The Better Question: Are Toxins Quietly Affecting Your Weight and Accelerating How You Age? Transcript

(Transcripts are generated by AI and may contain errors)

If you stopped eating processed food today, if you've stopped using plastic containers and you switched every product in your bathroom to something, quote unquote, clean, how long would it take your body to actually get rid of everything that it's already absorbed?

A lot of the chemicals that we're exposed to every day don't just pass through us. They actually gets stored, tucked away in fat tissue, sometimes the rest of our lives.

quietly influencing how we age, how feel, and how our bodies actually function. Welcome to the resiliency method, the truth about healing. I'm Dr. Erica and we are here to uncover the root causes keeping you stuck.

Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again. If you stopped eating processed food today, if you switch every product in your bathroom to something clean, If You eliminate plastic containers entirely, how long do you think it would actually take to clear what had already been absorbed?

Try years, in some cases more than a decade, because the chemicals most of us carry aren't passing through. They're actually stored in fat tissue in organs deep inside the body and sometimes for life.

Welcome to The Resiliency Method, the truth about healing podcast. I'm Dr. Erica. The better question we're asking today is, if banning a chemical doesn't erase it from your body, what does it actually take to clear what's already stored?

And today we're breaking down the invisible backlog of chemicals that most of us are carrying. Things like BPA that's acting like estrogen in your body, phthalates that are hiding inside the word fragrance on every label, PCBs and DTT, things that were banned 50 years ago, but are still detectable in nearly every American's fat tissue today.

And these forever chemicals with half-lives that your bodies simply just can't even break down. And we're going to unpack why eating cleaner and starting today reduces new burden, but may not actually reach what's already stored and why this encapsulated toxin can require a completely different approach than any surface level detox or cleanse.

So, if you've ever thought cleaning up your diet and products was just enough to detox your body, well, this episode is going to challenge that idea. And to understand what your own chemical burden might look like and what to do about it, visit our show notes and you'll find a link there for a free guide on toxicity.

If you're enjoying the Resiliency Method podcast, we'd be grateful if take a moment to leave us a five-star rating. Here's the question I really wanted to sit with for just a second.

If you stopped eating processed food today, if you've stopped using plastic containers and you switched every product in your bathroom to something quote unquote clean, how long would it take your body to actually get rid of everything that it's already absorbed?

A day, a month, try years. And in some cases, more than a decade or multiple decades. That's because a lot of the chemicals that were exposed to every day don't just pass through us.

They actually get stored, tucked away in fat tissue, sometimes the rest of our lives, quietly influencing how we age, how feel, and how our bodies actually function.

I came across a documentary on Netflix recently called The Plastic Detox. I highly recommend checking it out because I think it's a really good one for educating you on just some of where some these sources come from.

But even in this documentary, they were able to show blood, serum blood levels, a change in them when people got rid of some exposures in their environment.

They saw some reduction for some people, and for people they didn't see much of a reduction at all. And that's really what I want to get into with you today because I'm going to offer you something about why that might be.

All right, so let's get into it. So I'm your host, Dr. Erica, and today we're going to talk about something researchers call, quote-unquote, body burden and the invisible backlog of chemicals most of us are carrying around without ever even knowing it, we'll talk where these chemicals come from, what the research actually shows about their effects, who's most vulnerable, importantly what's actually in your control.

All Let's start with the basic biology because it really explains everything else in this episode. Your fat tissue isn't just padding. It's actually one of the most active tissues in your body.

it produces hormones, it talks to your brain, and it stores things. Specifically, its source fat soluble compounds, meaning chemicals that dissolve in fat rather than in water.

Here's why that matters. Your body is very good at getting rid of water soluble waste. You drink water, your kidneys filter it, you go to the bathroom, done.

But fat soluable chemicals don't really work that way. They actually get absorbed into fatty tissue and they can sit there sometimes for years because your body doesn't have an easy pathway to flush them out.

Sometimes these chemical exposures actually can come from your parent and in utero too, meaning in utero means when your mother was pregnant. And sometimes she can give you some of her toxic load as well.

This is where it gets a little bit more interesting. Those stored chemicals don't necessarily stay put. They can be released back into your bloodstream during periods when you're body is burning fat.

rapid weight loss, illness, fasting, even pregnancy. And for a pregnant woman, that means those stored compounds can cross the placenta. For a nursing mother, they can pass through breast milk to her baby.

So the exposure that you had 10 or 20 years ago doesn't necessarily stay in the past. It can resurface exactly the moments that your body or your baby's body can at least afford it.

Now, I want to be really clear about something before we go further. This isn't about fear. Every single one of us has some degree of body burden. It's simply the reality of living in a modern industrial environment.

The goal today isn' t to alarm you, it's really to help you understand what's actually going on, because understanding is the first step toward doing something about it.

So let's go from chemicals that show up most consistently in the research. Let's start with one you've probably heard of, BPA, short for bisphenol A. BPA has been manufactured since the 1950s.

It's used to make hard, clear plastics and epoxy linings inside food and drink cans. Its genuinely everywhere. Manufacturers will produce it somewhere between 6 and 10 million metric tons of it in every single year.

And here's the part that surprises people. Bpa acts like estrogen in the body. researchers call it a Xeno, X-E-N-O, estrogen, a compound that's structurally similar enough to your own hormones that it can bind to estrogen receptors and actually interfere with normal hormonal signaling.

So it's a big deal. And you're exposed to it through canned food, plastic water bottles, thermal paper receipts, yes, the ones from the grocery store which absorb right through your skin, dental sealants and dust in places where things and plastics are manufactured or breaking down.

And even some of the things that are used and sometimes injected into our bodies or were consumed by some, you know, through medical devices and such, these things are stored in plastics, manufactured in plastic.

And any time that you have a liquid that is stored into plastic material and that plastic gets heated up or there's a temperature variation, maybe the liquid's put into the plastic while it's still warm, then there's that potential for leaching the plastic into the liquid itself.

And then sometimes we're either drinking that or it's even being put into our bloodstream directly. What does the research actually show? Well, a landmark 2007 analysis in the Journal of Reproductive Toxicology reviewed more than 700 separate studies and concluded that BPA affects the endocrine system even as doses well below what regulars would consider quote-unquote safe.

Other research has linked BPA exposure to metabolic syndrome, obesity, type 2 diabetes risk, and a study following pregnant women found that higher BPE exposure during pregnancy was really associated with behavioral issues in their daughters at age 3, including increased anxiety and hyperactivity.

So this is a chemical that's just not out there in the environment. It's actively interacting with your hormone system every day in small amounts from ordinary things that you touch and eat from.

I think it's also worth mentioning too that a lot of times chemicals, heavy metal exposures, these things are looked at and verified through safety testing.

But oftentimes what's not being accounted for is the cumulative effect of being exposed to one or more of these things over time and in combination with one another.

So that's a really important consideration. Anytime you're evaluating what is being said about a product in terms of its safety, because that determination is based off that one single product.

And really what you are most concerned with is cumulative exposure to a lot of products in your body and in you bloodstream. Okay, so let's talk about another one here, phthalates, P-H-T-A-L-E-S.

And these are the ones you can't see or smell, but can be very problematic as well. So if you've never heard this word or you never have heard of it, you're really not alone.

That's part of the problem because they're almost never listed by name or that way itself. Phthalate are used to make plastic flexible. Sothing, vinyl flooring, shower curtains, garden hoses.

They're also used as solvents and fragrance fixatives, which means that they're hiding something you probably use every single day. Basically anything unlabeled that just says fragrance, you can assume daylights are a part of that.

And that one word can legally stand in for dozens of undisclosed chemicals, phthalates included. So unlike BPA, thalates aren't chemically bonded to the plastic that they're mixed into, so they leach out more easily and into food and to air onto your skin.

think of a lot of beauty products guys also just want to don't think just fragrances if the stuff that you spray on your skin to in the form of perfume or cologne we're talking about fragrance and shampoos and body lotions candles all the things A landmark study measured phthalate exposure in pregnant women and looked at a specific measurement in their infant sons called anogenital distance, a marker of how androgen hormone shaped the development in the womb.

And boys born to mothers with higher phthalein exposure had measurably shorter anagenital distant, consistent with these chemicals interfering with normal hormone-driven development.

Other research has tied daylight exposure to abdominal obesity and insulin resistance in men, lower thyroid hormone levels, and in one notable study, earlier breast development in young girls.

Individually, low levels of any one of these chemicals might not seem like much, but most of us aren't really exposed to just one. We're really expose to dozens in combination every single day.

I want to reiterate that point. All right, there's some additional legacy toxins, I like to refer to them. Not necessarily things that are continuing to be manufactured because the industry has recognized their potential toxicity to human beings, but still linger in many of us.

And remember the comment I made earlier about how some of these burdens and these exposures are coming via the mother-womb connection through the placenta.

Alright, now let's talk about a category that's really a little different, chemicals that were banned decades ago but are still showing up in people's bodies today.

Alright PCBs, well they were manufactured from about 1929 to 1979, so just a mere 50 years for the use of electrical equipment. And DDT was widely used pesticide until it was banned in the United States in early 1970s largely because of Rachel Carlson's book called Silent Spring.

That's a good one if you want to check that out. Both chemicals have been illegal in the US for roughly 50 years, but they're still detectable in fat tissue of nearly the entire US population.

That's the defining feature of this category, extreme persistence. The higher chlorinated forms of PCBs can have half-lives and human fat tissue measured in years to decades.

DDT's main breakdown, product DDE, sticks around for 6 to 10 years or more. And today, the primary way people are exposed isn't from the original manufacturing, it's actually from a diet.

These chemicals accumulate up the food chain, so eating fatty fish, meat, and full dairy is now the dominant exposure route, probably also, again, inside of the placebo, or excuse me, placenta.

The research on these two really is sobering. The International Agency for Research on Cancer has classified PCBs as a definitive human carcinogen. Remember the word carcina means potential for cancer causing.

And that's causally linked to non-Hodgkin lymphoma specifically. In a landmark study following children whose mothers ate PCB-contaminated fish from the Great Lakes found that at age 11, those children scored lower on tests of memory, attention, and general intelligence.

Real evidence that these chemicals cross the placenta and affect brain development exposure levels people actually experience in daily life. For DDT, one of the most striking findings comes from a 54-year follow-up study.

Women who had the highest DDT exposure before age 14 during a critical window of breast tissue development had five times the risk of cancer later in life compared to women with lower early life exposures.

five times from an exposure that happened in childhood showing up decades later. And this is really the core lesson of this whole episode. Banning a chemical doesn't erase it from our bodies.

It just stops the new manufacturing of it. What's already stored is essentially just stays stored and oftentimes really deeply in places and areas where general level one or surface level detoxes can't reach.

Alright, let's also talk about one more PFAs and flame retardants. These are today's persistors as well. If PCBs and DDT are yesterday's problem, well, PFAS chemicals are to days and they've earned a nickname that tells you everything.

quote unquote, forever chemicals. You may have heard that term. PFAs is a family of more than 12,000 synthetic chemicals built around one of the strongest chemical bonds in organic chemistry, which is the carbon and fluorine bond.

And that bond is basically what makes them so useful industrially, and it's exactly why your body can't breathe them down. They're used in non-stick cookware, water-resistant clothing, food packaging, like microwave popcorn bags and pizza boxes and firefighting foam.

A major study following 54,000 people exposed to PFAs contaminated drinking water in West Virginia found significantly elevated rates of kidney cancer and testicular cancer.

And those are finding serious enough that one form of PFAS was classified as a known human carcinogen in 2023. There's also real research on PFAs and immune function.

One study found that children with higher PFAS exposure had measurably weaker antibody responses to their vaccines, meaning the vaccines were doing less to protect them because the PFas were interfering with their immune system's ability to respond.

And alongside PFAs, I want to mention flame retardants, chemicals that are called PBDEs and they were added to furniture foam, electronics, carpet padding for decades.

Even though the main versions were phased out in the U. S. by the mid 2000s, they're still off gassing from older furniture sitting in homes right now.

And household dust is actually the number one way people are exposed to these forever chemicals today. Are you tied to treatments, protocols and gurus who promise results but don't deliver?

You're not alone. For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work. That's why I developed the resiliency method.

It's a science-backed approach to combining the best of Western and ancient medicines to restore your body's natural intelligence. Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before.

Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix. You need a clear path forward.

Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward source discovery or dive deeper with the full initial consultation at Dr.

Erica online dot com board slash initial dash consultation because your health, your clarity and your freedom cannot wait. PBDEs are also structurally similar to your thyroid hormones, so they compete for the same binding proteins in your blood and can throw off your thyroids signaling.

And studies have linked higher prenatal PBT exposure to lower scores on tests of attention, motor coordination, and language in children years later. And finally, there's one more group worth naming, and these are dioxins.

These aren't manufactured on purpose. They're actually just byproducts of like burning things. So like waste incineration or backyard burning even. There are among the most fat soluble compounds known with half-lives in the body of 7 to 11 years, in most toxic form of these classified as a definite human carcinogen.

The most common thread across all of these is that they're built to last. And built-to-last in a product usually means built at last in your body, too.

So, before we talk about what you can actually do, I want to talk who the research says is most vulnerable. Because it's probably not who you'd guess.

It's not primarily about total lifetime exposure, it is about timing. Developing babies and infants are at the top of the list because their organs are still forming.

and critical developmental windows don't get a second chance. Adolescents are next because puberty is another hormone-sensitive period. Pregnant and nursing women certainly carry double burden.

They're exposed themselves, and then they're also the pathway through which their baby gets exposed, either through the placenta or through breast milk.

And people who eat more animal fat, meat, fish, full fat dairy, tend to carry a higher burden of the fat-soluble chemicals we've talked about today, simply because those chemicals concentrate as they move up the food chain.

And people in certain occupations, electrical work, firefighting, industries that use these chemicals directly are certainly exposed to levels far greater than the general population itself.

So if you fall into one of these categories, none of this is meant to scare you. It's just really to help you understand why some of those conversations matter more for some people than others.

But quite frankly, I think they matter for everybody because there's really not any scenario I've described today that you probably are not falling within.

If you had a mother and you're born of a Mother, you probably have some chemical burden. And if you are living in today's society in modern industrialized context, You've got some Chemical Burden.

and why the timing of an exposure can really matter as much as the amount. So what you can actually do, let's get into that. Here's the question I know you're actually asking.

Okay, this is happening in my body. Now what? Well, the first thing I want to say is this. You can't fully control the chemicals already stored in your tissue by simply eating cleaner or starting today.

That's just important and honestly kind of uncomfortable truth. Diet and lifestyle changes absolutely matter. They reduce how much new burden you are adding, but they don't reach what's already store.

There are some genuinely useful evidence-based things within your control. Reducing new exposures matters. Filtering your water, you know, your drinking water.

Choosing fresh food, organic as much as possible. Avoiding overly heavily packaged food when you can. Skipping the receipt when don't eat it. Being thoughtful about fragrance and other products you're putting on your biggest story of your skin.

And airing out, replacing very old foam furniture. None of these really require perfection. They just lower the amount of new material your body has to deal with.

But here's the piece that most conversations about detox skip entirely. Not all toxin storage looks the same and not all of it responds to the the approach.

Some of what accumulates in the body really sits more in accessible tissue and that's what most general detox and cleanse approaches are built to address.

But research increasingly points out to something deeper. Encapsulation, places where the has walled off stored toxins is a kind of protective response.

And that is different problem. It's called a different more deliberate approach And this is exactly the gap that our team really built the resiliency method for to address.

It's a three-phase approach and the framework designed to help your body safely and gradually work through stored burden, rather than just releasing everything at once, which can do more harm than good.

And it's really important to note that you don't get to get too encapsulated or some of these toxins that are stored in the fat, the more fat soluble toxins, you do not get that level right out of the gate.

If the body has deliberately walled something off, it's for good reason. And so the biggest strategy around that is not trying to find a product that'll break through that fat membrane itself and just, you know, force the to give it up.

It's actually in the strategy we take with the resiliency method is to create and build the surrounding environment up enough to where the It's safe to open up this encapsulation.

I can let this go now and to do that gradiently, to that over time so you don't overburden the body and force it to the same thing again that it did earlier.

If any of what you heard here today really made you wonder what your own body burden might look like, I mentioned there's some testing we can do. We just have to reach out to us.

we do the independent about whether or not you decide to actually sign up to a healing and transformation program with us, But if you've been dealing with symptoms that don't have a clear explanation, I really encourage you.

That's really the question worth bringing up to a real conversation toward and not guessing at on your own. And that's something we do offer to listeners too, is free discovery calls.

So you check out the show notes for information on that. You can also find us at paramountwall.com. If you just want to get a little bit more information, on our practice.

We are based out of Colorado, but we work with people all over the country. So thanks. I just want to say thanks for spending time with us today, learning about this important information for your health, and take care of yourselves.

And I'll talk to you next time. Thanks for tuning into The Resiliency Method, the truth about healing podcast. If this episode spoke to, you follow, share and leave us a review.

Are you ready to go deeper? Book your discovery called now at drericaonline.com forward slash discovery and