The Chemicals Banned Everywhere Except Your Closet Transcript

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Introduction to Xenoestrogens

the greatest sort of class of chemicals that led me to needing to tell people about this are xenoestrogens, which, as you know, mimic estrogen. We call them sort-of like fake estrogen, and it turns out that during the chemical revolution, by the way, is also when our food went wrong, when the pesticides on crops went…

It all started there. It's also what our clothes went to. In fact, the same chemicals were worried about in our foods or in the pesticide on our crops.

Those are the same things we're worried about and close to. We just haven't been paying attention to the fact that they're there. If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

I'm Dr. Javin and on redefining wellness with Dr Javan, we'll be exploring root causes like Lyme disease, mold and parasites, and I'll guide you with simple and practical steps towards real healing.

Hello and welcome back to Redefining Wellness Podcast. I'm your host Dr. J. Ben Moore and today I am here with Hannah Dunning, the girl that I just met.

The clean clothing chick as some call her. And we're going to be talking about chemicals. Chemicals in clothing, chemicals that are restricted in Europe, even more restricted than China, being sent to us by China.

restricted in Japan and South Korea and Hannah told me as we were chatting she cannot find for the life of her a clean bra and I'm asking to let her explain it because when she explained to me why the passion truly came out and i think i want everyone to see that so Hannah honestly introduce yourself a little bit and why why are you so passionate about clean?

Man, it's funny, I never saw myself doing any of this. I especially didn't see myself having any interest in lingerie or… creating a bra. Life just happened that way and I almost felt like it was a mandate because when I started my social media journey, like most of us probably listening for yourself and your own story, you know, it started with someone being sick.

And for me, that was my grandmother who helped raise me. When I was 16, she passed of estrogen-positive breast cancer. And literally on her deathbed feeling so helpless and obviously overwhelmed in all the emotions I made a promise to her, which was I would in some way, shape or form address the disease that, that took her from us.

And of course, if you've ever experienced someone passing or battling. cancer, it is the most evil, painful disease I think out there. And it really lights something inside of you.

It's like an anger and a rage and this sense of like justice of, like, I need to find out how this happened and what I can do to keep someone else from experiencing that.

So it led me on this crazy journey. Actually, when I was delivering our first born son, they put me in these crazy post C-section recovery underwear.

Why Clean Clothing Matters

Unfortunately, And I just remember, you know, going into our little recovery room and about an hour after laying there, I had this rash in the shape of the underwear.

I have this urge to like smell them and there was this crazy chemical, like a Clorox smell. It was the first time in my

life where I thought, what are they putting in this?

I'd just had a major surgery. They just cut through like seven layers. and they're putting this on top of me so that is where the deep dive started for me and I started connecting the dots specifically with women's bra and underwear and the chemicals that they are finding in these two things and to a point where I was like what can I do to explain what's going on, to draw attention.

The best thing I could think of was social media. Like literally just pull out my phone and just try to tell somebody out there that they need to be paying attention to what they're putting in our clothes.

And by far, as we started to gain traction on this education point in social medial and as my journey in researching started, the number one question I got was, where can I find a clean bra?

And I could not find it. That was the most unethical BS I have ever heard of in that 2026. There's not a clean bra on the market for women, just like a normal functional bra.

You could go to work in or school in, or whatever. that was the moment where I got so angry and frustrated and that sense of justice I felt when I lost my grandmother to this disease that I strongly feel is directly impacted by the chemicals in our everyday life, including our clothes.

That was that aha moment of like, okay, fine, and I'll do it. Women deserve this. This is unethical. We're going to fix it so we can change the industry so that hopefully they'll start paying attention to especially women and the chemical in their clothes, that's how this whole thing got started.

I think we're going to get a lot more in depth with why this is a problem. But I know as I was going into research about this, some of what you've talked about is, is this a law thing where companies are just skirting around the law and it's illegal in the United States here?

Or is something where there's not the right kind of law? When I started this journey, I thought I was missing something because I starting researching, okay, well surely that pair of underwear they put me in has to have some kind of restrictions and guidelines in the chemicals.

And the more I researched, the most solidified it became that we do not have laws in this country protecting us from the chemical they are actively putting inside of our clothes.

We do not have an agency overseeing clothes. So I always use this as an example. We know how screwed up the FDA is, right? Like, we know. It does not always do what we need it to do by any means.

Look at what they're putting in our food with the F. D. A. Imagine if we had no FD at all. What would they be putting our in food? And then imagine if they didn't even have to have ingredient label on that food.

Could you imagine? That is the equivalent of what is going on with our clothes They don't have to even disclose or hand over the list of chemicals they're using.

They have no obligation to provide that information and there's no agency completely overseeing clothes because in this country we see clothes as an application or like a tool, not something that interacts with our biology like food or a medicine, hence why the FDA does not oversee clothing.

So to answer your question, it's all encompassing. We don't have an agency or arm overseeing and we don' have a precedent for seeing clothing as something that interacts biologically.

It's a perfect storm. And this just brings to mind for me, they're the most ridiculous memes or reels or advertisements of, you know, toilet bowl cleaner.

Don't drink this it's written on there or a disclaimer don't do this because someone's done it at some point It caused

some problem then there's a lawsuit yet Clothing and I literally had a guy sitting in my office because I still see patients, right?

I see still patients every single week I got a guy sitting in my office right next to me. I actually knew this guy from earlier in life that resurfaced and wanted some help.

And he walks in and he goes, yeah, man, I just can't get the last bit of weight off my belly. He looks fit, he's tan, very well put together business guy.

And I started looking at some other things. And by the way, we found lots of different pieces of the puzzle. We found spike protein in his body at a pretty high level.

Chemical Regulation Gaps in Clothing

Do you want to talk about something that we are now finding out information about later, just like clothing here? And then I was talking to him about plastics and endocrine disruptors.

He's like, yeah, I don't need out of plastic. I use metal or I used glass. he's, like I could probably do a better job. and I'm like all right, well, what about your plastic t-shirt?

and he just kind of looked at me like stunned. And I was like, your shirt's literally made out of plastic. And even my shirt has a little bit of junk in it.

I'll be honest, somebody's going to call me out on it as we're talking about this. 96% cotton, but they don't necessarily advertise all the rest of the junk beyond the 4% of whatever else is in the shirt.

If you want to look nice in today's society, and I'm not going say that's accurate, you feel like you have to buy something that is stretchy, loose fit, this, that, the other, because that what we are doing.

I'm coming around to the fact that like, what is it? What happens? what research have you found that shows that clothing and what's on your skin absorbs into your body to make this important for the people listening?

I think the greatest sort of class of chemicals that led me to needing to tell people about this are xenoestrogens, which as you know, mimic estrogen, we call them sort of like fake estrogen.

And it turns out that during the chemical revolution, which by the way, is also when our food went wrong, you know, when the pesticides on crops went, like it all started there.

It's also what our clothes went to. In fact, the same chemicals were worried about in our foods. Those are the things we're worried in clothes too. We just haven't been paying attention to the fact that they're there So for example, we have commonly found chemicals at high levels like parabens and phthalates and BPA, all of which mimic estrogen.

So the big misnomer that people have is that our skin is just this barrier. And it is in a way, but it's also more like a brain too, in that it recognizes certain things and allows them in consciously because it saying, oh, it supposed to be here.

So that is what happens with a lot of these chemicals is your skin says, oh, it's meant to be here. I'm going to let that pass through. And it gets worse because these chemical also happen to hydrophobic.

They don't like water and lipophilic. they love oils. So when your scan is full of oil and they're allowed to come inside of your body, they are going try to make it out of the bloodstream as fast as they can and to the place they want to, which is where typically we have our estrogen receptors.

This is why it's so important for women specifically to care about clothes. Of course, for men too. But for woman,

we have a lot of estrogen receptors in our breasts and in uterus.

Two of the most vulnerable places. By the way, two of places where we're seeing the amount of disease also. Like side note, For breast cancer, breast as a whole, this is something I'm extremely passionate about.

Breast cancer as whole has actually reduced pretty significantly because we have access to early detection. We're more familiar with the gene that could play a role, right?

But interestingly enough and tragically enough, a young woman has an 80% chance higher of getting cancer than a man because of estrogen-positive breast cancers.

It is skyrocketing beyond belief to a point where medical professionals, scientists are ringing alarm bells. Something is making us sick in our environment at a rate far more disproportionate to our male counterparts.

So for me, when I started digging into, again, the chemicals we're finding at high levels in places like bras, that ring alarm bell for because if lung cancer rates are sky rocketing during obsession with cigarettes, or now we're learning about colon cancer, you know, potentially with like seed oils and some of the stuff we are eating.

Why aren't we pointing that same critical eye towards this breast cancer and what we were putting directly on our body? So in my opinion, based on my research, Xenoestrogens are the greatest red flag I've seen yet in clothing.

But to be also fair, That's like something like PFAS that we're really concerned about. Those technically are not xenoestrogens. So there are still other chemicals that very much care about and know are very bad.

But again, xenaestrogen, I bet you in the near future that is going to be the hot topic of the moment is xenestogens in clothing. And with you saying there's no regulatory board in the United States to even place regulation on this or to create a sort of system around educating people of what's coming in.

What are other countries doing? Do they have regulations that protect? So is Europe, Japan, China, like I was mentioning earlier, they're protecting against some things.

So are they protecting? How are, how are the protecting. Yeah, well, I think first and foremost, it's really important to understand that as a whole, when it comes to clothing, our world is extremely behind and flawed.

So there's not like one country or place on earth where they're just crushing it with chemicals in our clothes. This is a very new problem in the world of problems.

I don't want anyone to think that there's like someone's doing it because no one's actually addressing this the way that it needs to be addressed. However, yes, other countries are doing far better than we are.

The EU is leaps and bounds ahead of us, obviously still not even remotely perfect, but doing much better because of the ways that they regulate chemicals.

Xenoestrogens and Skin Absorption

There is a fundamental difference in the way that we do business versus the EU or Japan, in that our chemicals are innocent until proven guilty in this country.

And furthermore, like in in EU, they could just have enough information to potentially think that a chemical is harmful, could ban an entire class of those chemicals.

For us, we have to prove without a shadow of a doubt that there is unreasonable harm directly from this chemical, and then we'll have ban it chemical by chemical.

Which is a problem when we've got like a thousand plus different kinds of PFAS or like, you know, a 1000 different

kind of parabens or BPA. So moms across the United States actually got B. P. A.

banned out of baby bottles. They threw enough of a fit about it, rightly so. And then what did they do? In most cases, they just replaced B P. A. With BPS, which is arguably even worse.

Whereas in the EU, They would just ban the class here. We have to go to war. to ban each chemical by chemical. And that's not even considering, again, the kind of clashing we have to have with these chemical companies who are, in my opinion, quasi running our country.

It's a whole nother thing. That's the problem. No place is perfect. We just might be the worst. You're like, put on my tinfoil hat. Yep, here we go. I agree with you, honestly.

But it's not even tinfoil. We watch it happen. Lobbying is a direct example. If you really want to see this go down, just look to the lobbyists. There's a reason why these chemical companies lobby so hard.

And we just saw our Supreme Court protect chemical company. Our Supreme court just gave them liability shields. Clarence Thomas, one of the judges, is literally an ex-lawyer for Monsanto.

So there's no a lot of tin foil needed. I was talking to a guy yesterday who's a client of mine and he did something big in life. I never asked, I can just tell.

When you're on a video call with a guys and you can see through their house and your like, my house was fit in your living room. You're just like okay, we live different lives.

But he told me, he was like, yeah, I was talking to one of the real high ups from one the major medical businesses. I'm not going to even say which one that creates some of vaccines.

And this guy, got a two year severance during COVID because he refused to take the injection. He's like, my client's, like why didn't you say anything?

He goes, how many of you left? Like a thousand people. Like, a THOUSAND people wouldn't do it and left. And no one heard about this, and it went nowhere, it was published and nothing, And you're just like wait a minute, the guys that are in the know, The ones that ARE INSIDE there, that're supposed to be the ones who are probably the biggest fans, Nope, not doing it.

Okay, something's wrong. And yeah, the chemical companies make way more money. I mean, at this point, I'll be honest, my conspiracy theories, like I don't talk about it much, but I am to the point where I've seen so many companies get bought out in the natural realm.

The avocado disaster is what I'm going to call it right now that we just learned about. And I just wonder if these mega corporations literally have a budget of like, hey, you know, we're going damage this many people and pay out this much.

We're going to buy out this many natural companies just so we don't have competition. A hundred million dollars to by out, you know, that potato chip company worth it.

It gets rid of them. I'm just like, what? Yeah. What's going on? But I don' think this is the topic we're on today, but just for everyone listening, it's just one of those things where you just, You, get to the point where are you're just skeptical of all things in health and wellness when you continue to see it happening.

So nobody's doing it well, no country is doing a well. It's, it's kind of on the cusp of we're finding out about it. We're figuring it out. You're out there telling everyone about.

If you had to pick four chemical groups and you said Xenoestrogens, you brought up PUFAs. if you got to take four chemicals, would the, I don't know, formaldehydes and the aromatic amines or the azo dyes.

Would those fall into your top four? Yeah, I mean, without a doubt, formaldehyde is interesting, actually. Like, there's quite an interesting history on regulating formalodehydes.

Formalde Hyde has been classified by TOSCA as posing unreasonable harm. This happened in May. So they actually got together. And I think we can talk about regulatory frameworks with, you know, the CPSC and Tosca if you'd like, but This is the group who's supposed to basically be righting the wrongs of us allowing a bunch of chemicals to pass through without regulation.

So TOSCO has created the Toxic Substances Control Act, for those who don't know, was created in the 70s. And it was a direct response to the fact that we needed some kind of regulation with the chemicals on our market.

They acknowledged this is just getting out of hand. And so, unfortunately, when Tosca was created, they grandfathered in thousands and thousands of chemicals because they thought, well, we can't retroactively go back and get rid of all these chemicals that are already on the market, so unfortunately there was lot of very harmfuls that were just passed through.

The Frank Lautenberg Act, was passed in 2016 and that was supposed to address the chemicals that had been grandfathered and they basically got together and said, hey, we need to start focusing on chemicals, that are clearly posing a harm.

This isn't okay. Formaldehyde was one of those. And so as a direct result of that, they then reviewed it and said, yes, this is causing unreasonable harm.

The benefit of using formaldehyde is not great enough to look past the carcinogenic effects and other, you know, things that harm our body when we're in contact with formaldide and they include clothing in that.

description, but nothing has been done yet. So only time will tell.

High-Risk Clothing and Chemical Exposure

And in fact, for me, though, to your question of like, what are the biggest chemicals I'm worried about, formaldehyde happens to be one of the chemicals that can meaningfully be washed out.

I find that interesting. Most of chemicals we're talking about here can't actually be wash out of our clothes. meaningfully. They're, again, hydrophobic, a lot of them, so they want to cling to the fibers.

Formaldehyde actually comes out. So I guess, yes, do I think formaldehyd is awful? Yes, but we can kind of wash most of it out PFAS, for sure, biggest red flag.

We're starting to address that because it's almost undeniable. we Can also talk about what's happening in Dalton, Georgia, though, which I Think is really interesting when it comes to PFAs.

And we could put a placeholder there and come back if you'd like. But AA's aromatic amines, huge problem. A lot of carcinogenic impacts when they break down are a lot different classes of these dyes.

Absolutely something that I hate. One second before you go too far into this. I think one thought that just came to my mind is like, where are formaldehydes?

Like, what's a common place to find those? Where is a comment place for PFAS? What is the commonplace for aromatic PFAS are a little bit different. There are some like big marketing word red flags that you can meaningfully sort of sidestep them with, which is, you know, water resistant, stain repellent, wrinkle proof.

Those are all things to avoid. A lot of times that's indicating PFAs, especially in like kids clothes or rainwear, sportswear. Right? Unfortunately though, like formaldehyde, there's literally no way to know.

And they put it on most things because it prevents wrinkling during transit. So where can you most often find formal dehydes? Like dead bodies. That's what they use to like literally on dead body.

But, and then all over our clothes. There's no warning, no marketing term, nothing. And then the same thing with the dyes, too. Disperse dye. There's no way.

We have more regulation, especially coming from the EU. I think we have like 22 different kinds banned right now. above 30 PPM. So it's like, there are some regulations coming, but in the US, again, the way we regulate is so different.

We don't even need to get into those weeds if we don' want to. But it' like there's no way to know. I can't give you words to help protect you because these companies don t disclose the ingredients they're using.

So I mean, I do want to get into these toxins a bit, but at the same time, it's like, how do you make this usable for someone? And let's just assume somebody's listening.

They're like hey, yeah, want avoid toxins. And you're saying your mainstream shirts, your Fruit of the Looms, whatever, they just don't have to tell you.

And it's not necessarily to assume they're doing something good or bad. It's just unknown. But then there are some companies that are like, yeah, we're natural.

Is there wording like for instance in food? I'm just thinking to myself, natural flavors probably means there's something toxic there. All natural means nothing.

is there anything in the clothing industry that helps you to go Okay, yeah, this is probably at least better or cleaner. I mean, you could look for organic.

Does that mean anything in t-shirts? I'm going to start with the bad news, but I promise I'll follow up with some good news that people can actually like take some pointers from and use.

So the organic thing in clothing sucks because all organic is talking about is the growing process. Let's take organic cotton as an example. Conventional cotton happens to be arguably one of the most toxic plants out there.

It's literally called the world's dirtiest crop as a nickname because they are spraying per acre some of most pesticides and chemicals of any crop. So like talk about glyphosate, you're going to find a lot of that in our cotton.

And unfortunately, as we all know, this is going into our water and our air. So it's not like, oh, just don't buy the cotton t-shirt and you'll bypass it.

It's like no, because cotton is being grown the way it is, we are all impacted by that, especially our farming and rural communities. When you see an organic cotton t-shirt, that's bypassing that terribly toxic process.

So that is a good thing. However, it does not account for the added chemicals they're putting on the finished product. You could buy an Organic Cotton T-Shirt that still full of parabens, phthalates, you know.

formaldehyde, etc. It doesn't account for that. So that's the bad news. You can't just say organic, we're good. Good news is we have third party certifications to help address this while we wait for federal regulations around our clothes.

There's two that I look for. My favorite of what we had so far is called goths global organic textile standard has to be a natural fiber like they won't even certify bamboo because bamboo is so processed.

They don't as a natural fiber anymore, which we can talk about, but has to be a naturally fiber and has be organically grown and also has two test under a threshold for over a hundred of the most harmful commonly added

chemicals to close.

So if you see a goth symbol, it's like a little green shirt symbol on a product and it fully got certified, that is the best way to protect yourself. So I say, you know, with kids clothes, baby stuff, maternity wear, underwear, any of those like high risk categories, I always try to look for goths, which unfortunately in most stores, You're not going to find you're going have to go online.

It's starting to change. Like I was in Target the other day, their kids and baby section was full of gots. That's great. That is a meaningful change that we're seeing that's more accessible.

The second certification you can look for is Okotex, which is not my favorite because you could still have Okotek certified plastic, like a pair of polyester underpants can be OkoTex.

I would tell you that you shouldn't be wearing plastic ever, but at least Okotax 100 tests again for those 100 most common harmful added chemicals like parabens, phthalates, et cetera.

So those two certifications third parties are probably our best answer for now, but let's acknowledge the truth, which is it's wrong that you have to feel like a detective to find those to just like reduce your odds of coming into contact with these terrible chemicals.

Well, at least there's something that people can go look for because I'm like, man, we're getting into the chemical weeds and. It's depressing and it's just like, all right, let's give us some people some tools.

But it was interesting that you gave a list of where you felt like the most important areas for finding clean clothes is. And you said, you know, undergarments, baby pregnancy, those sorts of things.

We're all trying to protect our babies. but is there a reason why you picked those areas based off of the susceptibility to toxicities or the amount of I guess underarmers that you're going to be sweating into so like does sweating make things worse does heat of your body make thing worse again you know pregnancy obviously We want to protect pregnant women because they're making babies.

What makes toxic clothing more of a problem on a- Yeah. Oh, it's a fantastic question. And there's really two answers. The first is epigenetics.

Safer Fabrics and Certifications

Like we are just starting to sort of stumble onto this world of epagenetics and we're finding that some of these chemicals when pregnant, women, especially come into contact with them may have impacts on the fetus later in their life or even potentially their children.

So we're talking like generations of impacts from these chemicals based on what scientists think may even be one case of exposure. So, we used to think that it was, you know, the dose makes the poison and what we are now finding with some of these chemical is that potentially that's not necessarily true.

that it can actually play a role epigenetically later just by coming into contact. So when we're talking about the groups that are at most risk, we typically talk about groups of people who are actively writing genetic code, which would be like a pregnant woman who's literally, her body is writing the genetic codes at that time, hormonally.

It's also the same for like preteens. or teens going through puberty. Like if you have kids going to puberty, prioritizing their undergarments is massive because they are writing actively genetic code during puberties.

Menopause, same thing. So anytime you're at a heightened hormonal time in your life, it's potentially worth taking your clothing more seriously from the science we're gathering, right?

But your question about certain instances is also completely relevant when you're sweating. We have data too,

even talking about the AA's, they're aromatic amines.

There are certain biological interactions that can happen to proliferate the speed of degradation, which makes the chemicals oftentimes more dangerous.

So even like PFAS, PFAS on their own are not good, but what's worse is when they turn into PFAAs. That happens after sunlight, after heat. So there are things that can interact with these chemicals and make them more dangerous.

Which is, yes, why working out in these chemical work, you know, I see people get into the sauna all the time with this, these like plastic bathing suits or what have you.

That is the perfect scenario for making this stuff if it's inside of that particular bathing suit. Far worse, the heat, light, friction, sweat, it is like the Perfect combination.

So I hope that answers your question because it kind of twofold. It's like a time in your hormonal life can proliferate, you know, your potential harmful impacts as well as the conditions can also potentially prolificate that too.

There's some things I was listening to you and I always frame everything as like, how can someone walk away with this today and make this make a difference in their lives?

And also I work with people that are complex chronic illness. How does this help them when you're making genetic code, you are making DNA and DNA is going to get mutated if you were stressing it, but also genetic snips on detoxification like HLADR, MTHFR, the list is long there.

I just interviewed Tyler Panser in another interview. So if want to know more about genetics, it was just the beginning of. a pharmacology PhD talking about how genetics and pharmacologists go together.

So chemicals and genetics. Oh my gosh, 600 million potential genetic expressions. And we're talking with most of us, you got your 23 and me. That's not even close to enough genes to really get into the weeds.

He's like, yeah, I run a test where we can see up to 800,000. I'm like. so you're not. Even at like half a percent of SNPs, because no one has all of that.

Like we're gonna have to have a super computer AI thing at some point to maybe get an idea of what genetics are really truly all doing, but we can get idea if your body doesn't detoxify well, it's gonna affect your genetics, your epigenetics.

It's going to accumulate causing you to increase risk of cancer. And when you're going through these difficult times in your bodies life, not necessarily you, like shoot, I felt like I was invincible when I as a teenager, because my body would rapidly grow and rapid growth means new cells, new DNA.

But then, so that was that piece that you were talking about. The other thought that I was coming to my mind is, okay, sauna. I have a sauna, I love it.

What's on? All right, turn it on. It smelled like somebody burnt plastic in my bathroom. So what did I do? There's a door exit door in My bedroom and I opened the exit and funneled the air out and then I turned that thing up to like max two or three different times because so much off gassing off of Natural tile that had coatings on it, right?

Like it's still natural tile right supposedly the different caulking to make sure that mold wasn't going to grow below my natural piling, but there's just not really a natural version of like a silicone caulk, especially one that can handle 200 plus degrees.

There's no such thing as natural on that. So the smells were incredibly toxic. And now you're going into a sauna as a human, a dry sauna, wet sauna infrared sauna with plastic, which we know melts at temperature.

And you're just forcing that into your wide open, huge pores that allow this stuff to suck in. And there's studies that show up to 70% of certain chemicals can soak right through your skin, like right into body.

So all the cute clothes that we wear to the gym that are all over my Facebook and Instagram right now, and I'll tell you why my fiance and She's trying to pick outfits for her bachelor party and for the wedding and For this and that and so she's like we're gonna do the pool and get and guys were We're going to go down to Texas and we were gonna go shooting and you know, we are going meet at the pools So we go to the same place where I do separate stuff and come back So there's all this like women's clothing all over my social media because that's what we talking about and it's listening to me and I'm just like holy crap Crap.

Women's clothes is all shiny, elastic, and tight. And it's all the stuff when you're going to Texas is going be 110 degrees. It's that stuff? I'm like, oh my gosh.

No wonder every woman that comes in to see me has GI issues, like every one of them.

Legislation, Transparency, and Hope

I ask them, Because women talk way more than men. How many of your friends have GI issues? And if you're listening to this, and maybe you can comment on this.

You might have a different set of friends, but the average person might, how many women do you know that have GIs? Like, oh, nine out of 10. Like what?

actually fascinating to me because I'm a huge history nerd. But DuPont made plastic clothing for the first time. And for anyone listening, Dupont, they're the ones famous for Teflon, if you've seen the movie Dark Waters.

They started as a gunpowder manufacturing and explosive manufacturing company. And they made all of their money during wartime and they decided that, hey, that isn't really a stable business because wartimes fluctuate so much.

How can we sell into the home? And so they took their chemistry and created nylon, pantyhose for the first time. And that was when the plastic obsession actually started.

It was women with pantiehoses. Well, why do we wear pantieshows? What functional capabilities do panti-hosing? Absolutely nothing other than what? Like, aesthetics.

Women are supposed to look a certain way. And unfortunately for us, we have been offered chemical-created solutions in order to make us look at certain ways.

Now, all the way in 2026, that brings us to Botox and fillers, right? So it's just this thing that's been, I mean, from the beginning of time, probably with women, of like, we are supposed to look a certain way so that we can biologically recreate with a man that chooses us, right?

So, it, its incredibly complex to pull apart. It's way, way deeper than just being like stop wearing the shapewear leggings. Its like complex, to be like no, actually you're supposed be working out and like flowy things like yoga, yoga like real yogis wore linen flowey pants, not lululemon, but now have a young woman or really any woman go to her next Pilates class wearing linen, flow-y pants.

They're going to feel like an absolute freak. So it's very complex. It's easier said than done. We can get into makeup, haircare, et cetera. it is a big complex thing to break down.

I saw some information that came across by noon. Women have applied in many cases, like 6,000 chemicals. I guess that's one more bonus to being a guy.

Like I brushed my teeth and I ate food. And then you wonder why women have 80% more likely of cancer. You

mentioned something. It's the tolerance amount that is supposed to be chemical bad for you.

The tolerance of. One chemical at one time on one cell in a petri dish is the tolerance amount. So if I take, in my case, I do a lot of metals and molds and different things, right?

So, if i take let's call it arsenic, something everybody knows about metal. And this isn't supposed to be at a certain level in your water supply that allows for you to say, you know, that's safe or a tolerance level for.

So if I go above that tolerance, it kills a cell to some degree. Like it's not quite that black and white, but what if. a half of the tolerance level of arsenic and then half the of cadmium and half tolerance of love and you keep adding these up.

Six thousand chemicals for a woman by noon? Do you think we haven't gone across the threshold of her ability to tolerate? I mean, what's wild to me too is just to create of microplastic, it takes seven to fourteen thousand different chemicals, some of which have been found to be potentially carcinogenic to humans, most of, which, have never been tested long term on humans before.

So it's even more complex than that. It's like we actually don't know. We created Frankenstein chemical concoctions in a lab in the 30s and it's been an absolute free-for-all ever since.

We are one giant science experiment and we have no idea how it is going to end, but we're starting to get somewhat of a clear picture on how is probably will turn out and is not exactly comforting, which is why people like you and myself and others who are absolutely obsessed with getting these messages across are working so hard because we are kids and have a need to create a world where they have a shot at health, just a chance.

And with the powers that be making the decisions that they are making, we have to fight tooth and nail right now at this point in time to protect humanity.

That's my opinion. I think it is that serious. So where are we at? What hope can you leave for people? what hope Can you lead everyone with as we kind of close out today?

Like, is there anything tracking moving that's actually happening in legislation? I know we have a couple of companies that are at least testing for us, but is anything actually at the larger level?

Yeah. No, it's a great question. And I do have hope and I maintain that. I love telling people like, no, I actually have a fairly hopeful outlook. It's just that we need to take extreme action in turning the ship.

Right. So first and foremost, work with a lot of these fashion companies, big, small, and everyone in between. Most of them are good and full of good people.

They just didn't know. And we didn' have the information at the time. So, you know, it's easy to, again, now this is sort of like putting on a tinfoil hat and being like, all these companies are trying to kill us.

I don't believe that. Now, big chemical, different. Maybe a different scenario, but these companies themselves are full of great people wanting to make meaningful differences.

It's not easy. it's NOT easy when your supply chains have been unregulated since the beginning of your company and you don't have the information you need and your not even really sure how to gain control back.

IT takes time and it takes effort but they're working on it and I can tell you on the ground first hand that that is the case. Furthermore, we are working on legislation right now to have ingredient transparency law for clothing.

Because we can argue all day long about what harmful chemicals do what, at what levels. But what you can't argue without being an asshole is that we don't have a right to know.

Informed consent is an American pillar. We have right know what we're buying. And that is what are putting up on the hill in DC in the near future. New York State, in hopeful news, passed an ingredient transparency law for period care products, which include period-care underwear.

So if you go on a popular periodcare-underwear company who's selling in New york state, they have to have all of their intentionally added ingredients there.

You can see that. They just passed that same law in Virginia. So we're making progress and there will be a moment, I believe in the near future, where you can actually see the ingredients on your clothes.

I think we are living in like archaic, outdated times and it is crazy, but I it's going to change because it so ridiculously obvious and crazy. So, I think our kids will understand what's in their clothes.

They'll be able to see and make choices. That is my outlook for the future. So I that it's good, but I do think that we have to get loud. And I'd think we that have communicate to both companies and our government officials that care and that they have a moral, ethical, and should be legal obligation to not put harmful chemicals inside of the clothes we put on our bodies every day.

Well, I'm glad that there's some hope. I am glad there is movement. important conversation to be having. For everybody listening, go to Hannah Dunning's platform and we'll post that in the show notes where you can find her.

We'll also add to that where to go look for the certification she talked about just so that you could find a clothing that at least is better. It's atleast in their right track.

Just like knowing where your food sources is, knowing what your clothing is. At this point you almost have to just like know and trust the company. So Hannah, I am so appreciative of this conversation, the fight that you're in, and the passion that have because honestly, you are fighting for every single one of my clients.

My goal is to not only just help them to get back on their feet, but also to stay there, which is the battle you'r fighting because you were trying to stop it from taking them down.

Yeah. Well, thank you so much for having me and giving us the opportunity to share messages like this on this platform. And I would just also say to the people listening who are the canaries in the coal mine is thank because their lived experience is what helps us proliferate change.

The eczema community is a huge reason why we have any attention on textiles right now, because they can spot a problem far earlier than a lot of people can.

So unfortunately, it's at the cost of pain and suffering. But our goal is to be able to take that and channel it to create a better future for all of us and hopefully prevent people from having to walk through the same things as them.

That's what I would say is also thank you to your listeners. Thank you and to everybody listening. Until next time. Thank you for tuning in to redefining wellness with Dr.

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