Introduction to Nontoxic Parenting

Welcome back to ADHD, Autism and Chronic Disease Parenting Summit. I am here with Warren Phillips, who is the visionary behind Nontoxic Dad, a revolutionary movement aimed at transforming lives through nontoxic health practices.

I am extremely excited to talk to you today. I think this is going to be a great chat about ADHD and toxins. So thank you so much for being here. Yeah, I love being here and I love sharing on this topic.

Obviously I've never been diagnosed with ADHD, but like most entrepreneurs, I am a put into that group and, I see it as a superpower if controlled. But I also see that environmental toxins can change my behavior and have changed my behavior.

Irritability, lack of focus, and detoxification, changes in our food, avoiding certain toxins like fragrances. And we can get into that today can make a massive impact on your child's behavior.

And that is important because those kids can drive you nuts sometimes. At least at least mine can. And there's nothing more important to me than children.

And, raising a family. We homeschool, we do all those things, trying to trying to, you know, give this next generation the the gifts that they deserve.

Same here. And is that why you started nontoxic? That because you you you felt that the toxins or things were affecting you and you wanted to spread that message or what?

What was it that led you to, I guess, become nontoxic, dad, and kind of take up this as a passion? Yeah, it was a process, right? I didn't want to be nontoxic, dad, I didn't I just wanted to get married and have children and get my health back.

And because I got sick cleaning up hazardous waste, I was an environmental, consultant, if you will, for a small company out of Missoula, Montana, where I cleaned up hazardous waste for a living.

I focus my master's work on the binding of heavy metals in natural environments, and I was cleaning up the earth at the same time. I was poisoning myself.

And I was also poisoning myself at home. You know, not just with mold and, you know, you know, Mountain Dew, but, you know, just like everybody else that's eating the standard American diet.

I was out in the field cleaning up abandoned mines and heavy metals and, the anxiety, which I think runs with ADHD, in my opinion. I don't know if that's something you've seen in your practice, but it surely ran with, with me.

The ADHD type symptoms. I was never formally diagnosed. With chronic fatigue or fibromyalgia or obesity, but I had all those things. Right. But, when I got sick.

So as I got my life back, I got passionate, worked with doctors, and, was helping them individuals like you. Right.

Warren Phillips' Personal Health Journey

Good hearted moms and dads, doctors and practitioners and just trying. We had a coaching company, if you will, or a seminar business where we would educate, practitioners about the dangers of toxins.

Right. Because we saw a lot of sick. I worked in clinics, we had a clinic, and we would work with a lot of sick, children. Right. Autism spectrum disorders, obviously ADHD, anxiety.

And we found, a big link in the literature has found a big link, with, heavy metals specifically. And that was one of the ones that got me was lead. I had a lot of lead exposure from cleaning up abandoned battery sites.

And, like the gear car batteries, they contain a really absorbable form of lead. And I was cleaning those up. I was cleaning up, mines that had. You're going to hear my children in the background.

It's just getting home. And, the abandoned mines had a lot of lead, right? Because lead, heavy metals runs with, gold mining. And it runs with I mean, sometimes there's lead mines, right?

But it runs with gold mining and copper mining, you know, out west specifically. So I had that lead exposure. And, you know, from there, after coaching doctors and helping other doctors like yourself, reach the world with their message, I had someone challenge me to warn, like, you're the most, you know, craziest, nontoxic dad out there.

Why don't you start educating me? You know, there's other people to do that, and, But once I saw the reach and the impact, I took the challenge, if you will, and I saw the impact that we could have, and I, you know, and it also, I think, leaves a legacy for my children to see.

Hey, my dad, not just, you know, talks about this stuff and has been doing it, and they're just telling us now he's sharing that same message with others through the nontoxic dad channel.

So it's a long way to say, why I'm here and why I'm so passionate about it. And I want my kids and your kids and the people watching this to have the best chance for the best behavior, possible. Yes.

It's parenting. Yes, it's chemicals, it's environmental exposure. It's so many things. It's genetics that can be turned on and off. It's all those things.

But I'm really focused in on, the, the environmental impacts that change our, our child's behavior. And they do because they change my behavior. That's how I learned, and I used to blame, you know, so many things, but it was the toxins that alter how I think and act and focus.

But, I mean, that's a great motivation. I, you know, a lot of times it's like, you know, people ask, how do you know who to trust? And I always say, like, like, look at people's motivations.

What are they trying to do? Who are they trying to help? And so I think that's a great, you know, lead into what really brought you here today. And when we're talking about ADHD specifically.

So it's there's so many chemicals, there's so many toxins, it is very overwhelming for parents. So where do you like to start? Like, what are the big chemicals or toxins that you you really want parents to know about or you want them to to think about because there are, you know, hundreds, thousands, tens of thousands of chemicals out there.

So we can't really do everything from day one. But, you know, if you had to pick a couple of things that you think are most related to ADHD, mental health and really, you know, to like, here's where I would start.

Here's what I would look at, here's who I would hire, here's what I would do. Like, where do you usually start, when it comes to ADHD? Well, ADHD, there's some literature and we can drop the link.

When you do an extensive literature search, it will show you they there's an, you know, they there's papers out there that do a literature search for you.

Right. And it's very clear that lead phthalates in BPA are heavily linked to ADHD symptoms in children. Now you can get early on exposures. Right. So mom what you're eating will affect the baby, especially through

breastfeeding.

It goes right through. So, moms, it's important for you to watch especially early development. There's a there's are a lot of the major links are at and obviously ongoing exposures.

Lead has always been have been probably the preeminent ADHD driver. Throughout the literature it's so clear. But also BPA and phthalates. So where are these exposures that unfortunately lead is a toughie to avoid.

Right. It's it is everywhere. And that was a big lie that we needed gas and lead. That was just another money driven issue. They eventually got it out because it was poisoning, humanity.

Just like others. And we have glyphosate today, and there'll be more in the future. They actually placed glyphosate with a more toxic chemical. Good job. Baer. Yeah.

So it so lead. So where does that come from? You got to watch your foods, and it's tough, you know, chocolate is heavily contaminated with lead. Some of your spices, are heavily contaminated with lead, because they, they sequester.

Right. So certain we used to use certain types of plants to pull up heavy metals out of the earth to get them out of the earth. Hemp was developed for that.

So cannabis and a lot of those cannabis strains were bred to sequester heavy metals. So don't let your children smoke pot. It's loaded with LED. That's that's funny because you're not going to allow that.

But that's, you know, one of the major sources of it. So if you're a parent and you're doing that, that's going to go right into your kids. That's a major, exposure to lead, cocoa, cadmium and lead, from the cocoa bean.

It sequesters a lot of heavy metals depending on where it's grown.

Top ADHD-Linked Toxins

So you can go to my, Instagram, and I go through all that stuff, there. And I talk about the different places. But just so you know, that's a major source, of lead exposure.

Another area that you want to look at is phthalates. And I think this is one of the major ones moms you could do right now. That's a lot easier. You know, getting back to the lead in food, you know, I mean, it could be the lead in your pepper.

There can be lead, you know? So you you have to ask for CEOs. It's tough. And if but if you're dealing with a child that's really sensitive and it's worth putting the time in to eliminate those lead sources.

As for the sort of, the CEOs so that they say, hey, I want and I would like to see the exposure below 50 parts per billion. Microgram per day, 50 micrograms parts per billion.

It's same as micrograms, essentially, but 50 micrograms per day. Or usually it comes up to that's the same as 50 PBB. But you want the exposure to be less than that per day.

And the reason why is everything has lead in it stacks. So that's the prop 65 level. And I love following prop 65 for lead, especially for ADHD because if you stay below that now it's not there's no safe level of lead right.

There's none. But if you keep below that, if you keep stacking that throughout the day. But some of these products will be two parts per million, eight parts per million, which is orders of magnitude higher than 50 parts per billion.

So follow the prop 65 guidelines. If you see a prop 65 warning label, say on the chips at Costco. Right. You know, sweet potato chips have that. Don't don't give that to your kids for a snack.

So watch for that prop 65 warning label, for, you know, your children's snacks. If they have ADHD type symptoms, they're probably not going to be a fast detox or that might have the MT gene like I do.

So they just can't handle this stuff. Phthalates, the biggest exposure moms that you can do, dads, parents is fragrances. Fragrances, phthalates are in a lot of fragrances, and phthalates are going to be in a lot of plastics.

Get rid of your kids plastic underwear and plastic clothing. Get rid of plastic containers. Switch to glass. Get rid of your plastic cutting board. Get rid of as much plastics as you can.

And plastics are ubiquitous. Your meats wrapped in plastics. Everything's in plastics. Yeah. So you just don't feel like you're fearmongering, right? But just eliminate as much as you can because it's everywhere.

And a lot of those plastics to makes it make it flexible has phthalates in it. So, and the other big source is going to be fragrances like I mentioned.

And so anything it's always sneaking in with fragrances. Fragrances are also a neurotoxin. I would say they're one of the drivers of brain fog, which leads to anxiety, which also leads to ADHD.

I didn't see anything in the literature that targeted fragrance directly, but phthalates are inside of fragrances a lot of the time at, as like a like a carrier toxin, if you will.

They just mix it in, to, to make it more sticky. You know, essentially sticky and in, in your nostrils and on clothing and wherever you're putting it.

So fragrances are a huge one. Oh, and on food, red 40 linked, not as strong as phthalates and BPA and lead, but it's right up there. It's a top link. So all these food dyes which will get out of America, especially now, I think, you know, it's not political to me at all.

It never was. But I really, really have always appreciated RFK and how he's called, you know, the bigger companies to higher standards. And in his one, you know, a lot of these cases, you know, he's not saying that to eliminate, you know, childhood vaccinations, but he's letting you know that there's no really, truly safety studies.

And he won that lawsuit. So it's just, you know, it's about truth. And a lot of these companies are getting away with poisoning our children, and they're not allowed to do this in other countries.

So if if we just European standards aren't that great, by the way, they're better, but they still are lackluster to what we deserve, so that you parents don't have to look and stress.

Do you go to like somewhere like Sweden and some of these other countries? They're even, you know, that are really, really strict. You could eat some candy and be like, my kid can handle that, right?

In America, they can't. I mean, I had teenagers over to my house for the first time because my daughter turned 13 and she doesn't have many friends because of homeschooling, which literature shows that, homeschooled, homeschooled children are more best, more socially adapted at a higher level than kids that go to public schools.

So let's break down that part. But so we are still exposing her to, children, but they're eating Skittles and they're acting bat crap crazy. Like, I can't believe it.

Between the hormones and the Skittles and the food coloring, they're like, running around like zombies, not having clear communication. It's from someone who lives a nontoxic lifestyle and has children that are neurologically, you know, stable.

Not to say they're not kids, but they're not in that hyperactive like they're on crack. Right? And they're not getting these extreme highs, these extreme lows, and they're not getting that attention deficit challenge because they're way more stable.

Are they creative? Do they get in their heads? Yes. My daughter man is a space case, but she's brilliant, right? She can calm herself. She can self-regulate.

Does she have some of that, you know, lack of focus like I do. Yeah, but you give me a hard problem to solve. That girl will will crush it, right? It's just redirecting those personality.

It's personality driven ADHD versus chemically driven ADHD. So here we go. And then BPA. So buy things in glass as much as you can. They say BPA free.

There's still a bisphenol in there which is likely linked like BP's and there's others, that they switch out that lining for. So they say BPA free on your can of corn.

Get the frozen stuff right. It's in a plastic bag, but less than something sitting in a liquid in a plastic lined can. Those aren't tin cans. They're plastic lined. So just switching more to to the glass options is going to limit the BPA exposure.

Don't let your kid touch receipts. I know that's an obvious one, but moms, if you're pregnant, it's like drinking out of a BPA water bottle. Touching one receipts.

Like drinking out of a plastic water bottle for a year. That's not BPA free. So the exposure risk is just much higher than your water bottle. And switching your kids water bottles to stainless steel or glass, like those are easy ones.

But, moms, if you're pregnant, don't touch receipts. Like that's not a time to do it. That's going to transfer right into your baby. So, those are some of the top ones, that I can recommend.

You know, and I want to I've been talking a while, so. That's a really, really great information. And I, you know, that's what I've heard, too. I mean, those are pretty similar to the food.

Dyes are a big one. The plastics are a big one. So, yeah, I think that that's what I've been echoing. So it's good to hear you say kind of the same thing.

And the other things that I've heard, you know, a lot of would be like air and water. So in either plants or other other, air cleaning or like an air filter and then I don't know what what are your thoughts on like a water filter.

Yeah, absolutely. That goes without question. Water filter for your home, air filter for your home plants. You need one plant for every 100ft². To to be enough, you know, for that NASA study that no one likes to say that it needs to be at volume.

And if you do double, triple the 100 but one plant for every 100ft², you gotta watch out for allergens because you can get mold in those plants. It's usually not a, it'd be more of an allergy, and it doesn't produce a toxic mold which produces a mycotoxins, which can also lead to ADHD symptoms.

So getting your home checked for mold. We actually have a free docu series. Doctor Pedram Shoji and I, I think, you know, doctor Pedram. Well, it's called home sick home.

And so we really expose the home toxins, right? Volatile organic compounds. If your child is sleeping on a brand new mattress, those those VOCs will excite their nervous system, hurt their sleep, and, it might be the reason they're inflamed.

Might be the reason you're in.

Home Air, Water, and Mold Exposure

So it's really important that you, don't sleep on a toxic brand new memory foam bed or pillow. Get that out. You know, switch. Those are easy switches you can do.

You don't want these off gassing chemicals that are going to disrupt sleep. They're endocrine disruptors, which is known to cause ADHD symptoms. These are some of the big ones.

So, an air filter, some that have carbon, can help on that. Now, if you want to get a really good one, you got to get one that has like 20 pounds of carbon.

If you want to knock down VOCs, which are those volatile organic compounds, carbon is great at that. So that's that's another type of filter that you're going to want to get.

And if you get a home filter, you want to get an arrow filter or, a water distiller, water distillers, even better because you're going to get rid of, be more certain you're going to get rid of those microplastics.

And then you want to remain polarized that water. But distilled is going to get rid of the microplastics at a much higher level. And those micro plastics contain what phthalates because phthalates are in the plastics.

Now that gets in, that causes hormone disruption. So that's so our I would say distilled first for ADHD because you're going to get rid of those microplastics.

And then in second B aro for the volatile organic compounds just to kind of, drop that toxin in that excitatory there. There are a lot of these are neurotoxins and anything it's a neurotoxin is going to affect your child's behavior.

So you're going to want to get one if you have a child, get one with a bunch of, activated carbon, like 15, 20 pounds of it. And that's only thing that's going to truly be effective.

You can get the the little carbon inserts or the, you know, the the carbon impregnated Hepa filters. Those aren't going to those aren't going to work.

Those are great for allergens. Are certain allergens allergies that can lead to ADHD as well? In the literature. So I'm with you on that. All those things are important.

And those are, you know, great things to think about avoiding for sure. And I want to spend the last few minutes talking about detoxification and maybe what we should do.

One of the big questions that I get from parents very often is, you know, they're not even necessarily sure that there is something going on, but they want to, they want to ask about should they do, a detox.

So they do a five day detox. Should they do something specific? Should they, get some testing done? So I'm curious your thoughts for, for kids, especially with ADHD.

Like what? What is your do you have a detoxification protocol? What do you recommend? And and just before we even get into that, like I always talk to parents.

There are there are some more hardcore things that you can do. Obviously if you're, you know, super lead, toxic and, you know, go in the hospital mean that's not what we usually talk about.

We're talking about more for the kid that has, you know, your every day ADHD and the parents are looking for, oh, do we have do we have some metals in there. Is there maybe some old in my house.

Like what are the things that we should be doing to to detoxify? From your perspective? Well, that was kind of our, you know, wheelhouse. When we were training doctors back in the day, we taught them how to, detoxify.

We trained practitioners that would go to the children. Right. So this is through a practitioner like yourself. Because I always recommend, you know, there's no magic bullet out there, and you can go online and there's all these promises and a, a lot of moms or influencers are promoting these products.

I've actually measured a lot of them. I have a lab that I'm associated with. So I pull all the products and yes, you know, to be clear, I do have a patented detox product.

I don't even know if you knew that for heavy metals specifically. I don't talk about it much. We just, you know, our practitioners been been utilizing it for years.

Multiple different variations. Like, we came up with the first, carbon detox product for binding bile and therefore mycotoxins. We tested that in our lab over and in our clinics over, like 18 years ago.

And there's been there's there's some other great products out there. There's been a lot of research showing that carbon does bind the and indirectly bind, mycotoxins.

There's some direct binding, but it's not as much as binding that toxic bile complex. Again, it's a whole nother topic. But yes, I recommend carbon if you're in mold.

You know, I have a product, true carbon cleanse. There's some other good ones out there. I have other things. I have our patented zeolite in there. Zeolites can also bind mycotoxins.

The challenge with zeolites is they all say they're third party tested in low and heavy metals, but they all remember that prop 65 warning. They all, exceed that lots of times by ten times, if not more.

Even in the liquid zeolites, where you'd think it's heavily diluted because the actual dose is very small and it's a little bit of Micronesia light. But the zeolites that come from the Earth are so contaminated.

They love, zeolites love heavy metals. They are a magnet to heavy metals. The marketing is true that there are heavy metal magnet, right? Cilantro is not a heavy metal mag magnet.

Spirulina is not a heavy metal magnet. They are not they. They can loosely bind heavy metals. They're great antioxidants. They can support, your body, but they're not.

They're not a true binder by any means. So those things are great supports. They can actually stir up heavy metals, wear, permanent bind. If you're working with a physician and you want to help your child escalate and and feel better quicker than even my product, like, soto detox, which is a very gentle, slow process.

Detox Approaches for Kids

You can work with a doctor and I would recommend, DMC for your child through a practitioner. That is a very powerful developed in World War two to help with lead poisoning.

Acute lead poisoning. We're talking chronic, but the literature that's a double steel group binder works really well. So if you work with a practitioner like yourself, I don't know if you've prescribe that, but DMC works massive.

You take it every four hours. You got to do a four day and then you want to be monitored. You want to do some blood work in there. It's not I wouldn't call it dangerous. Right.

But but I would say that you do need a practitioner because it it has sulfur. It affects your microbiome a lot. There's it can cause these, complications, gut complications.

It's moving out a lot of heavy metals. And you got to be more careful of your kid has any silver amalgam fillings so that a good practitioner understands heavy metal detox will make sure that he can walk you through that or side of detox.

It's easier because it's it's a much smaller dose and it's very slow. It's more to protect you from what you're getting on a daily basis. Yes, you can dose up, on that.

But RZA like, has, U. S. and international patents on the cleanliness on the liposome. We're really trying to change the industry, especially the zeolite industry.

It's it's not, it's not very, full of integrity. You know, it's a lot of it's a lot of placebo and it's a lot of, but the zeolite research, if you put zeolites and heavy metals, there's, you know, there's no questioning its efficacy.

Right. And I wanted to bring because I was poisoned by heavy metals. I wanted to be sure that what I was giving myself, my children and the practitioners that we've trained over the years, over the last 18 years were given something they could feel proud of and.

Right. And doesn't that feel good to know that you're not you know, I'm not going to come back and say, hey, doc, you know that product that you're selling?

It's not even zeolite. As a matter of fact, there's no measurable aluminum and silica in your product. But they're selling it as a nano zeolite. And how can you have a zeolite?

That's an aluminum silicate mineral and no, have no measurable levels of aluminum and silica in your product. You know, but this is this is about silica again.

Yeah. What about I heard people say to do Fiji water because it's high in silica before for detoxification water. Oh yeah. Silica I mean. Silica itself is not a super strong binder if you activate the silica.

So back when I did my, master's work, one of the PhD was using activated silica beads to bind heavy metals in the hyper zone of stream. So essentially it's where groundwater and freshwater kind of mix, stream like stream water and groundwater kind of mix.

It's called the hyper zone. And they would stick these, activated silica beads that were activated to bind heavy metals. So activated silica, if you put a charge on it, it can be very effective.

Regular silica a little bit. Right. It can have some binding capacity. But you can activate silica. And there are some activated silica products out there, that do work like there is efficacy there.

Right. So I do like silica. I like activated silica way better, than just silica. Now silica itself, is a great nutrient, right. But a non activated silica is actually good for you if you get a good clean bamboo.

Silica, if you will. There's a lot of health benefits. And even for cancer, I believe. Awesome. I mean, that is very helpful. So thank you. I think that's a lot of really, really great information.

So let's just maybe finish off with if somebody is looking to get started, what do you think the first step should be for them? If they're looking into, you know, moving forward to start thinking about toxins, what would be a good first step for them.

Or for their children or for just the. I think for them. So like, for them, for their children. But like, you know, they're thinking like, okay, I'm listening to this and I do have a child with ADHD and I and I want to move forward.

I want to do something. I want wanna start looking this like, what would be your recommendation of like first step? Do you call a practitioner? Do you get an integrative medicine.

You start reading some things. Like what? What do you think is a good first? First thing to do? It's control. You can control and control the big needle movers, right?

You're going to want to get your child on brain food, right? Not neurotoxins, not red number 40, not sugar. Even know they yell and say sugar is not directly linked to ADHD.

Well, have your kid on sugar and look at their behavior, right? I think you and I both agree with with me on. Oh,

yeah. One. Right. And it's just maybe it's not, studied to the, the degree that, you know, we could make the, the strong claim, but clean up their stinking diet, get them on healthy fats.

Right. Get rid of the seed oils, the things that are clogging their brain and letting it not be clear. So you want, if you're on an animal based diet, grass fed, 100% grass fed better is a butter is a superfood for your child's brain.

Conjugated conjugated. Conjugated linoleic acid CLA, arachidonic acid, vitamin A, vitamin K2. It's one of the best sources for K2, which tells the minerals where to go, specifically calcium.

Which is excellent for the brain. Right. So if you think about the things that would hold off and ward off neurodegenerative conditions for you, right, like avoiding seed oils healthy and then replacing them with good healthy fats, give them a teaspoon and a half of olive oil a day.

It's been shown to cause, to, lower all cause mortality, which includes heart disease, Alzheimer's, all of these by 16%, some higher, like, heart disease, but just all of them in general and all the the major causes of death by 16%.

First Steps for Families

So because it's and a lot of them are neurodegenerative conditions because those healthy cold pressed as God intended as nature intended as the universe intended, all those let's just know that that's all the same to me.

And that is what your body needs. We need to eat real freaking foods. So if you do that, you're going to your kids behavior is going to change. And you didn't even start removing toxins.

You didn't even start filtering water. The diet is anything that you do every day. Phase. Right? If you're still using a, a pan every day. PFAs are loosely medium lee connected to, ADHD symptoms.

So you can change that to I love, a brand called The Buyer and it's a, it's a frying pan and it's, not cast iron, but carbon steel. And that's a great.

And it becomes nonstick and you can flip eggs in it. Right. And it's making that switch things that you're doing every day, the water that you're drinking, the food that you're feeding them, switching out all the influencers.

Everyone's talking about seed oils, right? Is all the seed oils as bad as they say? No, there's better. There's less toxic seed oils. But like sunflower, organic sunflower oil is not as bad as soybean oil or canola oil, which is also known as rapeseed oil because it's literally ruining, your child's ability to think.

Right. These are these these things are really nasty. So make those big switches healthy fats, get rid of the sugars, give them the, you know, give them the fuel that their brain needs to calm down for synapses to start connecting.

And you'll give them a, you'll you can eliminate 50% of those symptoms just through died alone. Right. And I threw in a couple there switches in there.

But you know. Yeah those are those are great points. And I open a window in their bedroom at night. If you can't afford a filter, let that fresh air dilute those toxic air.

Get rid of all their plastic closing clothing. Right. Those are big changes. Organic cotton, cotton, you know, natural, natural things, things closer to nature.

That's really the answer. Is this nature's that not throw it out if it's not right. Yeah. No. Beautiful. Beautiful. Words and I, I couldn't agree more and I, I really thank you for for being here and being a part of everything that you do.

I think it is so important. People don't realize just how much the toxins are affecting us. And I do think that your message is getting out there and really helping people.

Where to Find Nontoxic Dad

So maybe we can just finish off by telling people, where they can find you if they want to learn more. Yeah. Nontoxic dad on social media. I have a really great community on Instagram.

Nontoxic dad on Facebook as well. If you're an older parent like me, I'm almost 50 and I have a three year old, so I'm an older parent. And I wouldn't even be on social media and limit your kids, exposure to social media by the way.

So just saying that it's another big one. It makes them less calm. And there's some there's some research around that as well. EMF right. Limit their screen time.

And then obviously shut off your Wi-Fi. Right. I mean there's all these things that you can do. I'll let the other experts talk about it. But nontoxic dad.com you know, and then we'll put anything you need in the show notes that you want, doc.

And, I'll, I'll share anything that I have for this community and for for this opportunity. It's great. I love helping parents. Well, thank you so much for being here. I really appreciate it.

Thanks for everyone for listening and we will see you in the next episode. Thanks everyone.