The Toxic Seven Part 2: The Ugly Truth About Parabens In Beauty Products Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Heart Attack and Stroke Prevention

Everyone, doctor Eric Lynskey here and welcome to lesson two of Heart Attack and Stroke prevention starts here. We're going to learn how you can save time, save money, and save your heart of a lot of damage by avoiding the seven most dangerous chemicals in your body, care and cleaning products that are currently increasing your risk of heart attack and stroke.

Every choice we make about the products we use impacts more than just our skin. It infects our entire body, specifically our heart. Studies have shown that chemicals like formaldehyde and parabens, often hidden in everyday products that you use all day long, can disrupt the delicate balance of our cardiovascular system.

Research published in leading medical journals has linked these toxins to serious health risks like high blood pressure, irregular heart rhythm and even higher chance of stroke.

In this lesson, we're going to explore how these hidden dangers can affect your heart health and more importantly, how you to protect yourself and your family with simple, practical solutions.

Are you ready? Because I am. Let's get started.

Why Hidden Chemicals Affect Heart Health

And as always, just a quick disclaimer. This presentation is for educational purposes only and is not intended to be a substitute for professional medical advice.

However, with that said, I have to encourage you to think about this by switching to natural, toxic free alternatives and becoming more aware of the products you use, you can significantly reduce your exposure to harmful chemicals and protect your heart.

Small, intentional changes can lead to a healthier, longer, more abundant life. And it's never too late to start in control of your heart health. And that's exactly what we're going to cover in the seven lesson series.

And if you want to learn more about how to use essential oils to not only transform your heart health, but your entire health and give your body, your mind, your soul, your spirit, and your house a makeover, a healthy, toxic free makeover.

Then I encourage you to join my next live class. Go to doctor Z class.com DRC class.com, and we're going to dive deep into therapeutic use and what the research really says.

I'm blessed and honored to be the best selling author of the number one ranked and sold book in the world, The Healing Power of Essential Oils. And I've written to follow a book since then, and the last book, The Essential Oils Apothecary, covered the top 25 chronic diseases in the world that are just plaguing humanity.

And when I wrote that book, Heart Health, specifically heart attack and stroke were the top causes of death. And they still are. And nothing really has changed.

Parabens in Everyday Personal Care Products

Regardless of all the money that we spend in our culture and our medical system, regardless of what's happening around us, the same things are happening over and over and over again.

And a lot of people don't realize this specifically concerning heart health. But heart attack is actually the number one killer of people with cancer.

Just think about what happens to the body when disease wears it down, whether it's obesity or diabetes or cancer. The last thing that goes is usually the heart.

And that's what takes people out. That's what's hurting and killing our loved ones. And if there's anything we could do, even on a basic level, I want to contribute to help move the ball forward in a way where we are.

We rethinking how we live our life, because these seven chemicals are wreaking havoc on your heart. And they're really easy to avoid if you know how to.

And that's what we're going to cover today. We're going to cover parabens. Parabens are widely used preservatives to prevent bacterial and fungal growth.

Why do manufacturers put them in their products? Well, like I covered in last lesson. If you make your own, do it yourself. Essential oil, water based hand soap, for example, that's only going to last a month or two.

Bacteria will start to overgrow regardless of the amount of essential oils, and if there's any sort of water at all. And that's a tip. A lot of water based products are junk.

That's something to really think about. They dehydrate your skin. They can cause bacterial overgrowth. They require more preservatives. And that's why they do it.

They do it. They will extend the shelf life. And that's how manufacturers can help make sure that their margins are not decrease and they stay in business.

So I can understand the need for some sort of preservative, but not at the expense of risking someone's heart attack or stroke or linking to cancer. These parabens are really dangerous, and they're all over the place.

They're everywhere. They're in your moisturizers and lotions, shampoos and conditioners. Again, when you look at your label, look, if you see agua. If you see water is the first ingredient, you know that there's a lot of water in that product, and they need a lot of preservatives to prevent bacterial overgrowth or fungal overgrowth.

Your facial cleansers, makeup removers, your makeup products like your foundations and concealers, mascaras, lipsticks. Ladies. Just think about all the things that you're putting on your body every day.

Most of them have parabens in them. And over time, this cumulative effect can increase your risk of developing chronic inflammation, which is one of the key factors of heart attack and stroke.

That's that's how this works from a scientific like anatomy physiology perspective, your guidance and antiperspirants, you know, the ones that last 12 18 hours.

Health Risks of Parabens for Heart and Stroke

I do think they do that. There's chemicals that make them last that long. You're putting them under your arms where your lymph nodes are. Just think about that.

Aluminum is just not the only concern we have for deodorants and antiperspirants, shaving creams and aftershave and baby products. What are we putting on our babies? And this is the issue when it comes to these chronic diseases like heart attack and stroke.

It takes years to develop. That's why they're called chronic. They start at birth. And a lot of us with children. I have seven kids, I get it, seven children.

I understand. I understand the desire to want to give them everything and good in life and make them smell nice and good and fresh and happy and healthy, yet not at the expense of chemicals.

So we've converted all of that junk that people put on their kids into healthy stuff. We have a whole database of DIY stuff. Here are the health risks.

The heart health risk associated with parabens, endocrine disruption parabens can increase estrogenic activity, which has been linked to elevated blood pressure and higher risk of heart disease, let alone all the other issues that are linked to estrogen dominance.

Chronic inflammation I just mentioned that parabens promote low grade, and that's the key to this your low grade. You're not going to feel it today. You're not going to feel it tomorrow.

You're not going to ever really feel it until something happens. It's like, oh, what happened? I just had a heart attack. Oh. What happened? I just had a stroke. Oh, wow.

The doctor is saying my blood pressure and cholesterol is so high, I have to do something. When did that happen? What was the threshold that you walked through?

It doesn't work like that. It's slow going. And next thing you know, like, oh, there's something wrong here. It's low grade. This chronic inflammation increases your risk of plaque buildup in your arteries.

The problem isn't eating too much cholesterol. That's not the issue here. And we can go into that in much greater length in the live class that we're going to cover. Again go to doctor Z class.com.

We're going to really unpack this deeper mitochondrial damage. Are you kidding me? Yes. Parabens impair energy production in cells. You wonder why so many people are so tired all the time.

That includes heart muscle cells, weakening heart over time. Parabens increase your stroke risk. Blood pressure can be elevated long term because parabens can contribute to hypertension.

Blood vessel damage. They weaken arterial walls over time, increasing the risk of ruptures and hemorrhagic strokes, and clot formation may disrupt normal blood clotting mechanisms.

Elevating your ischemic stroke risks and even more stroke concerns. Think about if you have a stroke, how to prevent another one, or even even more important, how to recover these things.

Hormonal disruption is a big key to that. Pyramids mimic estrogen in the body, leading to hormonal imbalance and can increase blood pressure, disrupt heart function.

And pregnant women are particularly vulnerable. And you need to be careful, y'all. For you moms or grandmas or ans husbands out there, please consider elevated blood pressure can increase the risk of pre-eclampsia and long term heart problems, and it could hurt baby significantly.

Studies show that exposure to parabens during pregnancy can increase the risk of hypertension, impacting both maternal and fetal health.

Pregnancy, Toxic Exposure, and DIY Alternatives

And we've had eight pregnancies, seven babies. And I could tell you, Everything mommy gets goes to baby. And that's something that's very so sobering thought when we ask ourselves, how did this happen?

When a baby who should be perfectly healthy is born with some sort of disease? How does that happen? Right? It starts in the womb and it starts from years and years and years of exposure to mom.

When mom is a baby, we gotta stop the cycle. How do we do that? Little baby steps takes time. And excuse me falling on my chair here. It takes time and it's worth every step of the way.

My wife and I have been living this DIY natural lifestyle for for 23 years, and the benefits far exceed anything we could ever ask or imagine. There's actually a Bible verse from Ephesians three.

God will do exceedingly above anything you could ever ask or imagine. The the side effects of living this lifestyle are so wonderful, so profound. And that's the purpose of this video series.

That's the purpose of our masterclass is that's the purpose of our books is to give people the fishing pole so they feel like they know how to fish themselves.

So they feel like they know how to take active steps towards living a less toxic, more natural lifestyle. And I promise you this, there are no risks at all to doing this if you use essential oils the right way.

If you make recipes like this DIY lotion bar and I hope, by the way, you're taking a screenshot and kind of talking so you can take notes here. I'm not the DIY expert.

My wife comes up with these recipes. She makes them and she shares them in my books. And we're just a wonderful, one two punch team. Like that. This is great.

I could explain to you the options when it comes to which essential oils you want to use. And there's a variety. We'll cover that in just a minute. But the reality is there is no there is no risk associated.

There's nothing that could hurt you at all. This is such a foolproof lifestyle.

Essential Oil Blends and Natural Product Ideas

By reducing your exposure to the fragrances that you're inhaling and the chemicals that are going into your skin through cleaning and body products all day long, every day.

You're only helping your body perform better. You're only helping your metabolism reset. You're giving your body what your body needs to rest, to digest, and to heal.

Because the opposite is true. When we're constantly exposing ourselves to chemicals, whether they're being eaten, inhaled, or whether we put on our skin, it triggers the inflammatory and immune response.

And so the body's never able to to really, truly rest and digest and heal. So this is a fun recipe I encourage you to check out. We have five more recipes we're going to cover in the seven part series.

And it always goes back to what essentials do you want to use based off of whatever it is that you want to do? And that's the fun thing about this. We always come up with new blends.

My one of my favorite blends is a blend of Douglas fir and orange. I just love the smell of it is very woodsy. It's very uplifting because orange is a known antidepressant.

It's rich in limonene, which is an anti-inflammatory shown to kill cancer cells and actually helps produce dopamine and serotonin. Like, are you series? Yeah.

And then Douglas fir is, wonderful for, pine. I'm just I'm thinking pine and forest bathing. These tree oils have a very earthing grounding effect. Increasing immune function, increasing just mental awareness.

And they're just great for all purpose general health. But they make you feel better and you can mix and match your blends. I like bergamot and line. That's another very much uplifting.

You can't tell. My nature is I'm a very energetic. I'm a I feed off of feeling good and I love the citrus oils. All of them, because they all have that happy serotonin, dopamine type of response and other oils.

If you want to calm down, like, Roman chamomile or sandalwood, vetiver, lavender, others, they just put you in a state of relaxation. I personally love lavender in my soaps and my lotions in my shower gels.

Wonderful. Wonderful. Just soothing. Calming. It's great for men with erectile dysfunction, by the way. Like, there's so much we could talk about when it comes to how the body is performing and how it can perform in every area of life, and too much stress can prevent a lot of things from happening.

Right?

Closing Remarks and Next Lesson Preview

So ladies out there and men out there with Ed or Ed type of issues or concerns, think about that and the list goes on and on. So anyway, I love this. I want to talk more.

We're going to talk more. Next lesson about PFAs is forever chemicals. And don't miss out on my next class. Go to doctor C class.com. Let's dive deep in this topic.

I encourage you to join me on my mission to enjoying an abundant life, to helping you and your loved ones. We have empowered more than 10 million people over the last decade online, through documentaries and our masterclasses and books.

Doing just this and I know I can help you to. Right? God bless and we'll talk to you soon.