The Toxic Seven Part 3: How To Protect Your Family From PFAS Toxicity And Heart Disease Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Lesson 3

Everyone, doctor Eric Lynskey here. And welcome to lesson three of Heart Attack and Stroke prevention starts here. We're going to learn how to save time, how to save money, and how to save your heart by avoiding the seven most dangerous chemicals in your body, care and cleaning products that are currently putting us at risk of heart disease.

Gases. They're known as forever chemicals. They have become a growing concern in health world and for good reason. These manmade chemicals are found in everything from nonstick cookware to waterproof cosmetics.

And they don't break down in the environment or they don't break down in our bodies. Over time, they can build up in the system, leading to serious health risks.

Research has linked PFAs exposure to increased cholesterol levels, high blood pressure and a greater risk of cardiovascular disease, including heart attack and stroke.

In this lesson, we're going to uncover where these chemicals are hiding, how they affect your heart health, and steps you can take to reduce exposure and protect your family.

And as always, this is for educational purposes and should not substitute medical advice.

What Forever Chemicals Are

However, let it be known that by switching to natural, toxic free alternatives and becoming more aware of the products you use, you can significantly reduce drastically 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 taking control of your heart health. And that's exactly what we're going to cover in this seven lesson series.

And before I forget, don't forget to join me my next live class so we could dive deep into this and how to really unpack the therapeutic use of essential oils, where I give you the best of the best of the research that I've compiled over ten years, and three bestselling books, I've reviewed hundreds and hundreds of research articles and surmise them and you're going to learn a lot if you want to learn a lot about how to use essential oils to prevent, treat and manage chronic disease, including heart disease, heart attack, and stroke.

And we have a special presentation coming up on that coming up soon. So check out doctor Z class.com and join me live. All right. Lesson three is now and we're covering forever chemicals forever chemicals per floral alcohol or poly floral alcohol or substances are class of synthetic synthetic substances that are widely used for their water and stain resistant properties.

They're super convenient. We love them in our umbrellas. We love them in our rain boots, but they shouldn't be in our skin, and we shouldn't be consuming them by licking our lips because they're in our lipstick.

Think about that. Unfortunately, these chemicals are incredibly persistent both in the environment and the human body, earning their nickname forever Chemicals.

Health Risks for Heart and Stroke

They just don't go away. And they're everywhere. Hair care products. Nail polish. Moisturizers. Sunscreens. Shaving creams. Dental floss and more. Glass in surface cleaners, fabric and upholstery, carpet cleaners, waxes and polishes for floors, furnitures and cars.

Dishwasher rinse aids. Aerosol propellants. Air fresheners. I already mentioned cookware, processed food packaging. I'll think about that. All the plastic, all the plastic nanoparticles, nano chemicals.

Now to, paint sealers. How do you avoid this stuff? It's really hard. It's really hard. Yet here's the thing. I'm not as concerned, truly, with waterproof clothing because, typically speaking, raincoats aren't touching my skin.

I have I can have organic cotton under my raincoat. I'm not worried about my backpack or my kid's boots, but I am worried about my cookware and what my wife is putting on her lips.

And when I'm putting on my skin and when I'm cleaning with. Because long term exposure and these are forever chemicals the body cannot properly metabolize them.

The environment can't break them down. They just exist. They're bad news, bears heart health risks, profound hormone disruption. PFAs are known endocrine disruptors that interfere with hormone controlling blood pressure and inflammation.

This imbalance increases your strain on your cardiovascular system. Cardiovascular impact research from the Mayo Clinic found that women exposed to higher PFAs levels had a 70% increased risk of high blood pressure, which, as you know, is a major factor of heart disease and stroke.

And the cumulative effect, which is really what this is all about. Again, we're talking about chronic disease. You're not perfectly healthy today and have a heart attack tomorrow that doesn't exist.

You might have a heart attack as your first symptom because you don't know, but you can't have a perfectly healthy heart today and then have a heart attack or stroke tomorrow.

It's a cumulative effect. That's why they're called a chronic disease. And that's what the concern is with for us is they build up over time and contribute to chronic inflammation, oxidative stress and long term risks of heart disease and hypertension.

And of course, as you would think, stroke. Chronic inflammation has been linked to low grade chemicals have been a direct cause of chronic, low grade systemic inflammation.

The damages your blood vessels over time. This is really the issue when it comes to why people develop atherosclerosis and plaque buildup in that vessel.

Rupture fat and cholesterol are typically not. The issue when it comes to this. Long term exposure is chemical buildup and chronic inflammation. Of course, high diets of fat cholesterol can contribute to it, but when it comes down to it, it's not an issue like it is in America, in other countries because they're not exposed to these chemicals.

And that's a big thing. We have to talk more about and let our legislators in America know that we don't want this stuff. We did a little bit of success when it comes to lessons.

We'll cover that in the next lesson or two because we got them banned in a couple products, but they're still allowed in others. So that's really what this boils down to, and why Americans heart health is so poor compared to most industrial countries.

When our diets really aren't much different.

Reducing Exposure and Saving Money

Quite frankly, it's the chemicals that are in the food and the chemicals that they allow in our products, because in America we only disallow about a dozen chemicals in our body care, in cleaning products, or in Europe, they disallow, hundreds, hundreds.

And if not, I think now 1100 or 1200 chemicals that we allow here. Just think about this. It's just something we need to be aware of so we can make educated decisions.

These forever chemicals they linked to oxidative stress are they are linked to oxidative stress. They generate free radicals leading to oxidative damage in blood vessels and brain tissue.

This contributes to vascular aging and higher likelihood of stroke, and they accumulate in your brain tissue, potentially disrupting the blood brain barrier and reducing your brain's natural ability to regulate blood flow during stress.

It's really not good. I mean, this stuff is really, really bad. And these can are contributing to elevated blood pressure, which we know is a significant cause for ischemic clot related and hemorrhagic blood related stroke.

And they disrupt the body's natural regulation of blood vessel dilation, leading to vascular stiffness, vascular dysfunction. It's another big issue leading to stroke.

These chemicals that we're being exposed to all day long, every day interfere with endothelial function, impairing your ability, your body's ability to respond to changes in blood flow.

This dysfunction makes blood vessels more prone to injury, clots and hemorrhages. And this isn't enough increased cloud formation. I mean, can you get worse?

Like, why is this stuff allowed? I mean, why is this in our food packaging? Why is this in your body care? God help us. I mean, no joke. God help us. We need to make a change.

Is that been shown to altered blood clotting factors, making blood more prone to coagulation? This increases the risk of your stroke by blocked arteries in the brain.

What do we do? Do something. Trust me. Just do something. And if you could do anything. This is something simple. And it's cost savings. Because, by the way, I don't talk enough about this, but you make your own stuff.

You will save hundreds of dollars a year. Like I've calculated roughly the average household of, like, you know, whatever 5 or 6 people in the house. I'm sorry, we have seven kids.

So what's average does but an average household of 4 to 6 people in the house. You'll save 2000 to $2500 a year just on making your own home and body care products, let alone all the extra medical expenses that you're not going to need because you're not sick all the time and heaven forbid.

Right? So this glass cleaning spray is unbelievable. It works fantastic. It's super simple to make. I mean, just take a screenshot of the recipe again, courtesy of mama Z.

This is in featured in one of our books, and this is what we do. I mean, if you're wondering why do we do what we do well is because we realize, big picture.

If we could reduce exposure, our exposure to toxic chemicals on a regular basis, our bodies will do better. Our bodies will perform better, will respond to stress, better when stuff happens, which they do.

We're not going to get sick like most people do, and we're not. And hallelujah! And we're drastically reducing our risk of heart attack, stroke, cancer and the like.

And we've gotten regular tests done and the doctor's always like, you're perfectly healthy, keep up doing what

you're doing. And we're like, yay! And so we want to encourage you.

It's a very wonderful, slow going lifestyle shift. And doing something like this is huge. Just making your own glass cleaner. And hey, choose a couple of the essential oils that you like.

Next Lesson and Closing Remarks

You've heard me say this before, we really like the citrus oils for a lot of things, and especially for cleaning. They're very uplifting. They produced dopamine and serotonin, the rich and d limonene, which is a chemical good chemical that is anti-inflammatory, shown to kill cancer cells and bring healing to the body.

These essential oils are fantastic. My wife actually likes to mix peppermint and orange and it's just spritz spritz done. They actually are great for your.

I'm seeing glasses and your whatever. We have a glass spray bottle in our car so we can always have our car windows clean if we want and have that nice aromatic experience instead of the opposite.

Is that fun? Simple. I'm not saying it's going to reverse to heart disease today, but it's going to help you. And if you if you go through this whole series of seven lessons and you start making seven products that I promise you will end up being life changing over the course of your life because you get on this road and don't look back.

Watch what's going to happen. And so that's what we're going to do. We're going to continue this lesson series. We're going to cover phthalates, which is a big one.

I'm sure you've heard about that because it's oftentimes on a label that says no phthalates, right? No parabens, no phthalates. It's a marketing ploy for a lot of companies, which isn't a bad thing, but brings awareness.

We're going to cover that next lesson, and if you haven't done it, please be sure. Join my next class, my next live class. So we're going to be teaching go to doctors E-Class Dot com.

We're going to cover this content in depth. And we're going to give you the best of the best of the ten years of my personal research, of the three bestselling books that I've written, and we've been blessed to been able to teach, inspire more than 10 million people through our classes like this, through documentaries that we've been on, like Netflix, 700 club, Women's World magazine all over to share simple, money saving, effective tips and just how to live a less toxic life and by the way, good things happen.

Like you start losing weight and your blood pressure and your blood sugar starts to regulate and your mood and your libido starts to increase. And next thing you know, you sleep better.

It's like, wow, the side effects are fantastic. So I encourage you to check it out. Let's get together soon. And there's always this doctor, Eric Zelensky, my hope and prayers that you and your family truly experience the abundant life and we'll talk soon.

God bless.