The Hidden Threat Lowering Your Fertility Rates Transcript

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Introduction to Dr. Trubow and the summit

Hi, I'm Dr. Aumatma, the host of the Beyond Infertility Summit. And I'm very honored to invite you to listen to my interview with Dr. Wendie Trubow She is a medical doctor.

She's also got a business degree. She's certified in IFM Institute of Functional Medicine. She is super passionate about helping women optimize their health and their lives through her struggles with mold, metal toxicity, celiac disease and many other health issues.

Dr. Trubow understands exactly what people are going through. She's the coauthor of Dirty Girl Ditch the Toxins, Look Great and Feel Freaking Amazing, and has been regularly featured on Mind Body Green in my talk with her today.

Why toxins are linked to fertility

We're really going to talk about and and focus on the toxins that are specifically impacting fertility and how to wrap your head around all of the toxins and make it so that it's easy to implement lifestyle changes and removing the toxins from your environment on a day to day basis, making that easy like, oh my God, there are so many toxins you can look at, but we want it to be simple.

We want you to walk out of this interview and be able to take the things that we're talking about and put it into action. So make sure to listen to this interview.

It's going to be awesome and I look forward to seeing you there. Welcome, Dr. Trubow I'm so excited to have you here. And I'm I'm not always excited to talk about this topic, but it's a really important topic for us to talk about because it's so relevant.

Why do you believe that fertility is linked to toxins and what do you think is going on? Okay, this. That's like a very innocuous but massive question about my and feel.

Please call me Wendie while we're talking. So. Okay, so when you take a step back, not, you know, it's very hard you not saying you can't see the forest for the trees.

When you take a step back and look at the way that health has changed over the last, what I'll call it, even 12 years. So when you look at that, the incidence of autoimmune disease is skyrocketing.

We are now spending 700 times more on autoimmune disease than we spent 12 years ago. Metabolic disease is skyrocketing. We are spending billions. We're spending billions on cancer.

We're spending billions on degenerative disease. The numbers are shocking. And simultaneously what we're seeing is that fertility and people with fertility challenges.

I can't stand the word infertility because you're not infertile, you're inflamed, you're not intrinsically infertile, especially if you have a uterus and the tubes are open and your partner has sperm.

You're not infertile. But if you're super inflamed, you're not going to get pregnant because the body will protect itself. So going back to why is this tied in that we see that for men's fertility is decreasing at a rate of about 1% a year.

But over the last three years, the sperm count has decreased by about 3% a year. This is horrifying, right? So when you put those two things together, the decrease in men's sperm count, the increase or three things, the

increase in couples who just can't seem to get pregnant and then the skyrocketing of diseases of all comers.

But in the buckets of autoimmune cardio, metabolic, degenerative and cancer, you see that there's this tremendous underlying issue that it's easy to miss because you're just focusing on your issue.

But when you take a step back and you can really see the full impact, we go, Well, you know, we are so reactive and so inflamed and so toxic. And then the natural question is to say, Well, why?

And the response is toxins, because the number and breath and toxicity of what we're being exposed to is also skyrocketing, kind of in tandem with the incidence of fertility challenges, autoimmune, cardiometabolic, cancer, degenerative.

Those are they're all sort of in lockstep together because we cannot we can't avoid it. And as it builds up in our body, we start to be more and more inflamed and then fertility as a diagnosis, right.

Fertility challenges of the diagnosis. It's not it's not real in the sense of you're not truly infertile, you're simply inflamed. And that's how you show up with your problem.

I showed up with an autoimmune disease. Someone else shows up with PCOS. It's all tied in together. Right?

What inflammation really means

So if I understand correctly, what you're saying is like the rate of incline of toxins pretty much parallels the rate of incline of a lot of chronic diseases in our country.

And fertility is I want to say it again, because I feel like it's so crucial for people to get this. It's you are not infertile unless you have a physical or genetic issue that is making you infertile.

You are not actually infertile. And that's why it's partly why it was so hard to find a name for this summit, even because our our sponsors wanted it to be something infertility related, not like married.

Fertility is not a word I resonate with at all. We don't talk that way right? We don't use that language. Yes. Infertility is not a thing. It's like it's not even a diagnosis that tells us anything.

Right. So on some level, it's just a really retarded word. But I think I like what you said is this it's not infertility. It's inflamed or inflammation.

Mm hmm. So let's break this down. Like, what is inflammation on some? Like, in a general way? No. I mean, inflammation is just the reaction your body has when it can't deal with something.

So, you know, if you rub your arm repetitively for a whole day, you're going to get chafed. That's inflammation at a cellular level. When the body gets exposed to toxins, it starts to be disfigure.

And then it's like you could go down any millions of pathways. And because so many people want to be pregnant. Right. Like, I think the fertility rate is like something like 4 to 5 million couples a year have babies.

And so that's a lot of people trying to do the same thing. You know, that's like a tremendous level of consensus that we generally don't have, right? 5 million people a year want to do the same thing.

That's cool. So inflammation occurs when the body is not functioning properly. And that's that's like the major reaction it'll have.

Three main toxin buckets

It gets inflamed and that's either you can see it, you know, you look at your skin, your eczema or psoriasis, or you

look at the body where someone can't lose weight, or then they start to have diagnoses like we've been talking about, like fertility, autoimmune cancer or degenerative and cardiometabolic.

These are all these are on the end results of just inflammation and dysfunction and not knowing what the body that the body can't sort of send out a memo, except it does, right?

When you get these diagnoses and you go, oh, that's my memo to recognize. I need to clean it up so that my body can function properly. Yes. Yeah, absolutely.

Like little blinking signs. Hazard. Engine check. Engine check. Engine check. Engine. Like a lot key role. So what are some of the toxins that are kind of the highest priority for people that are struggling to conceive?

I think you want to separate this out into three buckets. It's easiest if you can. You know, if you if I say to you there's a hundreds of thousands of toxins, you get sort of frozen.

And what what do I do about that? So let's break it down, because it's easier to think about when you categorize it because we're human, right? We like things in bucket.

So bucket one are the toxins that you ingest. You put them into your body. That's the pesticides, the herbicides, insecticides. That includes glyphosate.

These are all of the any hormones in our food. These are the alcohols, the sugars, the water that we drink from plastic water bottles. That's a single use plastic water bottle that endocrine disrupting properties in it so that the first way is you drink it it or you eat it, you put it in your mouth and chew on it.

The next way is especially for women. We use a ton of products hair, skin, makeup, lotions, moisturizers. We dry cleaner clothes. So the second category of toxins or toxins that you are applying to your body and your skin is your largest organ.

And so if you do it, it'll either help you thrive or die, right? So either you're going to be amazing from what you're putting your skin or it'll make you sick, but you don't really recognize it because you don't think about what you're putting onto your skin being absorbed.

But it does. And in that category, it's largely, largely it's not largely it's it's made up of things like formaldehyde, heavy metals, contaminants, artificial colors, phthalates, plastic styrene.

These are all endocrine disrupting agents. And when I say endocrine disrupting, ultimately what you should hear is fertility disrupting, right? So fertility disrupting substances that you put on your body.

And then the third category that you want to think about is what's all that stuff around you? So what kind of batter you're sleeping in? Does it have a flame retardant that's also a fertility disrupting agent?

Do pump your own gas. Gasoline is toxic. Do you live near a farm? A golf course, an industrial plant, a highway? Because all of those have their own level of toxicity that you will receive and be exposed to.

How is the air quality? How's the water quality? So do you sit on vegan leather chairs? I'm sitting on a vegan leather chair. No cow was harmed. Cool.

Right. Except it's plastic. Vegan leather is plastic. So all the plastic that we're exposed to and then EMFs. So all of these things around us and these are the physical things.

There's also toxic thoughts, there's toxic stress, there's toxic lifestyle. So not sleeping, moving, not eating properly, not not moving your body enough and not detoxifying from the stressful way we live.

These can also tremendously impact our fertility. So those are the three categories and those are like the easiest

ways to think about it is what are you putting in you?

What are you putting on you and then what's, what's around you. Mm hmm. Wow. I know, right? It's a lot to unpack. Yes, it is. And I like the buckets. It definitely makes it easy to visualize, like, okay, we're.

Where is my biggest influence? I think that the question that comes up for me is even within one of these buckets, there might be like loads. Like there's a long list in each of these buckets.

So how do we wrap our heads around that? Yeah, I normally say there's no rush, right? Like Rome wasn't built in a day. You're not going to transform the way that you live overnight.

However, anyone who's trying to get pregnant knows that it's an extremely strong drive.

How to prioritize toxin reduction

So it's not like you want to do a three year process, right? You don't you don't want to spend a long time doing it. So what I would say is pick, pick big battles, meaning food is medicine.

You do it every day no matter what. So I would start with food. Clean up your food, eliminate it, go for organic and local if possible, eliminate or minimize processed food, eliminate sugar, eliminate alcohol, eliminate those single use plastic water bottles because they're nasty for you and they're nasty for a thousand generations of your offspring.

Once you have them, they're paying the price for your plastic. So get rid of them. Just. Just don't buy them. The less you buy them, the less companies will make.

And ultimately, we will transform. So. So food is food is foundational. It is medicine. So level up your food and then, you know, I guess if you're eager to be pregnant, if you're thinking of being pregnant, then you have a little more runway.

If you're like, I've been trying for six months and I'm not pregnant, then all of a sudden it gets a lot more, you know, in your face and and the stakes get higher.

So I would say definitely anything that you're low on for beauty care products and that's shampoo, conditioner, makeup, facial care products, lotions, whatever it is, I would say it depends on your budget, right?

So it depends on your budget and how bad it is. So if it's if you're like, gosh, I've been trying for years and my I have PCOS and I'm not I'm not in balance from a hormone standpoint, then it gets a lot more important.

And if you have the budget too, I would say, okay, wipe the slate. I rarely ever say this honestly. I usually say deal with what you're running out of and that's a good opportunity to level up, except if you really want to be pregnant and your hormones are not normalized, the stakes are high.

So I would say do your best to wipe the slate, meaning replace your shampoo and conditioner this month along with your replace any hair products this month. Replace your lotions and facial facial things next month and then the month after that, I would replace all your makeup and when I say replace, I would go for a brand that's Environmental Working Group, either certified or clean based on that.

And so you're not adding additional endocrine disrupting, i.e. fertility disrupting hormones and chemicals onto your skin. And then, you know, it's interesting, 1989 go Boston.

I'm from Boston. A massachusetts study came out that said that and showed that one out of every six deaths could be tracked to air or water quality. That's pretty huge, right?

Air or water quality is related to one out of every six tests. Now, it's gotten worse since then and we've gotten more

chemicals since then. So what I would say is if you do nothing by it, filter your air and filter your water, you've gone a long way, right?

Like that's a huge step. And do it to the best of your financial ability. Meaning if you can afford a countertop, you know, small countertop filter better than nothing.

If you can afford a countertop berkey filter, that's better than the small countertop filter. If you can afford a reverse osmosis point of use filter for where you're drinking the most, that's even better.

Or if you're going to go whole house, cool. Just remember that you do need a point of use filter that will get rid of perchlorate because you you have to reverse osmosis or Chuck will filter it and it won't come out in a whole house filter.

Those are not reverse osmosis. And so you sort of layer it on and then filter air again, either room by room or whole house or a combination. And when you think about air, you want to remember your car air because the car itself has over 10,000 chemicals.

Most of them are fertility disrupting. So you get nailed every time you sit in your vegan leather car. But then also as you drive, especially if you drive a lot, you're on the highway and there's the chemicals and there's the plastics from the tires degrading as they hit the ground.

You want to filter the air in your car, too? So I would start with those five things, right? Your your your hair, your skin, your beauty, your air and your water.

Those are very meaningful right there. I don't think I ever thought about the car thing, you know. So I was going to ask because I wonder, like, who else is wondering this?

Do we don't we have air filters in our car that are built in? And are there like specific air filters that you can attach somewhere like. Yeah, great question.

So your your car has an air filter. Like when you go to the oil people and they change your oil and then they go, then they always hold up the air filter and the like.

The air filters dirty and it's another 30 bucks and you're like, Oh my God, that's really dirty. Of course, change it. So yes, there's an air filter, but it's really, I believe, looking at preventing large particulate matter from from getting in.

It's not looking at the toxins that you're being exposed to. It's looking at particulate matter of like dirt, actual dirt. And so when you sit in your car, cool, you're not getting like big smog, a big smog all over yourself.

But you're getting you're breathing in and you're touching and you're being exposed to the plastics. The I mean, it has over 10,000 chemicals, but it includes formaldehyde and includes styrene, phthalates.

It's like an endless list amount nine to. So I'm talking about actually floating the air in your car. In your car, not the air that's coming into your car.

The air that you're essentially sitting in is the air. I would I would recommend filtering. And so we got but my dad sold us his old car and my dad, my husband drove it for like, I don't know, three or four years.

And then my oldest got their license, so they drove it for like three or four years. And by that point the car was dead.

Cleaner beauty, water, and air

So we had to get another car and we're like, it's not worth renovating the whole car. So we got another car, but it was a new car. And I was like, oh my oldest is are severely growth restricted preemie born at 33 weeks I was like

you're at risk for all these diseases.

You're at higher risk because of your preemie status. We're filtering that air and we got an IQ air. It's called our term, I think 18. And we put it in. It's not a cheap date. Okay.

I will acknowledge that. And someone said to me, oh, it's just it's just classist. And, you know, you're spending lots of money. And I'm like, well, you're either going to spend the money now to prevent it or you're going to spend the money to try to mask the symptoms of it.

Once you develop a bigger problem and I happen to believe that it's you're going to spend the money either way, it's just a question of when and how and where.

So I'd rather spend the money now than on medication. When my kid gets God forbid, gets cardiometabolic disease or an autoimmune disease. I want that for that.

And and like, what's the quality of life when you do get a disease? So, yeah, I'm for the prevention and yes, expensive sometimes. But I also feel like it depends on how you think about expenses.

Right. And I I've done the comparison of like go into a big mall makeup counter and check out their beauty products and then compare that pricing to natural beauty products.

And they're most of the time, they're like a little bit cheaper to do the natural version, believe it or not, which is crazy. Of course, if you're comparing to like CVS or whatever pharmacy makeup, they it's it's a little bit more expensive.

But you're comparing to where most people get their makeup Sephora you know whatever that place like you're often saving money by doing the or natural less toxic approach to beauty care products.

Yeah I have to say here I am. I have it here. I have three brands I use for makeup. I have Burt's Bees. So Burt's Bees, it's clean, right? So I use Burt's Bees on my lip, on my lips, and then for the rest of my beauty regimen, I do use mineral fusions for my mascara and then everything else is pretty much beauty counter.

And, and it's so interesting because it is more expensive, but it lasts. I have not yet replaced let's see, I started using them a year and a half ago and I'm on my third of what is it, the Stuffed Bees Foundation.

Thank you. I never wore it as a kid. So now I'm like, What's the word? So. So I'm on my third one in a year and a half like we're not. And I use it every day.

And same with me. Like, I help your foundation once every eight, ten years. It's not that often right. And my mom said to me, you know, honey, I know you worked all day, but your makeup looks like you're just put it on like I use Beautycounter.

And it really does last the whole day. So in one sense it's more expensive. But on the other hand, I almost never reapply, so I'm not using it twice a day.

I'm using it once a day. And so those are my my three favorite brands. So Beautycounter is Environmental Working Group Certified Mineral. Fusion's is, I believe certified or like top, you know, in the full green.

And then Burt's Bees is also green. So you don't have to go in. Burt's Bees. I get at it, you know, when I go do my grocery shopping, I just included in the order and you know, it's tiny, so I'm always losing it because I have one at work and I have one in my purse and I have one in my my drawer and I have one at home.

And then ultimately I end up misplacing one. So I but it's like six or seven bucks. We're not talking like a crazy amount. So it's way less than buying Sephora or Clinique or, you know, all the stuff I grew up on.

Yeah. And, and you can buy those like in three packs on Amazon this cheap and it's cheap, but so I'm like, I got three back because I'm going to run out I guess like in three different places.

And so yeah, I do think like some things you're going to spend on, but it's, I think of it as like a once, once a year maybe purchase with like air filters and water filter like that.

Yeah, you end in like the thing with most water filters, like you invest in the unit and then you're only replacing the filter. So you're not like doing this every single month or three months, right?

It's a one time kind of investment and the beauty stuff I like I said, I feel like I am almost saving money compared to what I was spending at Sephora.

Right. And they do have a clean line now, not to not to knock them completely. They do have a clean line. But actually. I just I am partial to Beautycounter because I feel like the product is so amazing. Like amazing.

So I'm, I'm partial to that and that mineral fusion and Burt's Bees. So those are like my three go tos for makeup and then for facial care products. I use purity woods and, and beautycounter.

There's the two things I use on my face. Yeah. Two companies, I guess not the two products. The things that I struggle with. And I'm I'm curious if you have easy tips for this are like the laundry detergent so right and it's it's hard for me because like I convinced my partner to like make the shift and we shifted into like Meyers in seventh generation.

And now like, I know they're still toxic. Like those are so I clean there. You know, and you highlight something really important amount and it's about perfection only exists in the finished highly edited movie that you're watching.

It's perfect in every moment because they spent a year poring over literally every second of that movie. But our lives are not a movie script, and so they're a little bit messy.

And so basically this is not about being perfect. This is about make a better choice. And when you recognize that there's room to level up, that's the opportunity to make a better choice. So I'll tell you, I don't spend a lot of time on social because I don't have a lot of time.

Laundry, cleaning products, and realistic swaps

But I was on social and I saw this ad for an unscented, biodegradable laundry detergent that came in a paper, cardboard containers. It wasn't plastic.

And I was so psyched and I ordered I like everything on orders order ship. So I ordered it a four month supply. I have four kids. Sometimes there are eight people living in our house like it is a zoo and we go through a lot of laundry detergent.

So I was like, okay, I literally calculated, okay, we do 2 to 3 loads of laundry a day, blah blah blah. Okay, this is how much I ordered. So I ordered it.

I put it on auto ship. I didn't think about it again. My second auto ship has arrived and I have this moment and remembers four months and I have this moment where I go, Oh, I never looked at environmental working group EWG.org to see if it was clean.

So then I said, okay, I'm going to look now and I look it up and I'm like, Oh, well, it's great that it's unscented and biodegradable and came in a cardboard box, except it's not the level that I would really like to have for my family.

And I had just gotten my second four months supply and so then I went, okay, now that gives me four months to figure myself out, right? And so I really recommend use up what you've got because you spent money on it and it's not going to move the needle to have one thing that's not where you want it to be, especially if you're leveled up on

your hair and your beauty products and your facial products and your lotions.

You've made a huge stride already. And if you're eating as much organic as possible, there's a huge changes. So don't sweat the small stuff, right? So to go to that, I looked on EWG and I was like, Who do you like?

And I found this company called Aspen Clean. They have laundry detergent. You can get it unscented or scented. They have dishwashing detergent. They have floor cleaner window cleaner, bathroom cleaner and all-purpose cleaner.

It's all environmental working group certified. And the only thing I really don't love is their stain remover. Like, for that, we're still using the seventh generation.

Like we're still using something a little bit stronger because I'm like, okay, it's a spot clean again, pick your battles. Right? But the but that also comes on auto shop now and so that's the brand I love is it has been clean for cleaning my house, my laundry and my dishwasher.

Yes. I mean, because like I'm all about hacking it, right. Because we're all busy. And that's part of the other challenge of toxicity is like stress is a toxin, insomnia is a toxin.

Not sleeping enough can be toxic. There's a lot of ways we can really screw up our system. So I'm looking to streamline it and make it easy on ourselves.

Right? Right. Yeah, yeah, exactly. And I think that's the biggest hurdle is like, well, you can't get clean products at Target and you can't you can be like, I need balance today.

I need to do my dishes, right? That's usually our road is like, can you go pick this up on the way over? And then you can't you don't have the stuff that you.

Do your best. That's again, like, you know, my training. I don't know what your training is. My training was OBGYN and that's a surgical subspecialty.

And what we were taught like a mantra is better, is the enemy of good better, is the enemy of good. When you make mistakes, when you're trying to do a little bit better, that's when somewhat you hit the artery.

Or you, you know, you go too far, too deep, you pull too hard, betters the enemy of good. So that's not to say don't care, but it is to say, don't make yourself crazy trying to be perfect.

It's not worth it because that has its own type of toxicity that shuts down detox and you don't need the stress. It's not worth it. Do your best with the tools you have.

And if you say, Oh, well, I'm using seventh generation, it's a good brand, it's not a bad brand. It's not the best, but it's not the worst. Right? Just don't be the worst.

Yeah. Yeah. And I think it's, it's important to remember and it's easy. I, I feel like social media is, especially if you follow a lot of the fertility trends.

What a lot of people are talking about are the toxins and part of it like it's a stressor for me when I go on social media and I'm like, Oh my God, all these people are talking about removing Meyers from their house and Oh, I can't, I can't.

I just can't deal with it right? So if if you are one of these people, then I think this approach of like little bits of improvement and not stressing yourself out about everything, but focus on the areas that you can focus on that and and I, I kind of agree, I feel like makeup and hair care and beauty care and like the those are the things that we use a lot of that are staying on your body all day.

That is going to be a huge factor versus the things that you use once a week. Maybe some of us. I do laundry once a week, maybe while it's. Mind blowing, man.

I like days. They do. I don't know. What do you do? All these people, right? We lot of seven eight people in the house at any given time. So it's crazy.

But I think you really highlighted it right. Like don't make yourself it. Don't sweat the small stuff. And I was so upset when I was like I cannot believe I ordered a non clean.

I'm eating on the noise we have. Right? I was like, Wendie, you're the poster child for healthy living. You're the toxin doc. How can this happen? Then? Then I went, humanity happens, right?

And now I have something to share with you. So that you know, you don't have to be perfect. And it's okay. You're going to you're going to screw it up. Yup.

And I screwed up. Okay. It's important to also realize that the market so many companies are marketing to us all the time. Yes, their marketing is good, right?

You know, biodegradable. It's not in plastic like totally that was. So we do. Resonate and I was like.

Stress, detox, and cycle timing

They target you so and it's only going to get like marketing is only going to get more fascinating because they're getting into every little thing that we think and believe that no companies are going to be able to target us even more than they already do.

So it's really easy to buy into something when we're like, Well, yeah, I just didn't think to read the labels or go to either because it look like a clean product.

So, so it's okay. It happens. It happens to all of us that I am totally done that like I bought being that I thought clean. I never looked at the ingredients and be like, what?

How does that ingredient go into this food? Because that doesn't even make sense. So yeah, yeah. What I will say sort of adjacent to this conversation moment is the impact that stress has on our bodies because when you're when you want to have a baby and you don't get pregnant in 3 seconds, right.

Like those people who are like, oh, I got pregnant on the first try and like daggers, you know, and and even though I had four kids, I had challenges getting pregnant with my first one.

And when you want to be pregnant, it's like in your face, right? So everything that the stakes are really high. But what I would say is this conversation about toxins, it's important and it's life changing, but it should not be a stress point because when you start to go down the fights later, freeze and stress over stuff, your adrenal say to your liver, oh, guys, apparently Elian's going to come eat us.

So instead of detoxifying, we need to focus on releasing our stored sugar stores, which called glycogen. And then you have sugar cravings because you know, it's before you release the glycogen, you're like, Oh, I'm going to have to run.

I need the sugar to runs. You start to have cravings. So the best thing you can do for your health, aside from systematically peeling off these toxins, is to manage your stress so that your body can manage these toxins.

You know, the challenges that given how we live and where we live, we're being deluged. So even having low stress and getting enough sleep, it's not quite enough, right?

Because because we're exposed to just a a stacked level of toxins that our grandparents our grandparents never

applied sunscreen from a plastic bottle and they never drink from single use plastic water bottles.

And they didn't take medicine that had plastic in it and artificial colors and they didn't drink sodas with artificial flavors, like didn't do any of that.

And and then they didn't have 10,000 chemicals in their cars. It was leather and plastic or metal, right? I mean, so life was very different and our bodies have not yet adapted to the sheer volume that we're getting exposed to.

So one major thing that's critical is manage your stress. Manage your stress so that you don't shut the detox system down. And most important thing. Also a little bit in terms of toxins, I hear clearly like the the messages, the swap out, the things you can swap out, make it cleaner, don't stress.

So your liver keeps functioning and getting rid of toxins that it can do on its own. Is there anything else that couples should consider like. Oh, all right.

You know, there's tons of things. I think it depends where you are in this journey. So if you're pregnant or nursing right now, we do not do any active detox when you're pregnant.

Nursing being pregnant or nursing is a detox event in and of itself. For the woman, it's a talks up event for the child because when you're pregnant, you release approximately 50% of your of your body's toxins into the placenta.

It's like a way for you to clean yourself out. And so funny because I have all these kids and the first one isn't as healthy as the youngest in terms of resiliency and recovery.

Their genetics are different. We just talk to them the next. So you don't do any of this actively when you're pregnant or nursing, but if you're if you're in the process of attempting pregnancy, very interesting time.

So it's the first two weeks of your cycle. You can go whole hog for detox an Epsom salt soaks and a self-sustained glutathione zone. You can take you can do anything you want for detox.

But as soon as you ovulate, that's when you stop doing detox. You should still exercise because sweating is one way to release toxins from your body. But the water soluble ones.

But otherwise, no active detox when you're in that second half. Now, the nice thing is that it's usually an all or nothing thing the second half of your cycle.

So if you happen to someone, say to me, Oh my gosh, I went out and drank alcohol. They already knew they were pregnant. And I was like, It either causes the pregnancy to end or it doesn't cause any problems for the pregnancy.

If you do something in the first two weeks of pregnancy before you find out you're pregnant, you'd likely didn't do anything because you found out you were pregnant.

It survived, right? So it's resilient. But in the second half, you don't want to do anything intentionally for detox, because if you are pregnant, you don't want to tank the system.

You're already detoxing. So it's sort of an on and off phase that you go in. But remember, you know, you got 50% of your toxins from your mom, you got 50% of her toxins.

And my mom grew up in the forties and fifties and sixties where lead was much more majorly unregulated. So she got it in the pipes, the gasoline fumes and the paint.

So she gave 50% of that to me.

Dirty Girl book and where to find Dr. Trubow

Right. And so and then I pass it along to my kids. So you and then whatever you've accumulated in your own life. So it's interesting that in theory, we shouldn't see people in their teens and twenties having mercury in their body because they don't have mercury fillings.

They do eat the mercury fish, but they shouldn't have the same levels, but they do because they're getting it from their mom and then they're getting it from the fish.

And and if you're not a good detox or it all adds up. Yeah, yeah. Well, it's. Horrifying, right? Yeah. So that's why you do what you can do and you don't sweat the small stuff.

Yeah, yeah. Love it. I love it. Thank you so much for being here today and sharing all of your amazing with them. I know you have a really cool book. Can you just share the book?

Because I see it in the background. All right. I hit the skids when I was 48 and had toxins like nobody's business. And I tested my and they were positive for lead and mercury.

I tested my mold, which is also known as mycotoxins. And I had five strains of it in me, which I thought was very creepy. And then I had a whole list of environmental toxins, including nail polish, hamster, no nail polish, gasoline fumes, flame retardants, plastics, styrene tiling, all kinds of random stuff.

And I got the results and I said to my husband, I am such a dirty girl, and we're going to write that book because, you know, you and I are in functional medicine and I walk the talk, I eat organic, I move my body, I sleep enough, I could probably manage my stress better, but that's like it, right?

And I have all these toxins. So what are people doing who may not be as aware? And that set me on this whole path of we got to clean it up because it's killing us and it's messing with our fertility and our blood sugar and our cardiovascular statements and messing with everything.

So we wrote this book called Dirty Girl. It's on Amazon and we the goal is really to help you have a roadmap for how do you clean up your life and how do you how do you transform your health so you can feel freaking amazing?

That's the goal. I feel freaking amazing and every decade gets better than the one before. So that you lived to 100 full of vitality, life, energy and ability to be intimate with people.

Yes. Yes, I heard to that. Yeah. Feel friggin amazing. I love it. Well, thank you for being with us. Where can people find you? Sure. We have two branches, so we have the bricks and mortar, functional medicine, medical practice.

That's an insurance based practice. We have a membership to join and that's in Massachusetts. So if you're dying to come to Massachusetts, you can establish care.

And then we do remote care after you establish care. And then if you're someone who's like, I'm not going to Boston, it's cool. We have an online brand called drwendie.com and it's D R W E N D I E.com And on that site you can get education, you can get supplements that support detox, you can do a program that supports detox.

You can get testing to see how toxic are you. And it's really a wellness based avenue, so it depends where you are. And we work with people all over the country.

So yeah, again, for being with us, it's been a pleasure, Wendie, to have you and to talk all things toxins and how we can improve the quality of our life so that we can feel frickin amazing.

Thanks having me on. I hope that this makes a difference for people and helps them transform their health.