omt.org, where you can search for a dentist. So that's going to be your number one source.

Mercury is a neurotoxin. It destroys your neurological tissue. You can look up. There's a Calgary, done out of the University of Calgary on Mercury. And then, Janet, you can look this up and the degeneration of neuro tissue in the presence of mercury, it just degenerates and shrivels your nerves.

So it's giving you. Let's talk about symptoms. Brain fog, weird muscle twitching. It's destroying the nerves of your heart. It destroys the, destroys your mitochondria.

It causes gene expression to go haywire. It it is so poisonous. It's the second most poisonous thing to your body next to uranium. So mercury is a massive insult not only to your heart, but to your brain function, to your hormones.

They're hormone mimics, highly linked to an autoimmune disease like, Hashimoto's. Just nasty stuff. Right? So this is the number one source. And again, now we're talking other exposures.

Big fish. The bigger the fish, it's called the law by logical concentration. This is biology 101. We actually learned about the the law of biological concentration in early biology.

Even in high school when bigger things eat smaller things, whatever contaminants inside of the small thing concentrates up, it's almost like taking a bunch of oranges that have a little bit of mercury and lead and cadmium,

juicing it and putting into a small amount of juice.

Same thing. They're taking a small amount of toxin, and as the fish get bigger and bigger and bigger, you have a higher levels. That's why tuna is this nasty source of mercury.

So anytime there's swordfish, now, you if you ate it once a year and your life is pretty clean. Yeah, it's not going to be the end of you. But certain individuals like myself can handle heavy metals, children on spectrum disorders that a lot of them have. The, gene mutation.

They can handle heavy metals, heavy metal levels. The research shows that autistic children can't handle heavy metals. They just can't. They don't need another neurological insult.

Right. They're already challenged. And environmental toxins is linked to autism spectrum disorders. All these environmental contaminants 100% link. There's no denying it.

It's not just mercury. It's not just lead. It's not just cadmium. There's glyphosate. There's all these other insults, but together they finally agree that it's an environmental triggers.

That is one one of the problems with autism spectrum disorders. So there's no denying it. So fish is going to be another one. And then obviously mercury in our air is that's why again we go back to those, those air filters.

So and also water filter. So those, those are some of the swaps. Stop eating so much sushi, guys. I know it's fun. I know it's cool, but your body just can't handle those levels.

Some of you, a small percentage, you can get away with hammering heavy metals and probably lifting you into your 90s. But that is the exception, not the rule.

How about how about other just day to day things that keep on going back to cookware. And I'm looking at your Instagram page. So what what are the high level swabs at or high level things people need to know about cookware and about basic household stuff that they're not even thinking?

I'm thinking kids car seats. I mean, just where does this end? Like, what can people do now? In addition to what you're sharing? Yeah. So getting back to the basics is what I look at, the way I look at things.

Right? So when you look at a super amazing pan. Right. And I'm not talking about stainless steel, they are good and there's ways to use them and I'll get into it.

But when you look at a nonstick pan, a titanium pan, even the new ceramic pans, when it's too good to be true, it might not be good, right? Silicone cookware, the silicone things, and it's just the muffin just pops right out, you know?

And and then you try to switch, like maybe with my wife, she's like, but it's so easy. My daughter, who loves to bake. But but dad, no, don't take my silicone cookware at as low as I think it's 200, like 210°F.

These lock scenes, these highly carcinogenic compounds are released into your food and into your air as well. So when it's too good to be true, it usually isn't true.

Right. So these conveniences, these modern conveniences are not safe. Right. So how do we when it comes to cookware I don't like anything. That's that's super fancy stuff.

Because even with ceramic, which can be pretty low tox, it's going to be better than anything Teflon. Right? So if that's what you're using, it's going to go bad.

There's aluminum underneath. And most of them, they're made in China. They're they're bound to the aluminum. So there's chemicals that are still used.

They're not just they're are liquid with then they're ceramic like right. So they can make the claim. Right. A pure ceramic coating. Super expensive, hard to find.

There's no way you can make a pan for 30 bucks. And it'd be pure ceramic. Right. There's now there is extrema, which is pure ceramic extrema cookware.

It's great for sorting. It's a great dish. It's heavy, but it's completely nontoxic. I use it for sorting, but it's just not that practical in the kitchen.

What I love here's what I like using for frying. I like, oh, carbon steel. And when you get that thing seasoned, you can flip an egg. You can do anything just like.

And you don't ever want to wash it with soap. You want to season it, it will become nonstick. And you're not going to get that iron levels and all the scary stuff that people say, but at least you can use iron.

Love that. Or cast iron. Wonderful for frying. For sautéing, I will use stainless steel with one caveat I buy purchased 18 zero stainless. Not for everything, but for things that I cook that are acidic.

And there's a few companies out there once called Homie chef which is a horrible name, but Homie Chef has a 20 actually 20 zero, 20% chromium, 0% nickel.

Because that nickel most stuff is 1810 gives it the shine. It is more corrosive resistant, but it comes at a cost with the nickel exposure. Another neurotoxin also highly linked to cancer.

Right. But also any of these heavy metals are going to be neuro inflammatory. They're also going to be linked to heart disease because they cause massive amounts of inflammation.

So I do use 1810 not 18 zero 18 zero. I use for acidic things like my sauces from the garden. We make tomato sauce because it's going to sit in there.

And research clearly shows that it leaches out high levels of nickel if you're cooking sauce, and processing it that way. So at least that's what we do.

So 1810 I'll use for sauteed with butter and vegetables. That's fine. The amount is so minimal you're breathing more right. So that's that's how I do cookware.

I hope that, adds some value. It does, it does. And folks, you you can even get in more in depth. Go to nontoxic dad Instagram. There's just at this point, I don't even know how many videos you have. Dozens upon dozens.

By the time you watch this or the replay, there could be hundreds upon hundreds of videos. Great on everything. Everything that you need to consider about reducing the heavy metal exposure.

Warren, this has been fantastic. We covered most of the things that we talked about covering. I don't know if there's anything else that you wanted to cover.

We briefly mentioned zinc, and zinc deficiency. Having an associated risk? Yes. What? What are some of the things we can. Yeah, let's, let's we talk about the zeolite product.

I have side of detox. That's great. Carbon binds bio because a lot of toxins are put up in that. In that bio complex, you can do a, a liver flush with olive oil and lemon.

Right. And get rid of your bile just once, because your body conserves bile, right? It's hard to produce. It's made of fat, right? Cholesterol. And it helps digest, it's that's white matter.

We're going to get into it. But essentially you can do a liver flush and it's painful, it's gross. And it and it takes a day

and it ruins your day. And it removes the bile.

So that's that toxic bile complex because toxins like heavy metals are fat loving and they get connected to those fats and also bio toxins. So, over 18 years ago I saw a study because I had university access.

The binding of bile, and as a cholesterol lowering drug out of Italy. And I found the carbon. We were looking for a solution next to thiamin for removing bio toxins.

That's Doctor Richie shoemaker's work. Because a lot of people are 70% of your homes. By the way, we had to have a docu series home sitcom that can talk about this.

So we can. You can go there for free. Home. Sick home. Dot com. But 70% of your homes have, significant mold in them. And mold, recycles, especially genetically in a lot of us.

And it gets caught up in that toxic bio complex. I found a study that showed they use carbon to lower cholesterol. How what was the mechanism of action? It was binding that bile.

So instead of using polystyrene in our clinics to bind that toxic bile complex, which is a plastic resin, by the way, we started using carbon and we were able to lower the complement immune system marker for a and see people recover from bio toxic illness.

Mold produces bio toxins. Go to home sick home.com and you'll learn all about that. But that's another way to bind heavy metals and toxins is to take carbon.

I like to take it before bed. I have a carbon. I was the first to market, over, I don't know, 14, 15 years ago. It's gone through multiple iterations of of making this product for physician only to today.

You can get it even on Amazon. It's called true carbon cleanse. Is the name of the product. So that's another way to combat this issue. Zinc is another deficiency that happens with heart disease.

And it's also important for detoxification. So zinc is something you can take for heart disease. You want to eat foods rich in beta carotene. So all your colorful vegetables carrots this is where not eating vegetables and eating all meat is not going to work for you, but work against you.

You definitely need the things God have created, you know? Don't want to be juicing every single day with the skins on and you can get to, you know, if you're sensitive to things like lectins and oxalates, but that's overdone.

Like your body can handle some of this stuff. Again, if you concentrated in juice, yes, it becomes a problem. But vegetables are so stinking healthy for you you can't get away with not eating vegetables in my opinion, right?

They're just they're so powerful. They're they're God's healing, phytonutrients that you need in antioxidants. So eating a lot of those vegetables are going to protect your heart like crazy.

I think you guys know that. And then also selenium is good for detox and your heart because it helps with, mitochondrial function, specifically in anything that helps with your mitochondria is going to help your heart.

That's why mercury is so detrimental to your heart. So you really want to take, eating, getting rid of the bad fats because your cellular function needs to work.

So you need to be eating lots of olive oil. Try not to denature olive oil by heating it up. It does have any accidents and kind of offset it. And that's what I'm saying here is when you have oxidative stress from heavy metals, you won't eat vegetables and things that can offset the oxidative stress.

Another key tip is to cook with herbs and spices like rosemary. So when you're when you're oxidizing and burning things, even with vegetables and sautéing, you put these in towards the end.

It offsets this acrylamide production, if you will. What's your carcinogenic and oxidants? Oxidative. So this is where eating your herbs and your vegetables are going to offset a lot of the oxidative stress.

So don't just pigeonhole yourself right when it comes to your diet. Realize that these foods all are critical tools to your life. And herbs are so critical.

If you could eat more herbs, it's going to make a massive difference to your health. Guys, as as we've evolved or changed over the years from we'll just say hunter, hunter, gatherer, right?

We're tons of herbs. Men would be out hunting and they're just meowing on herbs for satiation. But they're also designed because we are designed by God to be living in the environment.

Grounding is like an antioxidant ivy to your body. So when you're out grounding and this is solid research, it's not woowoo science, solid research that it's going to transform your life.

It's going to lower your risk of heart disease. I just remember this study. It's right in the literature. If you ground, it's going to lower your risk of heart disease. Why?

It's supplying an IV of antioxidants designed by God with your bare feet on the ground to fill your body, to descend, to discharge all this crappy electricity that you weren't meant to be around.

This is loading your body up with oxidative stress and is putting bad ions all over your cells in your body, your battery. And God designed you to be living in conjunction with the recharge of the earth.

So you really need to get outside and ground sunshine as well get. That's going to help you sleep better. We could go down this rabbit hole, but there are some final tips that I would love.

I love to share. That's awesome. I appreciate you brother. And folks, do be sure to go to homestead Comic-Con. Check out Instagram, Nontoxic dad and follow Warren's work.

This is just the beginning, and once you really go down the rabbit hole, you have a choice. And I, I've been enlightened to this way of life now for nearly 22 years. And.

It's a responsibility that we're faithful with the little knowledge that we get. And then we're able to handle more, and then we share it. And that's really what we're doing here. So Warren, thank you, my brother.

Thank you, my friend, for being faithful with the gifts that you have and with the passion and sharing this information and you're going to continue doing it.

You're going to continue inspiring millions upon millions of people. So it's awesome. And I appreciate you and folks, I appreciate you for tuning in. And this has been a blessing. It's been encouraging.

And you are only going to grow emotionally, mentally and physically, spiritually, every area of life as you implement these wonderful practical tools that Warren shared.

And as always, this doctor, Eric Zelensky, my hope and prayers that you and your family truly experience the abundant life God bless. We'll talk soon. Thanks everyone.