## Introduction to the Non-Toxic Dad

Hey. Welcome to the Beyond Infertility Summit. I'm your host, Dr. Aumatma. And today we are talking to the Non-Toxic Dad. His name is Warren, and Warren is a health warrior.

He's Battling Fibromyalgia, anxiety, weight gain, insomnia and numerous health challenges which he refused to give up on himself. Really? And after exploring natural and alternative methods, he actually found that so much of what he was dealing with had to do with toxins.

So he has made it his life's mission to educate other people on toxins that they should be aware of. Now, in my conversation with him, we really went deep into toxins that are affecting male fertility because we just don't talk to the men enough.

So, ladies, if you are listening to this and you're like, oh, god, another toxin talk, please, please, please send this conversation to your partners.

It is so crucial that men hear this and it's even better when men hear it from other men. So share this conversation with them. I think they're going to love it.

I think they're going to really get something out of it and really like Warren just makes it so approachable and so full to understand how these toxins are impacting not only testosterone levels, which so many men are concerned about, but also fertility and sperm health.

So let's get into it. I hope you enjoy this conversation. Welcome, Warren. It's great to have you on the Beyond Infertility Summit, the Non-Toxic Dad.

We're so excited. I am very excited to talk to you about the toxins in our environment and I love the educational work that you do on your channel. So what inspired this mission that you're on of Non-Toxic Dad?

How did you get into this? Well, you know, just like most of us and most of us watching that have had health challenges, it kind of changes their life.

You wouldn't be watching this Infertility Summit unless you had a challenge, which is infertility. So now you're looking for natural ways that are stopping your body.

We're going to get to those. I mean, I could jump right out of the gate and say, it's your underwear, right? Because there's clear research on males that do that.

## Warren's Toxic Exposure and Health Crisis

And then they done did a dog study. Same thing happened, right, with your polyester underwear. So massive amounts of it from infertility just from that.

So it is your husbands look like. Well, I love that you're starting with that. Yeah. Because it's in your underwear, you know. Come on. You like hitting your.

I can see the wife punching the husband now, right. I told you. I told you it was your fault. So that really it it happened just like that, right? Because I was having my own health challenges, my own health crisis, actually, when I lived in Missoula, Montana, I got my master's degree up at U of M and University of Montana.

It was my dream to go to Montana. I unfortunately read a lot of Louis L'Amour books growing up. I was a country

boy and I loved fishing. And then I watched a river runs through it.

And then so an undergrad, I, you know, I mean, I was I'm going to talk about how hick I was, but I was pretty hick. But I went to a small liberal arts college called Allegany University, and then I wound up getting a full scholarship out at U of M with my dream hunting and fishing.

Sorry if that's offensive. I don't mean to be that way, but that's just how I was raised and and so here I am at University of Montana, full scholarship teaching geology, you know, to the undergrads.

I studied low temperature, aqueous geochemistry re that threw me into the dream job as an environmental consultant. Hard to get work in Missoula, Montana, very small town.

Fast forward as an environmental consultant, people would hire us and we had a government contract with the U. S. Army Corps of Engineers and we did a lot of abandoned mine clean up with us for service.

We also did some work with the with the EPA cleaned up or used defense sites. It was a lot of toxic exposures moving through that, even mercury exposures.

We did I did an abandoned no an abandoned mill cleanup where they used to use McKittrick oxide. The cure oxide was the glyphosate of the day almost because it was even better than glyphosate.

It's that's why they put it in, you know, eye care solution or in vaccines because it kills everything and makes it inert and safe. Right. Besides toxicity of mercury, mercury kills everything also can highly disrupt your fertility.

I can tell you a small story right there. We had a client back in the day when we ran clinics. She had one small, little tiny amalgam failing. She could not get pregnant.

A little tiny one. She had it properly removed by a biological dentist. iaomt.org screened the dentist to make sure that you safe procedure. She removed that one little piece of mercury.

She got her period for the first time in like ten years and wind up getting pregnant. So these little things, these little toxins can stop you from just cycling normally.

Just yeah, your hormones bounce. So your body's like, yeah, it's safe. I can I can have a pregnancy because when you're not having a pregnancy, your body's saying, I'm not healthy enough, right?

I'm disregulated. It's it's not a good time for me or it's just being completely disrupted. You might be healthy in a lot other ways, but your hormones are disrupted.

And let's be honest, if your hormones are off, everything is off. So mercury oxide, they put this on grains, kills everything, kills insects, bugs, funguses rats, mice, you put it on corn or you put it on wheat.

There you go. Clean that up. Right. That's really when my symptoms really start to escalate. So abandoned mine clean up abandoned mines. What's that? Heavy metals picture.

A toxic stream stained killing everything. Fields just wiped out. Trees everywhere else. Completely barren, like a desert. Heavy metals doesn't allow stuff to grow so toxic cadmium, lead, mercury, arsenic.

These are the things that poison my body. So got so sick. Had to sell everything, move home and my parents basement. Basement in Pennsylvania. Mold. What happened? Mold. Walls, mold.

I became so moldy so that the anxiety and all the mercury symptoms, the eye twitching, the abnormal shyness, sound sensitivity. I moved into massive chronic pain, fibromyalgia, sleeplessness, so just so sick, so full of anxiety.

I couldn't move sleeping in my parents basement had no idea. I mean, I thought it was something to do with

toxicity. I thought maybe I got Lyme poisoning because that was kind of big back then.

And then maybe arsenic poisoning. I didn't even think about lead and mercury. There just wasn't any literature. All the literature I could get is like going my university access and requesting microfiche.

If you're watching this, I don't know if you know what microfiche is, but it's where they would take journals and put them on little pieces of plastic. And.

Little pieces of plastic. And print out the document for you. Now you can just go online and every research paper is there in digital format. Even my old research is in digital format.

I can find it, which is kind of cool because I did publish with the US, with the Montana beer mines in geology and I think I did a small paper at USGS too.

So, so anyway, fast forwarding through all of that, I became so sick, moved home, looking for answers. 25 years old, didn't want to stay on this planet.

And, you know, I'm a God guy. So had this faith that God has a plan. The universe is going to work for me in this scenario somehow, because we all know now I'm close to 50 that that circumstance and pain is our greatest teacher and motivates us.

We can either get demotivated or we can stay motivated. I know a lot of people aren't in this Summit, are motivated to get answers that are motivated to have solutions.

And removing toxins is what saved me. And removing toxins is what can save you is what can give you the greatest gift. As a matter of fact, I'm so happy I'm on this fertility summit because my greatest achievement in life is my children.

And when I was sick, I never thought I was. It wasn't about being able to get someone pregnant. As a matter of fact, I was celibate for eight years. I was not even in the game. Right?

Well, right. Part of that was just my belief structure and how that didn't work out in relationships. But the other thing, I was so sick I couldn't entertain the relationship.

That's how I was. No one would be around me. I stunk, right? I had so much abnormal shyness. I couldn't look a woman in the eye. I had no self confidence.

My testosterone was so low, I had no drive, no nothing. Like it was just I was 210 pounds. I was obese like it was for my size. I'm only not even 5'9.

So anyway, but in that there was a silver lining because I kept digging. I kept asking God for answers. I couldn't pray anymore, do all my, you know, day to day religious practices that I used to do because I was so sick and in so much pain and not sleeping.

That move to eventually feeling a little bit better. And I started doing some research, couldn't get answers met up with a good friend that inspired me Dr. Dan to look into toxicity more.

He started giving me literature and research. I start seeing the connections, start doing some detoxification protocols.

## Male Fertility, Testosterone, and Underwear

Long story short and years later, five years of really hard time in my life back started teaching functional medicine doctors for 18 years and just recently started the nontoxic dead broadcast in my four at my in my 48th year because I just started about a year and a half ago to educate educate people so that they didn't have to suffer like I

did. Yeah.

Yeah. Wow. So you have been through quite a journey with toxins. I feel like your background in environment, mental medicine and like what's the technical term for what you were doing out of college?

Oh, so after yeah, after I left graduate school, I was an environmental consultant, so we did environmental cleanup. You can think I was an industrial hygienist, but I'd hire those guys so we would look at a problem and find the solution.

Whether it was a, you know, an abandoned mine. We need to mine out, you know, two feet of soil so that the people who play on here aren't going to get sick because, you know, people ride motorcycles and hike on these abandoned mines.

So we just dig it all out, put it in. I spent millions of dollars, actually, of government's money and put it somewhere safe and get it, you know, put it in a kind of make your own landfill, if you will.

So that's what we did. So that was what environmental consultants do. There's a lot of environmental consultants are actually very sick because. Because they're exposed to all of these things that are in the environment that you really shouldn't be exposed to.

But here's the thing. This is what made me so mad of Momma is that when I got into this, I start realizing that the amount of mercury coming off my Malcolm's was way, way worse than on this mine site.

Maybe that metric oxide one was a little rough red and mercury on my hands like it was bad that in general, like your your silver amalgam fillings, you know, we did more cleanups through my company.

Like you have moldy homes you're living every day. I would just go in for a little bit, right? And I could wear personal protective equipment. You know, when I was doing this stuff.

But the amount of volatile organic compounds like benzene that I would smell in from digging up a gasoline spill from an old gas station right. That's way.

You know, if you're filling up your gas tank all the time, you have furniture behind you, that. Of gas, you know, from. Off gas and toxins and carpet and paint like you're breathing that every day.

All day. Right. We are counting on the insulation to the woods that we're using. The press boards have formaldehyde, which is a VMC and other toxins, VOCs and formaldehyde actually inside of those those press boards or MDF board, particle board looking stuff.

So that's what got me on this mission. I'm like, the world's being poisoned and there everybody's sick. So the root cause of a lot of our health challenges, including our infertility and then post infertility, just the childhood development aspect is nuts.

Children are born with so many toxins and there's so many studies showing that thousands of chemicals in the biblical cord. Yeah, right. Yeah, yeah. Children are born with.

I think the last I saw was like 387 or something found in umbilical cord that can be identified. But of course there's so many more toxins than we can identify. So there's thousands of chemicals to make up your car and it's not regulated.

Right. And you go in your new car, that new car smell, you're sniffing a concoction of thousands of not thousands over a thousand chemicals all mixed together.

Right. To keep your car from catching fire to the the chemicals used to make the plastics. I mean, it's endless and it takes a complete, like, full 40 years to ask.

Yeah. Yeah. Right. You can find your windows down, do things like that to mitigate for sure. I want to give that answer. But it's not that what's allowed, right?

It's not. So I want to focus this in a little bit because I feel like because you're a man and you have this background and training and and you've done so much in the research world around toxins.

I feel like this would be a really good talk for for the male partners to listen to, because we have lots of women that are motivated and are like, you know, all into it and they're like, oh, I'm going to get rid of all the toxins.

And then we have our husbands that are sometimes like, But I like my shampoo, don't take that one away. So I really want to hone in. On most women don't care.

They take it away anyway and the guy's not going to go out and buy his own. So hashtag good. Yeah. No, no, no, no. I'll just go. Go get another one. Yeah, likewise.

You throw that away. Probably a lot smarter than the average. Also smarter than I would. My wife buys everything. That's he wouldn't dare let me touch his stuff. So but I think in terms of like I feel like behavior change comes out of education, right?

Like we have to know why it's important to do something before we're going to do it. So specifically for men, I want to talk about two main things, which are the massive decline in testosterone levels, which is very concerning.

There's like 20 year olds with low testosterone and then. They're already on testosterone therapy. And here I am, 49, and mine's not through the roof because I'm not taking testosterone replacement therapy, but I'm in the eight hundreds, which is.

Which is awesome. Like, you don't need to be higher than that. Oh, enough me. It was, it was 200, you know, back in the day when I was sick. Right. And I never, I've never taken a thing, but it just took time.

There's, there's a shortcut and there's a time and a place for a shortcut to feel better. It's everybody's individual choice. But, you know, I want to live long and healthy for my children.

So I'm into longevity. Right. And, you know, and there's a lot of dads that they want to be they love their kids. They're great dads. And so we have to do things to be around for our kids when we can actually really enjoy them as friends.

And not just teachers, you know, because they're young work. But my wife saying that you are not the adult, you know, you don't get everything you want.

So the testosterone is one piece low, low lowering or declining levels of testosterone, and the other is the sperm. And they're both interconnected. The things that are affecting testosterone are eventually going to affect the sperm.

So I only talk about like five, maybe six things that guys can do that are really super important to clear out of our lives. I think it's going to be relevant for the ladies, too.

But I know ladies are like, okay, this is like the third talk on toxins. So you guys like, I know you've heard it, this is a good review for all the ladies, but send this to your your partners because I feel like coming from you, it's a little bit more approachable.

Yeah, I'm used like that all the time. My job chance. Thank you so much. I keep sending this to my husband and he's actually. Yeah. Exactly. Exactly. Yeah. I mean, I mean, I do get some hate.

They go this guy probably sits down when he piece and I'm like, as a matter of fact, I do. Why would I want to splash your face? Right. So I like to do the right thing, right matter to me. I'm 49 years old.

Right. Like you just you get a little like I am who I am. And right now I do the best I can. I'm not perfect. I'm you know, I make even toxicity mistakes.

Like just today I crank my wife got a new topper. I'm like, we can't do that. It's going to ruin my other pad. Right? And then so I cranked it way up and then I today or last night, I'm like, you smell that it condensate.

It didn't grew bacteria. So I'm like throwing out expensive organic mattress toppers last night I'm like, you know, just like this whole thing. I didn't sleep last night, like, it was this whole mess.

So, no, I think Dad didn't think of the unintended consequences. And that's really what we want to talk about, the unintended consequences of our decisions.

Right? When we snap at our children. Right? You know, we all do it. But what's the unintended consequence of that? So that's a really good way to think about life.

Is this going to make my life better long term if I imagine my life five years from now, ten years from now, 20 years from now, right. What are the decisions I'm making today that can help my life be better tomorrow?

Right. So if you have an infertility issue, fellows, and it might be you now your wife goes on a bunch of drugs, you're doing all these different chemicals.

It's going to decrease her shelf life, if you will, in this world, someone you love dearly. Yeah. Sounds like probably the wrong word, but as science brain coming out me and talking about shelf life and yeah.

## Phthalates, Water, and Plastic Exposure

Decreasing her lifespan. That's now with you is. Decreasing her life things. And I would say that for dudes, you know, like you got to decrease your shelf life too, honey.

So we want to live. We want to live long, healthy lives and really think about the unintended consequences and really imagine our lives when we're making good decisions for our families.

Right. And we all struggle. We're dudes, right? And we're all I feel like women to women are in the same boat of like, oh, my God, do I have to throw on my yoga pants?

Like, No, you don't have to. But they're probably not helping. It's not helping. I don't like I tell my daughter, are you wearing spun petroleum? No. And it is it's hard, like organic cotton, even getting healthy bamboo if it's has to be lyocell, it can't be rayon if this goes lyocell the really good job lyocell bamboo.

See to look that up. So there's a pretty close again. That's our goods too, right? There's new organic workout clothes and so let's just go right at it.

What are some of the major. Good. That can help you guys support your wife in this pregnancy journey and this fertility journey? And it really one of the biggest ones because it's it's crazy with this research.

I actually pulled this it's an older study, but they did a study. And the reason they were trying to do it is find effective ways for population control.

So they did this study. It was the NIH, I believe, and they use these polyester slings, put them on dudes, kind of like, you know, the the ones, the guys you don't want to see on the beach.

Oh, okay. Yeah. So they put those on and it was 100% effective at causing, you know, birth control, right? No, no, it decreased. I think they they didn't look at testosterone as much as they just looked at the motility of the sperm and the health of the sperm.

But none of these guys were able to conceive. Right. And so so. Was it the constriction or was it the material? Was it one? And then the rubbing. And there's also toxins that move into the body because there can be phthalates, which is that the major, major endocrine testosterone lower.

We can go there next. But mainly it's the heat and the friction. It creates an electrostatic charge that I think affects just the whole system down there.

They really say there is a hormonal connection to it as well because in the in the the dog study where they did these the polyester underwear on male dogs and female dogs and then cotton underwear as well.

And then they used another like might have been wool. All those animals were able to get pregnant. The ones with polyester, none of them, both male or female, were able to get pregnant.

So that's just such a major thing. Right. And, you know, Polyester came out right around that study, which is really funny, is when Polyester was early nineties, like 1991.

And that's where polyester underwear just it was all cotton briefs. Yeah, right. And then right when this study came out, this polyester underwear came.

I am not talking conspiracy here, but, you know, it was just kind of an ironic thing. It popped into my body, my brain. So told you I didn't sleep at night because of my whole fiasco.

I was having bad dreams about mold. Oh, I. I appreciate you're still here today, so. Come on, dudes. Change your underwear. There's really good ones out there.

There's 100% cotton brands. You can even get the organic, lyocell based bamboo, which are really great for exercise. I prefer those. But the it, you know, I use the organic organic on a day to day the all organic underwear.

Right. And there's several brands. There's one called Nads which might make your dudes laugh, you know. Yeah. And so that's a big one, right? Got so number one that so hopefully that that helps you.

There's a lot of these great companies out there that do it right and there's great companies that are appealing to you with toxic stuff saying how breathable is it?

They have a sexy girl telling you you should wear them and you're watching it on Instagram going, She's so cute. I'm going to wear them to wear. Right.

We're we're so dumb. We're males. We're, you know, it's hilarious. We get sidetracked because, you know. Right. So I'm just trying to be real to really connect with my my friends here.

Okay? I love it. I love. It. And then the next thing is phthalates. We get phthalates out of our life. Phthalates are plasticizers. They're they're what we use in the plastic world, not weeks.

I'm not in the plastic world, but what they use in the plastic world to make plastics more flexible. Right. And so these are in everything, right? They're going to be in a tennis ball when you're playing tennis. Right.

So you're sniffing a can, you're getting phthalates. They're in your colognes because they I think they believe they also help make fragrances stick longer.

Right? Yeah. So essentially, like anything that says fragrance is going to have phthalate anything. Thank you, mom, because you've been doing these summits, you're just drilling down.

So anything this fragrance on the back is bad, right? Phthalates are actually in everything now, right? They're in our water supply. They become ubiquitous everywhere.

So they're showing up on our meats. They're showing up in our public water supply and they're everywhere. So you have to it's not like you're just getting them from the plastics that that you're consuming out of.

Right. Your Starbucks coffee cup. Right. So anything. So let's think of some ways to avoid them. Right? Get rid of your clothes and fragrances. Fragrances, anything that says your shampoo, that has fragrance, right.

Your aftershave, that says fragrance when you go to get your hair cut and they're spraying that stuff in your hair that makes your hair smell for weeks on end and you get it out the tonic or whatever, say just just water bottle. Yes, right. Yeah.

And then I bring my own brush. My comb. Because you stick the comb in that chemical that the chemical gets on those combs and then the liquid that they sterilize in is for that type very welcome, nontoxic.

That does it does it to the nth degree. I want a camera follow you around for a day or a week as you like going. Oh my God, my wife shakes her head. I have no fear at this point. Right.

I'm just, you know, staying as a as clean as I can. Right. It's just if you're going to do it, go all the way, right? I was an all-American athlete, so I really have that personality that I really wants to do. So.

Yeah, right. Right. It really is. I love it. I think I think it's a really great way to be in the world. Like, you really believe in something going? I love it. So thank you for the encouragement.

So filtered water, you're going to need to filter your water. Let's backtrack, filter your water. So let's dove into this because I get so many questions about water filtering.

Let's compare like a breather type filter to like reverse osmosis to like a whole house filtration system or like Frigidaire for refrigerator or filters.

Like there's so many different things that people have questions about. Well, I'll tell you, I mean, I mean, I was a aqueous geochemist. So when it comes to water filtration, it's definitely well, well aware of how all this stuff works.

None of it. Rocket science. I personally do a whole house. I mean, you get a whole house row, but you're talking $20,000 to get anything so that that's off the table.

But I do do an are a whole house system. There's lots of different options out there, but that's just going to help clean up a little bit. You can get most of your chlorine out.

You can get some heavy metals out with with that, you can actually buy filters now with hydroxy appetite, which is bone char that can pull out the fluoride because fluoride loves bone.

That's why fluoride is a toxin. I'm not sure what it does it fertility but it definitely messes with your thyroid. Yeah. That's the main way that it's going to affect me.

That's going to just that's going to have a daisy chain effect on fertility for sure, and your energy. And anytime you affect one hormone, it'll start daisy chaining in others.

So there's probably an indirect relationship there. They're definitely carcinogenic and nasty, so whole house can typically get that stuff out. And then for the for the water you drink, the water you cook with, you know, where I some of these toxins won't absorb through your skin when you're showering. Some of them will. Right.

But you can knock them a lot a lot of that down with the whole house filtration. You can also get, you know, CDF and carbon filters that you can put on your shower.

Katie for quite a long time and it can at least get the the it changes the that the chlorine to a more of an inert form. I think it turns it into a chloride from chlorine into a chloride.

So you know, there's, there's some point of service type things in your showers for your whole house on a bathtub. There's little things you can hang that filter on the water for when you're bathing, but mainly the stuff that you're ingesting where you're really driving a lot of especially if you live in a city, it's full of pharmaceuticals.

I mean, you're getting birth control, right? You're trying to get pregnant and you're drinking birth control. There's a lot of birth control that still comes through, obviously, and trace amounts, but it's very, very present in our water supply because it just doesn't get filtered out when they use at the sewage treatment plant. Right.

So I personally like an ARO filtration system. There has been some research that's now indicating that a bit of microplastics might be showing up in that, but that wasn't in home.

ARO That was an industrial ARO What two different two different things. One is high pressure, high volume. You have much lower pressure. So maybe the higher pressure over here.

So there is some debate on microplastics there. And I would say microplastics definitely indirect based on everything I read indirectly can affect fertility, for sure.

It causes inflammation. Inflammation. There's evidence for direct impact on fertility. There are they do act as endocrine disruptors as well. And then.

There's phthalates like. Carbon. Yeah. Just messing up the hormones. So yeah. There's a direct link. Yeah. Here you go. So I'm always trying to be. Yeah, it's good. It's good.

If I don't have, if I don't have the study. Time I just closed it around yesterday so that's all I know. Yeah. So I like our row because it's going to get out 90 plus percent of all the toxins.

## Food, Personal Care, and Everyday Toxins

And there's, you know, Burkey is, you know, a little they don't have it's not using plastic that I know of inside of that system. So, you know, a lot of people like that, but it doesn't take everything out.

Right. So it's leaving some of those pharmaceuticals and you know, other small amounts of toxins behind. So I like to take it all out with an arrow and then it's easy to memorize re mineral eyes.

So and the reason you want to do that is mainly that it helps deliver it to your cells. So for me, when I drink arrow water, I try to use a pinch of Celtic sea salt because there's good trace minerals in there, you know, and all salts have lead.

You just have to be careful on ones that have highland pink salts have tons of Highland so they'll or they'll pretend that they're a clean source. And Himalayan Sea salt can actually have a little bit of some higher light in it, too, depending on where it was mined.

At what time in the in the planet it was mined. Was there a lot of volcanic activity that was coming down into the into the seawater during the time it was precipitating out?

Because it's just a drying of seas, right. Just just like you dry out seawater and it creates salt. This is what it happens in. It gets buried, turns into rock salt.

So it's in it's variable. You can get high levels of lead even in Himalayan sea salt, which isn't mined in Himalaya in the Himalayas. So which is kind of funny.

It's good marketing, I guess. Make it sound crisp and clean, way up in the mountains. There's definitely no toxins there. But the truth, this is not true.

So you put that in and then I use a little bit of lemon to really turn the water, make it a little more alive. And so

another friend of mine does I'm trying to get his name.

You love him, you know him. Not even love him. But I remember out Zachariah. That's how Bush does his his stuff. He'll be a great guest. He's hard, hard to get sometimes, but it's really good.

But he's a Bush, you know? I mean, he's a genius bush turtle. So there you go. I mean, that's what I do personally and do all my cooking water that way.

A little pinch of Celtic sea salt to make along. Yeah, sure, that that's what I recommend. So we're getting out the plates by using the arrow system where as I don't know what other for sure what other filtration systems can do that, but I know for sure Arrow is going to do that.

And so and then also your wife, you no way to do this. Don't store things in plastic, especially fats, especially things with high heat. I mean, holy cow. Right.

And I'm releasing a video on this in the next week or two. There's a new study that's just out thinking about your kids getting plasticizers and toxins and microplastics and take a little plastic bottle and the traditional way of heating up a little baby bottle.

And you're using plastic mom's up to I think it's 16.2 million microplastics per liter that shows up in that. And there's another study, different study that talks about baby feces has ten times the amount of microplastics as well.

Yeah, like all of these, like children's toys are plastic and they're putting them in their mouth, chewing on it. It's. It's awful. Got to go with wood. You got to go back to nature.

And you please, at the very least, do not heat up. I mean, 16.2 million microplastics and one if you overheat it and you're a busy mom and you have another kid and you're boiling it and you can you let it cool.

And now you have this microbe, the level of microplastics come off through heat. That's why I say don't store. If you're going to put it in plastic, put a piece of parchment paper down.

If you can't afford it, get some parchment paper, throw it in there, make sure it's cool first. And parchment paper on top and then put it in the plastic, wrap it in parchment paper, then stick it inside.

The plasticizers are all through Ziploc bags, right? Softens the plastic. So you're getting all those phthalates. Just remove that touch at least. Right.

Or buy glass, plastic, top or piece of parchment paper on top. Yeah. Now we're getting into my wheelhouse, right? Avoiding, you know, toss exposure. So those are some of the major things you can do is just get rid of plastic cups.

Plastic water bottles. Right. Another one. Here's a big one, guys. Yeah, we're using our Nalgene BPA free beat in free is B. S. It's not toxin free. It's a marketing ploy because BPA got bad press because of people like us saying, man, this is affecting the growth hormone of our children.

It's an endocrine disrupting. It's a fertility disruptor. Yeah, BPA free. Is this BPA free? Yeah, it's BPA free. It's safe here. Your son here, husband.

You know, beep, beep, beep. Yep. That's they they use them all interchangeably so they can still say BPA free. But beeps and BPF are totally okay to put in and they're actually more endocrine disruptive than the original park.

BPA has been found to be more fertility and disrupting BPA clearly in the research. So it's bisphenol A, bisphenol as, bisphenol A and bisphenol F, right?

So they got it right. And it's just one of these things. Oh, yeah, we got you got to mom. You got me here. You take the chemical in. Oh, we got rid of glyphosate and someday they will, right.

They haven't yet. All the class action lawsuits that are still ongoing, you know, hundreds of millions of dollars later paying fines, they're still super, super loaded.

And but they'll get rid of that. And it'll be some other chemical that they say you can drink it so safe because it doesn't affect their biology, but it affects our microbiome.

Right? Absolutely. So many things. I think you were going to go on to organic food. So talk about food for a minute. Yeah. So when you're with when you're at an organic certified farm, right.

There's you know, you're not going to be getting typically you're not going to be getting toxic water full of phthalates because those things go in certain plants.

Those things can move up through the food chain. Or if the cows are eating drinking valley, you know, water. Right. But most of these grass fed farms, we're talking grass fed cows.

If you're eating meat a lot of a lot of folks don't. But if you're vegetarian or vegan, you still face these same challenges with your water supply and your food supply.

So you do want to go organic. You got to like all the the packaging of your beyond meat, for example, that stuff on top that has phthalates in it, right?

That that protein you cellophane the bottom thing which is styrene, right. Styrofoam has styrene endocrine disrupting and also phthalates. So you just have to watch when you're trying to get away from these plastics and plasticizers and these testosterone disruptors, these fertility disruptors.

We are we're in a place our lives right now, just eating organic and cleaning up all the plastics out of life. You're getting plenty. You're still have your body still being tested plenty hormonally, and your detox pathways are still being pushed because you're breathing microplastics which have phthalates.

You're breathing just in your daily life. You're eating a credit card a month or something like that. So there's no way your rubber your plastic tires, which has phthalates and heavy metals inlet also connected to hormonal disruption.

All your rubber tires, there's rubber tire dust up in our atmosphere just floating around because we're driving our tires and it's going up in the atmosphere, levitating will be a thing of the future for sure.

There'll be less rubber dust in the air, but all this stuff is taxing our system. So you're not being a wimp saying your body can't. My body can handle this.

Yeah, I can handle the ordinary, everyday exposures that you're getting just from literally living, just, you know, but when you add in all the modern conveniences, especially with plastics and just conventional foods that are, you know, high turnover, they're nutrient there's no nutrient in them because you're not getting the bugs in like a regenerative farm that literally making these nutrients bioavailable.

So you get like a tomato from regenerative farm and then you get a tomato. It eats like dead food versus this like, wow, I never ate a tomato before. It's like watching Netflix and watching a guy tap into a peach from Italy.

Right? And it's just that's desert peaches. They're so much better than a conventional peach here because Italy loves their food and they won't alter it.

They won't do GMOs. They they it's part of their culture. We've lost that here in the US. It's not part of our culture anymore. We're just trying to survive.

And, you know, we, we've adopted this mindset of consumption. And convenience. And convenience, you know, and so all these plastics, we have to get rid of them and just slowly get them out of our lives. Right.

No more plastic cups. No more plastic water bottles. You know, buy your meat. Tell them not to put it in cellophane. Put it in. Wax. Paper, paper, you know, the wax paper.

And you just start eliminating these things if you're on a fertility journey in order to stay energized, look at the outcome. Right. And I've seen so many families do this with detoxification and I'm sure they've shared this.

You want to you want to take a break from any harsh detoxes besides removing the sources of toxins into your life. But if you're doing a detox protocol, which I'm sure some folks have talked about, give your body six months to kind of reset for any heart boxes of any type of detoxification, push glutathione, binding agents, key leaders, anything like that.

So make sure your body rest. If you do an amalgam filling removal, give yourself a good six months rest before you think about trying to get pregnant.

So that's a trick to let your body reset and give your your child the best chance of being super healthy, because that's what we're all trying to do, is have healthy children so they can have a healthy life.

So we talked about organic food, clean water, getting rid of phthalates and getting rid of the polyester underwear and clothing. Right. But underwear factor, yeah.

Are there any other major that men should worry about related to testosterone or sperm? Yeah. So what else could you swap out? You know, I mean, there's here's one that's a little bit shocking.

I mean, I don't think it's going to be a major source, but it is one, especially if you shave every day. But those little, little strips, the the little lubricating strips on your your razors, your disposable razors, some of the Bic and Gillette brands, several of them have DHT and DHT as a massive hormone disruptor.

So if we're talking about hormone disruption, testosterone, you're shaving, right? You're ripping a layer of skin off. Right. And then in. Absorb. The gawping register, whenever you put on your skin, you're eating right.

So think about that. Right? So your lotions, your potions, all of that and then even your shaving gels, right? They use all these polyethylene glycol also no good, right, for fertility and testosterone.

It's a male endocrine disruptors as well. So and it's carcinogenic on top of it. All right. So and I think it's also linked to cancers in women. Like there's some just nasty things going on with polyethylene glycol.

It's not antifreeze, actually. It's a little bit different. They're a little different chemistry, but very slippy, as we say. And from Pittsburgh, they're both slippage.

And so getting rid of that, your shaving gels, all your personal care products, your colognes, we kind of went there. But the razor is a big one. I go with a now with a I don't do the straight razor.

## Resources and Closing Remarks

I use the safety razor way better shave less irritating to my skin. I used to use those in it. I mean, I always knew something was wrong. And then it hit me one day, this frickin polyethylene strand strip, and I looked it up.

It's either there's a Danish study that talks about that found the hormone disruptor in the shoe. So that's another your personal care guys you know no aftershave get so put it this way this is what I tell everybody and I consistently say this on my channel.

If you can't put it on your skin, you know, if you can't put it in your mouth, you're not willing to eat it and drink it. If you wouldn't take your shaving cream and go, you know, then don't put it on your skin because your skin, whatever's on your skin, you're eating it.

It's your largest organ in your body. It's absorbing, it's breathing, it's it's protecting you. But it's also going to suck in all of those toxins right into your bloodstream, sometimes better than if swallowing it and ingesting it.

Right. Because you don't have the liver to process out stuff that your body doesn't need. I mean, another one, I mean, even just switching out your toilet paper away from that white, fluffy, nasty stuff, there's all kinds of chemicals and hormone disruptors and they're just, you know, get a clean sourced, nontoxic bamboo underwear.

Not all of them are processed the same way. Bamboo can be processed and turned into pulp lots of different ways. But there's some better varieties out there.

Obviously, renewable. Renewable doesn't mean clean all the time, right? Recycled paper, you know, toilet paper can have microplastic sticks in it a lot, actually. So that's not phthalates.

And that literally think about this little microplastics. You wipe your back, guys, that little piece of plastics getting into your tissue could cause hemorrhoids. Like.

You know, the other one. I don't know if this came across your your field toothpaste like the little microbeads in the toothpaste are plastic. No, I haven't seen that.

I mean, I remember that, but I haven't gone there and done a video yet. But yeah, so you get like the, you know, the whitening stuff from Crest or whatever is going to like the little things that help you feel that extra clean.

They're actually like scraping your top layer of your teeth and it's plastic and you're putting it right in your mouth, like right near your pituitary.

It's that one. I'm like, Let's get rid of that. Then you go to you go to Plasticizers once again. And Sally Right, your toothbrush, plastic compression, pellets, you know, absorption right through, you know, this is sublingual absorption.

So you're scrubbing in your teeth, right? Are probably the enamel is probably harder than some of that plastic, especially on a soft toothbrush. A soft toothbrush. Now I got it.

Soft valley. Right. So you're scrubbing that. You're getting microplastics, endocrine disruptors. That way you want to use bore boar's hair that sounds masculine or that bamboo again, bamboo bristles and a lot of great companies out there that do that and then toothpaste you got to get rid of all all those like their hormone disrupting as well like blue number one used to be that crest, you know, shiny layer of sparkly blue on your it's so pretty and oh my gosh, that's so sexy.

I want that for my teeth. And it has something special that something special is, you know, petroleum based, nasty hormone disrupting chemical that they're able to sneak into our.

And then there's even fragrances and you know, obviously flavors those loaded and you can sneak phthalates into flavorings it's just a chemical concoction of hundreds of chemicals that trick you into thinking it tastes good.

I just did it. It's just flavoring. Yeah. And it gets you addicted to smells, smells, tastes and all that. So it's pretty nasty. Yeah. Yeah. Well, thank you so much for being with us today.

This was so enlightening and chock full of information. So I appreciate you hopping on with us where can people connect with you? Where can they find you?

Yeah, I've like some free resources on Non-Toxic Dad for your home. I have a free, healthy home docu series that we're releasing with the New York Times best seller, Pedram Shoji.

So we have that coming up in the future homesickhome.com. So that's a great place to get more of these nontoxic some of the bigger toxins you've talked about, the boxes and the bedding and, you know, all of those things, mold,

electromagnetic fields.

You know, a lot of that what's happening inside your home that could be affecting your utility as well. So those are some of the three things that can help people have a better health and a better life.

And and, you know, this pregnancy journey is a big one. I have a lot of friends that have been through it. It's an epidemic today. And my heart goes out.

And but I have seen people who have removed the toxins from the life, clean up their diet, filter their water, and then print. It out. Your underwear and see some great results.

So it's been an honor to speak to the both the girls and the guys here today. And I'm not mind, you're just a gem of a human with more love coming out of that smile than any human I ever met.

Thank you Warren. And it's so good to see you. Thank you again for joining me for this. It was very special. And we will post all of the links and resources for people in the notes.

So awesome. I'm going to go skiing with my little girl. Okay, to the three, three. have a good one, bye.