The 10 Sneaky Toxins Making You Sick & Inflamed Transcript

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Welcome to the Summit and Talk Overview

Hi. Welcome to the Silent Killers Summit, where my guests and I are uncovering the root causes and giving you solutions for chronic inflammatory symptoms and diseases.

I'm your host, Laura Frontiero Today, I'm gonna do quick talk on the ten most common toxins stealing your energy. Now, we have several experts talking about toxins in this summit, so be sure to watch all the talks, especially the ones about mold, heavy metals, glyphosate, personal hygiene products, food.

All those topics super important. Now, since you're here watching the summit, then I know you're seeking answers for why you have inflammation, for why you feel tired, foggy, bloated, anxious and achy.

And you might find yourself constantly feeling drained, even though you might be getting enough sleep. You might be eating right. You might be exercising regularly.

You might be keeping your stress levels low. Well, the cause might be something invisible and hidden in your environment. In fact, it's so pervasive. We named it something over in my community.

We call it MADS middle-aged deficiency syndrome or middle- aged deficiency deficiency and inflammation syndrome. And I hope you're mad about it because we're mad to it's just not right that we're going through this.

Why Hidden Toxins Cause Fatigue and Inflammation

But the deal is there are a lot of things coming at us in the environment that are making us have all of these symptoms despite doing things right. There are ten common toxins that we're going to uncover today that could be getting inside your body, causing you to feel tired all the time.

But don't worry, because we've got your back here. And in this video, I'm going to share with you how to recognize and eliminate these toxins so you can feel like yourself again.

So here's the thing. Even if you're doing all the things right, like I just mentioned, toxins are everywhere and they're invisible. And they're really harmful and they are causing serious damage to your body cells and organs.

Now, not only can they cause the fatigue and the energy issues, but they can also lead to brain fogginess, respiratory problems, tons of other health issues.

So let's take a closer look at the most common toxins that could be contributing to your tiredness. So first on the list is heavy metals like lead mercury and cadmium.

So exposure to these metals, they are really dangerous. They cause all kinds of neuro issues, headaches and fatigue and even muscle weakness. And you're even exposed to metals through food, air and water.

So even if you're eating the right things, you may be getting metal exposure through your healthy food. So we do have a talk, a couple of talks or a few speakers covering metals and how to get rid of them. So be sure to check it out.

Number two is pesticides and herbicides.

Heavy Metals and Pesticides

They're used on farming produce. They're in your in your if you lived in a planned, developed community where you

have gardeners in there and your beautiful lawns and and, you know, landscaping, they're using these chemicals to keep pests under control and weeds under control.

And, you know, however, getting exposed, whether you're eating it, whether you're breathing it in the air, whether you're walking, you know, on barefoot in the grass and you're getting it every everyone's outcome is generally the same.

You feel tired and sluggish and foggy and achy, and it disrupts your gut microbiome. So the herbicide glyphosate, I just want to talk about that for a moment.

Moment, that particular herbicide weed killer, even though we know how dangerous it is and even though there are so many articles and research studies about this, it just just got just Google Stephanie Seneff she is a MITT professor, and she researches this extensively and puts out her findings.

And we know glyphosate is connected with cancer and it's proven to cause leaky gut and cellular dysfunction, and it's proven to cause kidney disease and it's proven to cause infertility. I mean, it just goes on and on.

In fact, in my programs, when we start getting glyphosate out of people, people in their forties who didn't want to get pregnant, get pregnant by accident, we call you know, we call this portion of our toxin protocol, the baby maker portion, because your fertility goes up when you remove glyphosate So farmers keep using it because the government keeps approving it.

So number the third thing here is air pollution, which is another common toxin. The air we breathe is filled with toxins like aluminum and other heavy metals like carbon monoxide and nitrogen oxides that can cause respiratory problems and fatigue.

So if you don't already have an air purifier installed in your home, this would be a great next step to help you and your family reduce the toxin exposure.

So there's several great air air purifiers on the market. My favorite is American Made Austin Air. That's Austin, like the city in Texas. It's a metal unit that doesn't need filter changes very often.

Air Pollution and Food Additives

And it's much different than the Air Doctor, which is made of plastic, made in China and its frequent air filter changes. You can find more information about air filters on Laurafrontiero.com You can go to our trusted partners and see what we like.

Again, number four is food additives. Excuse me for a second. So artificial colors, flavors and sweeteners are often found in pre-made foods that can disrupt your energy levels.

And I'm talking way beyond the fast food drive thrus. I know if you're watching this, you probably don't eat fast food. If you did, it would be because you were in the middle of nowhere and there was no other option and you were starving.

But chances are you gave up fast food a long time ago and you've given up prepared convenience foods maybe that are sold in healthy places like restaurants that advertise.

You know, there's a lot of greenwashing of healthy foods that advertise farm to table fresh or health food stores that sell ready made meals. I'm curious if you have stopped eating those that are full of seed oils, that are full of preservatives, that are full of colorings, often and oftentimes chemicals that you can't pronounce on the label.

So if you haven't stopped eating prepared foods at healthy places, then take a look at that. Have you ever heard of the term greenwashing? Like I just mentioned, it is a deceptive marketing practice and companies make misleading claims about the health benefits of their products.

So I want you to look at the labels on food, because like I just mentioned, preservatives, colorings, soy, sugar, seed oils, even though the marketing on the front of the package makes it seem healthy, there's particular buzzwords.

So words like organic, all natural, no added sugar, gluten free, low fat, non-GMO especially. That's the one that kills me, especially when there are no GMO versions of an ingredient used.

They'll still say non-GMO to try to get you to buy it. That's greenwashing. Or how about made with real fruit?

Mold, Cleaning Products, and Personal Care Toxins

Or, you know, zero trans fat or free from chemicals or farm fresh, which means absolutely nothing. So just think about how you are getting influenced by advertising.

That's why I might ask of you. So number five is mold mycotoxins, which are common toxins found in homes and workplaces, and they cause respiratory problems, headaches and fatigue.

50% of schools, colleges, hotels, office buildings, stores, restaurants and other public places are also infested with mold. Mycotoxins So that means we're working in sick buildings.

We're sending our kids off to school in moldy environments. You know, I wonder if you've ever noticed the back to school sickness that hits America every year.

Once we go back to school after the summer is over, everyone was fine at home. It's summertime until they walked into a moldy building in August and it hasn't been aired out since school got out in June.

And now they've turned on the AC and they're circulating mold spores and the kids are breathing it in and all of a sudden everybody's getting sick and they bring it home to their families.

So we have a few talks on mold and mold toxins mycotoxins so be sure to listen to those interviews too. The six thing is cleaning products. So bleach, ammonia, other chemicals that make us feel like we're doing a good thing in our household because, you know, the smell of bleach to me is this amazing smell.

It makes me feel like I'm in a clean environment. I you know, I worked in hospitals for, you know, a long time. I worked in clinics for you know, I spent 25 years in the Western medicine space.

And there's that smell of a medical office building or a hospital that's very sterile and clean. But those substances are actually toxic and they lend to our fatigue, our headaches, our respiratory problems.

So if you go into your cabinets right now and you look at your laundry soap, your dishwasher soap, your hand soap, look at the labels there. And I bet you can't pronounce or identify most of the ingredients.

On my website, you can find links to my favorite cleaning products in my. If I were to take you into my laundry room right now and into the cupboards under my kitchen, you would see cleaning brands like Branch Basics and truly natural.

If you go to the Trusted Partners page on laurafrontiero.com you can find all this. Number seven is your personal hygiene products like toothpaste, makeup, deodorant, lotion, shampoo, perfume, feminine hygiene products.

Yes, feminine hygiene products. You're putting tampons inside of your body or your child is or your teenager is or your adult daughter is or you are. And those things oftentimes contain harmful chemicals that leach through the skin and right into your bloodstream, causing disruption.

So I had several talks outlining toxins on the summit.

Water, VOCs, and Forever Chemicals

For for more information on healthy living, you can find a clickable link to my Bio-Radiant Health website at the bottom of the page where you're viewing this video.

Okay, almost done here. We got a couple more. Number eight is water. There's a difference between filtered and purified water. And I'll just leave it at that and invite you to watch the summit interviews, especially my talk with Jay Davidson on radioactive elements where we cover water extensively.

Number nine is volatile organic compounds. Now, those are little off gassing chemicals that come from your furniture, your car, interior, that new car smell that people love.

I hate it because it gives me an instant headache because I don't process those toxins. Well, I have slow detox pathways personally, so when I get into a new car, I get an instant headache.

And I hate that smell. Other places you get volatile. Organic compounds include the fluorine, carpets, wood. Even if you have wood floors, there's glue oftentimes that holds those wood floors down.

Paint the furniture. I mean, it's everywhere. Your your sofa, your mattress, all of these things off gas and you inhale the volatile organic compounds and you can feel immediate symptoms like me at times.

Thing number ten, chemical number ten, toxin number ten forever chemicals. So PFAS, PFAS is short for Per- and Polyfluorinated Substances PFAS are a family actually of thousands of human made substances, so we call them forever chemicals because they don't break down in the environment.

They came on the scene in around the 1940s in a huge range of everyday consumer products and industrial processes. And they have, you know, they have a stain repellent and a nonstick benefit, which is why they're in everything.

So furniture, rugs, carpets, outdoor gear, waterproof clothing, paper, packaging, food, packaging, cookware, mattresses, electronics, even, you know, firefighting foams.

So in industry, they're used in processes like metal finishing and plating and hydraulic fluids and semiconductor manufacturing. So uses of just two of the substances PFAS and PFOA.

So PFOS and PFOA have been actually banned or restricted because of their toxic persistent effects they bio accumulate. But there are concerns about others on which there's less toxicity evidence available because they've been less studied.

So they're still used. So they're chemicals that we add to everyday products and they're even in fast food packaging, they can be in our cosmetics. These lesser you know, researched ones, the big bad ones have been banned.

But we've got all these others that we can find still in our carpeting, in our in our in our everyday use of products. And these chemicals are used because they repel oil and fat and they're very profitable.

And it turns out that when we ingest them either through diet or water or coming through our skin, they can cause some bad health effects. So the two most widely detected PFAS chemicals, PFOA and PFOS, have been used extensively in the products that I just mentioned.

And PFOA is is a suspected endocrine hormone disrupter and possible carcinogen.

Next Steps and Summit Resources

And PFOS is has been linked to fertility problems. The several PFAS chemicals, especially PFOA have been linked to increased risk of breast cancer and they're called forever chemicals because they don't break down.

Like I said in the environment, however, we can get them out of your body with proper detox support. So don't worry, there is absolute hope to get these out.

Now this concludes I know that last part about forever chemicals is confusing, but this concludes the quick discussion on the top sources of toxins. We know all these toxins can sound pretty scary, but don't worry because there are ways to eliminate them from your body.

So all of your chronic inflammatory symptoms, if you suspect toxins may be the culprit of your health conditions, I don't want you to wait any longer.

I want you to get in contact with me or the practitioners who are teaching you on this summit. And for, you know, the past few days, you've been learning all kinds of new tools to help you solve your symptoms.

And you're also hearing from experts all over the world who have the ability to help you. So while you're viewing the summit, look for the practitioners who resonate with.

Be sure to connect with them afterwards to get the help you need if you want more information. How you can get permanent access to this talk and all the talks on the summit email support@drtalks.com.

The Help team will get you all sorted out. Stay tuned after the summit finishes airing because I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional lab testing to look for toxins, gut testing, how to take protocols to get all these things out of your body.

I'll share with you how to work with me from many countries around the world. So be sure to add laura@laurafrontiero.com to your safe email list and we will be in touch.

You can find me at laurafrontiero.com you can click the link to my Bio-Radiant Health website near the bottom of the page where you're watching this video.

And until next time, take good care bye now.