The Toxic Seven Part 1: How Phenols In Deodorants And Soaps Increase Stroke And Heart Attack Risk Transcript

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Introduction to Household Chemicals and Heart Health

Hey, everyone. Doctor Eric Linsky here. And I'm absolutely thrilled that you are going to join me on a very empowering journey as we learn how we could have a much more profound effect on heart attack and stroke prevention just by changing the household items that we use every single day.

So I've created a series of seven presentations that are short and sweet. Very impactful. Be sure you stay on to the very end, because I'm going to give you a very practical, money saving, do it yourself tip that you could start implementing today to help you discover how you could save money and avoid the seven most dangerous chemicals in your body.

Care and cleaning products that are damaging your health, that are damaging your heart, and that are increasing your risk of heart attack and stroke. This is a topic that I've become very passionate about over the years, and my last book, The Essential Oils Apothecary, covered the evidence based approach and how essential oils can help people prevent and manage and recover from the top 25 chronic diseases that are plaguing people.

And when I wrote that book, heart attack and stroke were two of the top five, and they still are causes of death, and the numbers don't look like they're going to change anytime soon.

And you got to wonder, what are we doing wrong? Is there anything else that we could do? And of course, there are major risk factors that people need to consider.

There are other things that confound doctors, even to this very day, about potential hereditary issues and family history and how to regulate blood pressure and cholesterol with pharmaceuticals and all that sort of thing.

And I'll leave that to the cardiologists.

Why Everyday Fragrances Are a Hidden Risk

That's not my background. My background is a public health researcher, and my wife and I've been diving deep into natural living and nontoxic approaches to life for roughly 23 years.

And what we have found is the research is abundantly clear. These chronic diseases that are killing our loved ones, the primary causes of death, take years to develop.

And it's slow going. It's slow going. And it's not a cumulative effect of being exposed to a number of different things, primarily chronic inflammation.

And you'll hear that time and time again when you talk to anyone regarding heart attack, stroke and heart health as a whole. Yet inflammation isn't the root cause of heart attack and stroke.

Inflammation is the root mechanism. It's the device that is killing the body. Damage the blood vessels and putting us at risk. But what causes inflammation to begin with?

And that's where we could dive deep into a variety of different topics. Most experts discuss nutrition and exercise, which are great smoking. Of course we have to stop smoking.

Yet what about those hidden threats that people are exposing themselves to all day long? Every single day. Day after day, week after week, month after month.

Year after year. And that's when it dawned on me that none of the people are talking about this. And this is really, really important. So that's my long introduction to a very short topic, because recent research has revealed a shocking connection between the chemicals in everyday body care products and heart health.

And it's undeniable. Quick disclaimer this is for educational purposes and is not intended to substitute professional medical advice. As you would expect, and I encourage you, this do not miss out on diving deep.

And in this topic, we're just going to cover a top level here. Tip of the iceberg. If you want to learn how to use essential oils to heal to manage to prevent disease, I highly encourage you to check out my next live class.

I'm going to go deep. We're going to cover the uses, the therapeutic efficacy, the research, the safety tips and all how it connects to heart health. Just go to doctor Z class.com.

It's DRC class.com and you could join me for free. I can't wait because these are topics. And these are classes that I've been teaching for over a decade.

And I'm more fired up about it than ever before because more and more people are getting enlightened to the fact that we need to go back to what I call God's medicine to bring healing to our bodies.

There are seven toxins that we are exposing our bodies to, or most people are exposing their bodies to every single day. And we're going to cover this.

Number one, phenols. Today, phenols are used for their antiseptic, preservative and fragrance enhancing properties. Time and common types include triclosan.

Phenols and Their Effects on the Heart and Brain

And I mention that specifically because triclosan is so important, we're going to talk about it in another lesson. Coming up. So stay tuned about triclosan and spoiler alert.

Stop using hand sanitizer here at the store. It's bad News Bears. And I'll explain why later. But a PSA a quick public service announcement on fragrances.

I can't stress this enough. We are inhaling chemicals all day long that are in the air. So anything that you smell, a body care product, a cleaning product, your poo poo spray, your Glade plug in when you go to the restroom and you hear that, you hear that sound, or you go somewhere and it's just just reeks of fragrance.

That's not good unless you know for certain they're true, unadulterated, pure essential oils and 99.99% of the time anywhere outside of your home, unless it's a loved one or someone that you know or a natural food store.

Those smells are artificial. In fact, they're so artificial, they're made up a conglomerate of over 3500 chemicals out of 3500 plus chemicals. The manufacturers create these, these, these hodgepodge from from fossil fuel, which is really scary when you look at what is coming into our body and not just the fact that you're smelling it, but when you inhale anything, what happens is there's chemicals in the air.

They're microscopic. You can't even see them. You can't taste them, typically, but you could smell them. And the fact that you smell them is proof alone that a chemical is called a volatile organic compound has interacted with the nasal mucosa.

The nerve cells in your nose immediately. And I see immediately, I mean really immediately there's an impulse that's sent directly to the brain, your limbic system, where your mood, your memory, your emotions, your autonomic function, your heart rate, your breathing rate.

That's why when you smell something like, let's say, Thanksgiving dinner, it reminds you of maybe grandma's house when you were a young child. Or if you're like me and you smell a specific perfume today, 30 years later,

after my first girlfriend, it reminds me of my first girlfriend back when I was a teenager.

The same emotions can be arisen from that smell. Manufacturers, unfortunately, are not required to list fragrance ingredients on the labels, and that should be something that should be changed.

But unfortunately in America, it's not. And why it's important is not just in the context of heart attack and stroke for these artificial fragrances have been proven be linked to be a contributing factor to Alzheimer's, dementia, cancer, autoimmunity, diabetes, obesity, and the list goes on.

So unfortunately, most of the chemicals and fragrances are hidden, but at least you could watch out for the word fragrance. Perfume or aroma unless it says essential oil.

And be careful about natural fragrance. You got to be careful that it's a trusted company. I wouldn't smell that stuff because it's not good for you at all.

These are products that commonly contain phenols, antibacterial soaps and hand washes, deodorants, antiperspirant sunscreens, hair dyes, and treatments, fragrances and perfumes.

We just mentioned just a second ago nail polish removers and exfoliating products. These phenols have a direct effect on your heart through three primary mechanisms, and this is where they can contribute to heart attack, oxidative stress.

So when you're applying these chemicals on your body or near inhaling them throughout the day, again through your normal day to day products on your arms all day long through the odor and just think through how often we are exposing yourself to these kinds of things.

Phenols generate free radicals, which then can damage blood vessels and promote atherosclerosis, right? We've all heard that as a main contributing factor of heart attack and heart disease, phenols can also contribute to endocrine disruption.

They interfere with hormone balance, potentially increasing blood pressure and the risk of heart arrhythmias. And also we've mentioned earlier, inflammation.

These chemicals are the root cause of the inflammation that becomes the root mechanism for a cascade of things that end up damaging your heart. Very, very important.

Now, how phenols put someone at greater risk of stroke. It's because they impair and endothelial function.

DIY Foaming Hand Soap and Essential Oil Alternatives

They can reduce the flexibility of blood vessels and increase your susceptibility to clot formation. A rupture. And believe it or not, just by exposing yourself to these chemicals.

Research has shown, again, this is chronic long term exposure, not just once, not just twice, day in and day out. For decades, for decades. And that's what happens to most people neurotoxicity.

They can harm neurons and brain blood vessels, raising the likelihood of ischemic and hemorrhagic stroke. So what's the solution? Well, systematically, one by one by one, kicking out these chemical products from your life.

And maybe doing it yourself. I encourage you to try this simple recipe. And I am assuming most of you have some sort of hand soap in your house. A lot of people like the foaming hand soap, so this is a recipe my wife mom, Izzy came up with.

It's in. That's in her bestselling books DIY foaming hand soap with nourishing essential oils, simple ingredients like Doctor Bronner's Liquid Castile Soap, allergy Travel or aloe vera gel, essential oils and distilled water.

It could be tap water if you want. We recommend distilled just because there's there's no bacteria in it and it will go longer. And by the way, if you ever make a preparation like this, it only lasts like a month or two. Why?

Because water will end up attracting bacteria which will end up contaminating the product. So no, you can't have a DIY product. They have it last for years.

It doesn't doesn't work like that. And and it's that sort of thing I want to teach you in my upcoming class, because people don't realize some of the safety risk, but they also don't realize the true potential of using essential oils.

So I encourage you, I encourage you to take a screenshot of this. Try this recipe at home. And what essential oils do you want to use? Whatever you want to use is really kind of fun.

That's where this gets exciting. If you want an uplifting aroma to give you energy and excitement and mental clarity, try something like peppermint mixed with vanilla.

It's a wonderful blend we call it our peppermint Sticks blend. You can actually mix peppermint and orange together as well. That's our energizing get up and booster kind of mentality and blend that we like to use before we work out or the first thing we do when we wake up, we want something calming or something relaxing.

Well, lavender love. Most people enjoy that smell or something immune boosting, or we have an immune boosting blend that it's equal parts of clove and cinnamon and and rosemary, eucalyptus, lemon and orange, something more meditative or grounding.

That's where the tree oils like pine or the resin oils like frankincense or myrrh. The list goes on and on. And that's what we've been devoting our life to.

And that's why we've written the books that we've written and have our blog at Natural Living family.com. So that's it. Short, sweet. We're covering phenols today.

Next lesson we're going to cover parabens. And we're going to discuss how and why we want to avoid these. And we're going to give a practical DIY that you could start making today if you liked this information.

And if you want to dive deep with me, join my next live training. We do a live Q&A and you're going to learn how to master essential oils. With my wife and I, who been.

We've been doing this for quite a long time. Good. Go to doctor Z class.com. That's DRC class.com. All right. And as always is Doctor Zelensky. My hope and prayers that you and your family truly experience the abundant life.

God bless and we'll talk to you soon. Bye bye.