Steps To Minimize Toxic Exposure At Home Transcript

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Introduction to Warren Phillips and the toxicity message

Interviewing nontoxic dad, Warren Phillips, he is an incredible, prolific researcher into environmental toxins. He'd have his. He's had his own, you know, story that has impacted his health and, the people around him.

And, what's incredible is that he's gone from pain to purpose, really understanding, the challenges that he was dealing with was related to environmental toxins.

And now he's trying to get this, or he is not trying. He's got hundreds and hundreds and thousands of people that follow him on, social media, and he'll have millions in the future.

You know, to, to, to really bring awareness to this whole topic of different agendas, which are toxins and environmental toxins that drive aging within the body.

It's a whole conversation of study. Warren, I'm so excited that you're here. Thank you so much for, for being here today. Now, that's going to be an easy interview because you're easy to smile at and connect with.

And you already told me I was good looking so that, we have instant rapport, you know, and we are, going to transform some lives here today. This, this toxicity message is as big as it's getting.

It's not getting the fanfare that it should. I specifically specifically in longevity medicine and anti-aging, we do all these different outside and approaches from red light therapy to stem cell, you know, therapy, you know, longevity.

Botox is wrapped into that bow somehow to even know it's a toxin. It's it's a nasty toxin. And there's some research showing that's probably not in your best interest long term.

There's some really exciting. Well, for me, it's exciting, but, let alone the the social toxin of not being able to express your emotions and feelings and the aging process, which is beautiful.

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

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

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

You know, after some of the interviews, they'll talk about all these incredible longevity strategies and solutions, and they'll be like, hey, by the way, nothing produces more serotonin and dopamine than a hug or nothing produces more longevity solutions.

And you walking out into the forest and being in the forest on a regular basis and listening to birds and being out in the natural sunlight, etc.. So now I love that.

And, you know, Robert F Kennedy Jr, did this video recently on how many, toxins have been, passed by the FDA and the USDA that are not are banned in Europe.

Why environmental toxins accelerate aging

They're banned and, they're banned and all these different countries, but they're they're such incredible amounts of money to be made by these toxins getting out into the American public that, and because of the vested interests of these government agencies, like, they just get out there and unfortunately, you know, the countries that have banned them and banned them for a reason because it causes cancer, they're carcinogenic.

They're drawn to genes, which are, you know, toxins that cause you to age rapidly. So what I'd love for you to share is just like, what do you see right now as a big problem?

And what are some of the top drug antigens? These, these age inducing chemicals and toxins that are, are more constantly being exposed to. And I'd love to hear a little bit about Botox and fillers if you if you have any, insights, sturdy insights into that, I think that'd be good as well.

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

And it's in our water. So these are really scary topics and they are driven you're right by big ag, you know, by these special interests. And they and they have marketers out there.

They even have influencers that are counter influencing me saying, oh, you can handle it. You'd have to drink, you know, 224 packs of coke, 50 Cokes to, to to get any carcinogenic effects from this, you know, fake sugar.

But the reality is we're having not one toxin but thousands of toxins. We're not talking about the lethal dose or the carcinogenic dose. We're talking at the bio accumulated effect.

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

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

Toxins. And even if you're out in the sun, it's like an infrared sauna. It's free, but it also increase it in your bloodstream. So it's going to pass you, if grounding people call that woowoo.

It's not. It's like an IV of antioxidants to your body that you're discharging these electrical fields, onto the ground. Right. And plus, it's the antioxidant effect.

15 minutes just once a day will cause a massive increase. Even medical doctors. Over in Europe, I heard a story because I do a lot of interviews. And the medical doctor, this individual had diabetes and the medical doctor over there, it was a transient doctor.

It was because their dad had a stroke on the plane and they landed. I think this was Doctor Andy. John shared this on my podcast, and his dad had a stroke.

They landed somewhere in South America or South Africa. But regardless, it was a it was on an island and the doctor that came said, your your dad has diabetes and they wasn't even being treated for it.

And one of the solutions is you got to get your dad outside grounding and that will really help your diabetes. So these things in America that we think are woowoo are eastern medicine truth, which has more anecdotal evidence, more timeline for healing than all the things we're doing here with all of our great medicine.

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

And this is what we're faced with. This is why we got to really think about stop believing the lie. Now that the

unfortunate part is you watching this probably already believe what I'm saying.

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

Don't cross division, but slightly lo be as gentle as a dove when you share this information. But it's true. Don't lose your fire, don't lose hope. Surround yourself with a natural environment that's going to uplevel your healing.

Surround yourself with people that are amazing, that think like you. They're going to challenge you so that you adapt and become better and you're going to become stronger.

So the fastest way you can help this world is not by complaining about it. It's by putting yourself in a more nontoxic social environment, a more nontoxic living environment, a more nontoxic, consumption environment so that you elevate and people will see you shining like a light on a hill.

And they're going to ask them, how are you so healthy? Why are you ripped and shredded without TRT, without outside intervention? Inventions that we're using in longevity medicine.

I just got my testosterone. I'm 50 years old. It was 800 a year ago. I'm at 450 now with no TRT and with no not some of the bio hacks I was doing before, like red lighting my stuff and doing DHEA and some other hacks.

But I'm and I'm probably one of the most toxic guys on the planet, or used to be. Right. And I'm still able to restore my testosterone naturally, which is anti aging because I removed the very endocrine disruptors like atrazine, like phthalates, like bisphenol BPA, these life robbing environmental, endocrine disrupting toxins that are removing the hormones that we're now using as creams and injections and and creating all this fanfare and people flexing and making teenage years who have low testosterone.

By what? By the way, it's like a 30% reduction over the last 30 years. It's a massive drop where some of them are actually getting on TRT by their doctors because it's so low, because infertility is dropping off.

We're wearing plastic underwear. The research shows that it's 100% a contraceptive to your body. This old research that I read from the 90s. Right. And the materials are made of plastic.

There's energy there that disrupt the the cell to cell communication. That is one of the reasons it causes lower sperm count. And it's actually in this study as a potential method of action because it's synthetic.

There is frequency around wool. There's frequency around linen that's similar to your body. And it either at higher or equal frequency cotton 1800 megahertz, the 800.

I don't know the exact number, but I think it's 800MHz or whatever the measure of energy is.

Endocrine disruptors, plastics, and fertility concerns

And a plastic shirt that you're wearing right now is dead. It's dead. Frequency in your body is frequency. If you don't think you're made of love and light, then you're completely missing the point of what's going on in this world.

And we have these anti nature, these toxic invaders coming and robbing our energy, our vitality and our longevity. We're net worth if we continue in this, our children are get sicker and sicker.

We're going to have less and less children. Not got to worry about what Bill gates is saying because it's already happening. Like people that complain that, you know, Bill gates is, you know, trying to kill everybody off and, you know, all that stuff.

Who cares what Bill's doing? It's a fact. It's here. The reality is here. This isn't a conspiracy. I mean, this is I mean, it is it is crazy. 50% of kids have chronic diseases and 40% of teenagers have mental illness.

You know, are depressing, have anxiety or something along those lines. You've got you've got insane amounts of people that have chronic diseases as adults that, that, you know, it was unheard of to have people with diabetes back in like that.

The 40s, 50s and 60s. And now it's like, of course everyone's got diabetes. Or a lot of people do. So and it's a movement. One one third of of children have pre diabetes or diabetes.

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

Right. And it at the level that at higher levels. And what the EPA is recommending is safe and at lower levels. You know, Tufts University has done studies showing that it actually changes the sex at ten at 10% of the frogs that were exposed to it.

And water, it actually causes gender bending to take place. And then in 50% of all the, the frogs, these African bullfrogs, it caused, you know, infertility, which is crazy.

So the next question is, hey, like, we should test this in humans. Well, no, we're not testing these in in humans. We're just continuing to, like, spread all over the country.

And it gets into the water system. 65% of Americans are being exposed to it. And, you know, it's it is it's a it's a sad state of affairs. And that's just one of the many toxins that are feminizing men and causing hormone dysregulation in women.

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

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

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

Yeah. And they did that. They did this study on dogs and on men and the cotton material. The wool material did not. Right. Cause it was 100% of the males that were the, the polyester sleeve, like a jock strap.

And it, it, it caused, lower sperm counts and stopped, conception. Right. And then they did it on dogs. Same study, male and female. This is this is all like the plastic. Where.

Right. Yeah. Like like Lululemon, Viagra, all that. Yeah. Well, this was underwear, but same same same material. Polyester. Yeah. Polyester sling polyester.

Underwears on underwear. On dogs and on, female dogs. And the female dogs also, it's crazy. So these you talk about, you know, going in the wrong direction.

I think longevity, is super important. I want to talk about how this happens at the cellular level. We, you know, we can get into telomere length and all that.

But there's some major mechanisms that I want to discuss. I mean, let alone the fact that it's hormone dysregulation and, hormones. And in the longevity world, we're doing these bioidentical hormones.

But why do we need this in the first place? We're not in nature. We're we're filling our bodies full of toxins. We're wearing plastic clothes and going to the gym and, you know, breathing mold, because there's no regulations on mold inside of buildings where there needs to be.

There's no regulate regulating the wrong things. We're regulating to make money, not to make people healthy. So let me say that again. We our regulations aren't for making you healthy.

They're for making people money. The hospitals, the drugs, the vaccine schedules. Whether you believe in or not, it's there for cash flow and cash flow and, you know, and that's it.

You know, that's the main driver. If you think any different, it makes no sense because the data doesn't the the data isn't there. These are these are diseases that are one in, 1 billion or 1 in million.

And it's not going to take out America. And what's taking out America is is happening right now. Like we're getting sicker and sicker with all this greater medicine and more surgeries that's driving this economic engine.

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

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

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

What would you agree, Warren? I want 1,000%. In a matter of fact, a lot of these cherries on top for your longevity. And I do them right because I push hard and I don't use them enough.

But I use my sauna, right? Because, I can't go outside and sweat. You could go outside and sweat. It's free. But I have a deviated septum in my nose, and I don't breathe well.

So I'm using an oxygen chamber as you know. Well, it's a hyperbaric chamber, right? And with a little bit of extra oxygen, you don't even need that. If you learn how to breathe, right, you can go outside and do breathwork.

You can do, Wim Hof, you can do there's lots of different greats, and you can oxygenate your body. That way you can cause for misuse by, shocking your body, which is kind of like how how hyperbaric works by jumping in a cold plunge or taking a cold shower.

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

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

And for the even if you are spending your money at, say, Chipotle, which is a, which is health washing, by the way, because it's not organic, but you can make five times the amount of food with for the same price at 12 bucks at the non-organic organic way.

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

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

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

But to do it as a teenager, the consequences. Is infertility right? The consequence it to your lifespan is going to be

great because it's happening over a long period of time and it's really hard to get off.

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

Well, let's hope so. We can talk about one of the causes of of aging is cellular toxicity disrupting mitochondria and mitochondria energy. These toxins disrupt enzymes that you're mitochondria.

Cellular toxicity, mitochondria, and senescence

These what some call them like these ancient bacteria. But they're bacteria like engines inside of our bodies that produce this massive amount of energy that run our detoxification, that run our hormone production, that run our brains brain function, that, you know, are the very, centers of all energy and light being produced in our body.

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

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

And that's, I hate to say that word, but they are like in the movie, they're destroying the cell driving. This is how you age is when these toxins get in into the cell.

When they're disrupting your cell, it's like, okay, fortress is down, the Trojan got in. We have to shut down the city and produce a new city. And it's driving what's called cellular senescence.

And your cells can only destroy the city so many times before. You have a bunch of broken down cities that can't rejuvenate. These are dead, useless cells in your body.

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

It's going to lead to to cancer or and it's dysfunctional. It's not adding value. Your body's smart, it's adapting. You put it in a bad environment. You put it in a home with brand new carpets, with, Brant building materials that you shouldn't have with couches, you shouldn't have with paint you shouldn't have.

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

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

You can get Botox. And it's just like if you're already toxic. Yeah, it'll it'll cause your skin not to wrinkle anymore in certain areas. But you know, it does cause muscular atrophy.

And, you know, botulism toxin or whatever it's called, which is. That's right. Botulism toxin I. Think. Yeah, it does. It is it is a toxin is it stops the nerves from working blocks and nerves.

But it's a poison. Like if you get it in canning, that's the same toxin. Members say, I'll be careful with canning. You could die. That's a botulism toxin.

And if you eat the food, it'll kill you, right? It's in a small amount. They're injecting it, and, it there's all kinds of consequences to that. And a lot of them are saying that, that it is building up in your body, that it is, leading to, linked to certain diseases now.

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

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

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

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

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

I've been to your house. Warren's house is the most nontoxic, clean home in the world. Like, the air is pure. The couches, he, you know, orders like you know, from from from people that build it from scratch, like.

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

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

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

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

But just furniture that's off. Guest. Because I couldn't afford all the things like the custom furniture or the more expensive here's a great brand is called medley.

I'll give a shout out to them. They make really great nontoxic furniture at a relatively decent rate. You can also get furniture, from overseas, from Italy, because they have much more stringent regulations.

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

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

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

So I had to travel around the world, going to specialists and getting IVs and going $100,000 in debt to get my health. Because your health is your greatest currency, right?

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

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

These are critical and health robs that Botox robs that to. By the way, I keep throwing Botox under the bus. So some really good brands out there that are global would be like Pat, they make a lot of organic clothing and they're scaling up.

There's nads makes really good organic cotton underwear. They've actually reached out to me. I have a bunch of brands reaching out to me. I have so many.

Practical nontoxic living: clothing, furniture, and home products

I wish I had the list for my team, because there is a lot of good coding clothing brands out there. But there's, even a, shoot, like the shirt that I'm wearing right now, even though it's a little bit of a rough looking logo.

But what does this say? What is this? This is a big brand. It's a little dark. Let's see. Bring it in closer. I'm going to. Take my shirt off. Do that again.

It looks like. Thanks for coming, Saint. Oh, yeah. Saint. Is it saints? All saints. All saints, all. Saints has an organic t shirts, right? Okay, so there's nads.

There's, pact also makes underwear. There's booty that makes really good. And they use a type of bamboo that isn't toxic. It's organic, and it's lyocell. Right.

The processing of it because regular bamboo, like some of these companies, as they scaled up and got bought out by investment groups, stop using the more expensive, mass produced lyocell.

And they use a different bamboo or non-organic toxic bamboo process that you don't want to have, right? Just like toilet paper. Toilet paper is another massive toxin.

They show that microplastics from recycled, specifically recycled. Because when you recycle paper, it's also has plastic in it. So it gets incorporated into the, the, the toilet paper and you wipe it onto the tissues and both in women and men and throw in these microplastic particles, which I think is the it's, it's also causing massive aging right at the cellular level, inflammation which drives hormone dysregulation, which drives aging and longevity.

So toxins if we get into toxins, it really is a, a crazy insanity process because they shut down mitochondrial energy. Right. You need mitochondria to drive glutathione, that detox, but then you're driving glutathione.

And so much because of so much toxins, you have oxidized glutathione, which is oxidative to your body. And you need energy to, to reduce it back across through metabolic processes.

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

I'm trying to think All Saints, booty. Those are some of the big ones. That's great. No. It's awesome. I love it that that's that's that's really, really awesome.

I just wanted to give practical strategies for them to be able to integrate, as well. So so here's the thing though. So if we're going to let's go before we go there, and I do want to give a, a piece for the premature aging.

On your on and, and just one more like a major one that's in 70% of homes. And we'll go there in a second. But, if

you can, if you, if you can't afford organic, just get cotton, make sure you wash it 3 to 4 times in like baking soda and salt in your, in your don't wash any of your stuff in regular detergent.

You can just use vinegar if you want. But use baking soda. You can even get washing soda. I have videos where I make this stuff at home. There's companies that are now selling homemade, you know, powders.

Because they send them to me, right. I think. I can't remember the name. That's a new company, so. But you can make this stuff at home with baking soda. Washing soda.

And you can drop in some lemon essential oil to make it smell. You can do all this nontoxic living, but if you get just regular cotton, of course it's still sprayed with pesticides.

It's one of the most heavily sprayed, crops on the planet. Right? So you can you can get used right stuff as well. Go to stuff that's been washed. You're going to have very little.

So you can still get nice quality stuff and just get it used. Or when you get it, wash it with baking soda. Baking soda is great to wash things if if it has if it's gotten a mold exposure too.

That's a great tip. Baking soda and borax as well because it creates a real alkaline environment and it will kill mold. Wow. You just wash these things a few times, never wear brand new clothes.

They spray it with chemicals because of pesticides and and bugs and such when it's coming overseas. So they definitely spray the clothing because that's their that's a commodity coming across and that's value.

And if something happens like worms and stuff can get into this stuff. So they, they, they spray this stuff with pesticides as well. So make sure you wash your clothes, get used clothes if you can't afford it.

Organic brands and not all organics. Organic when it comes to organic clothing. I'm not gonna I'm not going to lie to you there, but organic clothing is better than non-organic.

And then there's new companies that are actually getting like, it's almost like regenerative, cotton and organic and the special dyes that aren't toxic and are natural.

So there's a movement happening because of individuals like you. There's so many organic clothing lines. Right. And I talk about them, on my social media.

But it's out there now. There's, there's organic shoes. I mean, again, get back to nature. Right? Just all leather shoes where your toes aren't getting smashed and over top and, you know, wearing.

Which are those, You know, there's, there's lots of different brands of shoes, but you, I mean, you're essentially wearing, like, Native American moccasins.

If you want to go around to the Earth and, you know, that gets a little bit unpractical. But there's a lot of shoe brands that at least have wide toe box.

They're made of all leather. And then there's some funkier brands. I actually have a list, and I can drop it in this podcast and be in this, summit. And I can drop a list.

I'll send it over to you of the top shoes from best all the way down that that we've collected. Wow, that'd be amazing. No, that'll be a great value. Don't have to talk about it here so I can just drop it.

I can drop clothing lines. I'll make sure I put that all together for the listeners. That is so cool. Yeah, I love it. No, this is this is such a an incredible topic.

In closing, Warren, what would you say for Drawn to Jeans? How do we address these toxins? Obviously, we

talked about, you know, changing our clothing.

We talked about, you know, mitigating the toxins in your environment. But but, like, is there a way to actually get them out of your body? How did you go from 400 to 800, in your testosterone in a year?

You know, like, it sounds like you. All you did was just detox. And then eight and then 800 back down to 450. But, yeah, I'm doing some of those things, but it's it's interesting.

When I was sick, I had very low testosterone and I didn't do anything but. Right, maybe a little DHEA cream, but it was just detoxification becoming more hormone sensitive, becoming more insulin sensitive, getting my metabolism, my metabolic, cancer is a metabolic disease, right?

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

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

You can have high thyroid hormone, which doesn't do it for you. Right. Because that's produced, I believe, in the pituitary or hypothalamus. Which one is that? Hypothalamus.

But then you have, the. That doesn't mean anything. It doesn't mean it's being converted into reverse T3 or whatever. You're what your body needs to tell your body to produce energy, and it controls a lot of other hormones and even anti-aging hormones.

So what I did was just optimize my hormones by removing the things that just regulate them right. So I cleaned up my home environment, I cleaned up my water, I cleaned up my air.

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

And 70% of you watching this have toxic levels of mold in your home. So this is a big, toxic. 70%, 70%. Wow. Yeah. I mean, they say 50% of homes, 40% of homes, have mold.

But it's if you looked at the healthy levels, it's 70% or more of homes because it's molds everywhere with building, with how we build today. Right. It's every and. It's and it's and it's even and.

Some this is what experts say is 70%. So it's not just my opinion. You don't need to smell it or see it. It's it's it's there. Right. Correct. Yep. Yeah. I just I've had to an unfortunate.

I had a toilet overflow that we had to do massive remediation, which cost tens of thousands of dollars to remediate. And like a good four months to remediate.

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

So the, the challenges even in, in this brand new house that we just built, like, you know, a lot of people, they would be like, oh it's okay. But I'm like, no, I want to rip out all that drywall.

They're like, well, we don't see any mold.

Mold exposure, remediation, and air purification

And we sprayed, sprayed for them all. I'm like, I don't care, because even a little moisture in the drywall is going to

cause mold to form. And even if you can't see it like it can damage the house.

So they went in, over the last literally several days, and they were remediating kind of that area as well. So, you know, it's serious, right? And I think there's a lot. Areas.

And there's a lot, you know, even even in our bathrooms. Right. Like there's more oftentimes in our bathrooms, not proper ventilation. And and so, so, so how do we get rid of these things.

Yeah, I mean, don't this is an overwhelming topic. I just talked about mold. And, you know, it stops your production of keratin and elastin, you know, so that's well, it's doing way more way worse than that.

Right. It's it's highly carcinogenic. It's immunosuppressive. It can trigger auto immune. So it's also immunosuppressive. It causes cellular inflammation at the cellular level.

It dysregulated hormones. It destroys mitochondria in your energy like. And and one person in the house could be healthy and the other person could be sick.

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

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

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

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

Those are neurotoxins as well. Fragrance is a neurotoxin. Made from a chemical. So it's, you know, manmade mercury is an inorganic substance, not manmade, but also a neurotoxin.

Then you have a toxin like a bio toxin. That's also all over our food, you know, as well. Aflatoxins. There's mold on coffee. That's a big source of mold.

So we have all these different sources. It's like, oh my gosh, what do we do? It's overwhelming you. You have to make yourself strongest possible. Start with the major things that you do on a daily basis.

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

You can take special carbon. I have a product called True Carbon Cleanse that can bind in your gut and help relieve that, bind it up in the bile so you're not recirculating these toxins through hepatic biliary circulation, which is what they call about it. Call it in the research.

You can do like some of these mitigating strategies, but you have to figure out the mold and you have to drop the humidity in your home at least, keep it below 50%.

For at least half of that half of the day, it might raise up to 55 or 60, but keep it below 50 or below for a bulk of the day. And that's going to stop the mold from growing because it needs water, food, water and food and darkness.

Some of these things because they're UV sensitive. So if you knock down the humidity in your house with the dehumidifier, or if you use a air filter, which can trap the dust particles that the mold particles fly on, and also the bio

toxins fly on.

So if you can drop that all in your home, you're not breathing as much of this stuff, right? So it's knocking down the insult on your body. So that helps.

You're knocking down the humidity so you have less of this stuff growing. And then you can identify the water leak. You can do a physical removal. You can slowly you can wash your clothes.

You can slowly switch out your your bed if it got contaminated because porous things, you're going to have to get rid of. But you might not have to if you're not sick, right.

If you just see mold and you want to live for longevity, then just remove it. You're going to live a lot longer than any other outside intervention you can do because there, bio toxins are so wicked.

In aging you and driving cellular senescence and driving the aging process. I'm not just on your skin, but at the cellular level, but it shuts down that keratin and elastin production in your skin.

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

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

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

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

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

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

Yeah. Those are effective strategies. Don't don't be in the home. They're they're ozone, and they're, it's a hydroxyl group. This technology's been around for a while.

You can actually buy these and stick them into your, into your Hvac system above the coil. And so they're constantly oxidizing and killing the mold on the coil.

So those are very effective. And they're not at a high enough level where they're going to get into your house and cause oxidative stress. Right. So those are really effective.

And if you use those types of filters in your home that, drop the toxins, kind of ionize them and drop them to the floor, then you need to vacuum, of course.

Because now those toxins are on the floor and your kids walking around and you can kick it up again. So you're going to have to vacuum. So they are effective.

So it's a combination of those things. I would make sure if you have an Hvac unit, I would get one of those, hydroxyl producing UV lights. They do both to keep your coil from getting moldy, run your fan all the time so you dry off the coil, because if you don't dry off the coil and there's dust on there, that becomes food.

Now you have water. It's all water because it's essentially a dehumidifier. It's what it is. That's why you should run your air conditioning when you leave, because you want to demystify your home.

If you don't, you're going to grow mold. It's going to be a hot, humid environment. So make sure you keep your house at, like, at least like 78 degrees so that you can keep that humidity down.

If you're traveling. That's a you come home. If you're leaving 85, you're going to have more. Growing in your house only takes 24 hours for mold to grow.

So, yes. Those filters can be effective. If you're using ozone, it can it can kill mold, but it also is oxidative. It's oxidative stress to your body.

So don't run that, when you're in there. But if it's a hydroxyl group which is also oxidative, you know, don't breathe that directly. But those that can be really effective for, dropping, killing mold and even reducing some VOCs if it's depending on the, the catalyst that you're using.

Wow. Dude. You're incredible. This is amazing. I would love to. I would love to know what your, actions are for us. Where can we go to learn more about what you do?

How can we follow you?

Detox strategies, products, and closing remarks

And, you know, maybe get you even your product. Yeah. So, on social, the, the movement and, that we're creating is, on nontoxic D&D and we're partnering with other, influencers and crunchy moms, you know, around the nation, we really want to create a movement where nontoxic living becomes the new cool, the new keto, if you will.

So please help us there. And a lot of the people watching this are geniuses are being light on right on regenerative farming, you know, get your microbiome, you know, clean because of its microbiome.

And your body is the same as the microbiome out there affects your epigenetics. It affects your microbiology and your connection and your hormones that your brain's like. They're just the people out there that know all that stuff. So join the movement.

Nontoxic dad.com on all social obviously.com. And share and listen to this information. Ask questions, share, share your beautiful knowledge and wisdom.

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

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

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

A lot of these products are contaminated. We have patents around all this stuff to support you. You can check that stuff out. One of the products inside of detox.

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

The water that you're that you're doing saving up for that air filter, like just methodically move your your life towards a nontoxic lifestyle and make choices because you have a choice and you can either make excuse not to make the

choice and not get the outcome you want, or choose the life that you want.

And slowly and methodically choose a nontoxic lifestyle. And yes, you can use some products that help you along the way, but the biggest thing is reducing those sources and any way we can help, we're here for you.

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

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

We did even get into that today. You have done research behind it. You've studied, you know, hours and years and years of your life has gone into research and understanding how to do this.

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

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

All right. Thank you guys.