The Toxic Seven Part 5: From Cleaners To Lotions, Formaldehyde's Toxic Effects On Your Heart Transcript

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Introduction to Formaldehyde and Heart Health

Hey, everyone. Doctor Eric Linsky here and welcome to lesson five of her seven part series, Heart Attack and Stroke prevention starts here. We're learning all about how to save your time, save your money, and save your heart from seven dangerous chemicals entering your body, care and cleaning products that are currently damaging your cardiovascular system.

And yes, formaldehyde is still a thing and I still can't believe it. God help us. It's I'm not kidding. Now it's unbelievable because formaldehyde is a chemical commonly used as a preservative in personal care products, cleaning supplies, and fabrics, and is more than just a household name.

It's a hidden health risk. A study published in the Environmental Health Perspectives journal highlights the toxic effects of formaldehyde exposure on cardiovascular health, linking it to oxidative stress and inflammation that could damage blood vessels and elevate the risk of heart disease, heart attack and stroke.

In this lesson, thankfully, we're going to uncover the surprising places formaldehyde hides, explore how it impacts your heart, and I'm going to share practical tips or two to protect yourself and your loved ones from this dangerous chemical.

And as always, this presentation is for informational purposes only and is not intended to substitute for professional medical advice.

Where Formaldehyde Hides in Everyday Products

With that said, please keep this in mind and I promise you 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 healthier, longer, more abundant life. And it's never too late to start. And that's exactly what we're going to do in this lesson.

So don't forget, if you haven't, please join my next live training. Go to doctor Z class.com. We're going to dive deep into this and we're going to uncover just not how you can avoid toxic chemicals to protect your heart, but how to really use essential oils to bring healing and to transform your life, to transform your your health, to transform your house into a safe, healing place.

Well, as it should. Super excited. So join me please. Today we're covering formaldehyde. All right. Formaldehyde. It's a common preservative. It's a disinfectant and body can cleaning products that poses significant risks to heart health and increases stroke susceptibility due to its toxic and inflammatory effects on the cardiovascular and nervous systems.

And here are some products that contain formaldehyde. Everything from your all purpose cleaners and bathroom cleaners, glass and window cleaners, to dishwashing liquids and laundry detergents, fabric softeners, air fresheners.

You heard me say it last lesson plugin sprays. Gel scented candles. These are no good, no good bad news bears, floor cleaners, polishes, specialty cleaners like your disinfectants and your mold removers, all that stuff.

You have to be careful because formaldehyde is oftentimes in your shampoos, though, to your conditioners or hair

treatments. Your body washes, soaps and gels, lotions, moisturizers, sunscreens, your nail polish, nail hardener, makeup ladies, your foundation, your mascara.

It's getting into your eyes. Deodorants and antiperspirants right next year. Lymphatic system where your lymph nodes are in and baby products again. Shampoos, lotions, wipes.

If you've watched the other lessons, you've seen a common theme. A lot of these products are being named over and over and over again. And it's not to be redundant for the sake of being redundant.

How Formaldehyde Harms the Cardiovascular System

We're just posting here what the reality is, and I don't want you to ignore the redundancy, because when you're adding parabens and phthalates and fragrances and BPA and we're adding formaldehyde into the mix, how many times have we talked about the cumulative effect, the chronic growing effect of these chemicals on your body, especially the PFAs, is that are forever chemicals that your body will can't get rid of.

That's the issue here. And as I'm teaching this, I'm just reminded, like I feel like a broken record. I keep on saying the same thing. And yes, we got to get that in a head.

Our heads, this is serious stuff. And these issues are the same issues that we're seeing over and over and over again. Heart health risks linked to formaldehyde.

They trigger these chemicals, trigger oxidative stress and systemic inflammation, damaging blood vessels and promoting atherosclerosis. Leading cause of coronary heart disease.

Formaldehyde linked to heart rhythm disturbances disrupt electrical signals in your cardiac cells, contributing to arrhythmias and strain on your heart.

Impaired cardiac function exposure prolonged exposure. That's the key. Chronic, prolonged exposure can weaken heart muscles over time, leading to reduced heart pumping and efficiency and a higher risk of heart failure.

And of course, you would think hypertension. How many people are on hypertension medication and when maybe, just maybe, reducing their cumulative toxic overload risk of reducing their risk and exposure to these chemicals, maybe that could help.

Chronic exposure has been linked to vascular stiffness and dysfunction, leading to elevated blood pressure. Formaldehyde contributes to plaque buildup in cells.

Atherosclerosis is directly associated with formaldehyde, exacerbating inflammation, restricting blood flow into blood into the heart and other organs, and, of course, stroke.

Blood vessel damage. Formaldehyde weakens the structure of the blood vessels, increasing the risk of hemorrhagic and or hemorrhagic stroke due to the vessel rupture.

Hypertension, formaldehyde induced high blood pressure increases your risk of stroke. Reduced brain oxygenation. This is a newer one that we've that we haven't heard yet in this in this series, exposure can impair blood flow regulation to the brain, increasing the risk of ischemic events due to insufficient oxygen delivery.

DIY Reusable Cleaner and Wipes Solution

Clot formation exposure promotes platelet aggregation and increases the risk of clot formation, which is, you know, by now, it's a key factor of a ischemic stroke, which is caused by blockage, flow to the brain and brain.

Effects. Neurovascular impacts. Formaldehyde affects the integrity of the blood brain barrier, making the brain more vulnerable to vascular damage and stroke.

It's all over the place. It shouldn't be allowed, but it is. So what do you do? Avoid all conventional cleaners as much as possible, or avoid as much as many conventional cleaners as you can.

And out of all the recipes I've shown before, this so far on the last four lessons, this one is kind of cool in that it's very, very popular with the cleaning company that comes to my home.

So for the last several years, I've squirreled away some money and I've been able to, bless mom Izzie with, some support. So we have a cleaning company come by and they just do some surface cleaning, and they help.

It's a big help. They do. Once a week they come by. And this company that we've had now for a bit, they were telling us that they make this recipe and they've been not only using it on themselves, but they're giving it away.

They gave it away as Christmas gifts for that last Christmas. And they're asking my wife some little hacks and tricks, because the way that the recipe is, they looked it up on her website and they're like, hey, we noticed that you're that you're that your cloth squares are a little bit different. What do you do?

And they started talking like about the recipe. This stuff works like a charm. It's unbelievable. And it's it's so simple. It's such a great DIY, project that you could do with friends or your kids or grandkids, but having a mason jar filled with ready at any time heavy duty reusable wipes.

Reusable, by the way, because all everything that we do is good for the environment. And I think that's really worth stressing. I haven't stressed that at all up until this point.

Everything we do is eco friendly. We're talking about getting an old t shirt or an old cloth, cutting it up in a decent sized square and putting it in a mason jar and soaking it up with rubbing alcohol, vinegar and and and water and essential oils.

I mean, it sounds simple, but it's super effective and it works really, really well. And it smells fantastic. And so these ladies and a guy, actually a guy works, at the house two, he's part of the cleaning company.

They were telling us when they clean homes at other how, when they clean other houses, when they go to other homes, they oftentimes get headaches or they hate the smell and they can just tell they're around all these chemicals.

When they're cleaning because they're using the chemicals that are at the house. In our house, we only let them use what we have here. And so they use our all purpose spray or glass cleaner, this heavy duty cleaner.

And they love it. So I thought that was kind of cool. When you get the professional cleaners using your DIY solution, I'm like, okay, mom is on the something here and it's our go to, it's a great thing and you use it and then you put it in the washer, you use it again and you come back and it's a great, a great solution.

So is this going to solve your formaldehyde problem. No not today. But it's a great step. And that's all that we're talking about here is because when you look at these seven chemicals and we're going to cover BPA next, when you look at these seven chemicals what do you do.

You go step by step by step. And that's why we've designed this seven lesson series. So at the end of the seven lessons, you've been educated about the dangers of these chemicals, how they are associated with heart attack and stroke and other chronic diseases.

We've offered one practical, money saving tip that you could start doing now, and an opportunity to get real deep with us and like, open up the can of worms and live this, what I call essential oil lifestyle.

And I hope at this point, if you've watched the previous lessons, you're like, you know what? I really want to learn more about this stuff.

Wrap-Up and Preview of BPA Lesson

If essential oils are a key part of all of these cleaning products and all these body care products, and of this, the solution for fragrances. And what is doctor Z telling me about potential medicine and prevention and other management of diseases?

I'm telling you, there's a reason. There's a reason why our masterclasses and our books and the documentaries we've been in have reached more than 10 million people.

A lot of people are interested in this stuff, and a lot of people have been helped. You know, Women's World magazine recently interviewed me for their their Christmas edition that came out in December 2024.

And they interviewed a woman who lost half again, I'm sorry, 75 to 90 pounds. She had a total life transformation, and a big part of it was she said, I use essential oils.

I use essential oils to help my career, curb my hunger cravings. I use essential oils to help me sleep better. I use essential oils for energy, so I didn't go to all those sugary snacks when I wanted a boost or whatever it was.

And she went on and on, and then she like, you know, I started losing weight and I felt like this was really working for me and helping me. Well, they interviewed me to give the science behind how essential oils can actually help someone lose weight.

And guess what? They can. Even inhaling grapefruit and lime. Research has suggested just smelling, just getting a bottle. Just like this. Which by the way, this is bergamot in line.

Just smelling. This triggers lipolysis, which is fat breakdown. It's just how plants work with the body. Wow. On the other end, when you're inhaling the fake smell, it contributes to stress, inflammation, and that can cause toxic fat buildup.

The exact opposite. We have found that people who literally just change their home and body care products and start living a toxic, free life, like fragrance free life and replacing with essential oils.

We've had people tell us they've lost as 510 pounds. No change in diet, no changing exercise, nothing. Just because their body started working better again.

And that's what happens when you put your body in a position where it's not being exposed to chemicals all day long, every day, and the body's metabolism now can start to function properly.

I go into more depth in that in my class, and I want to talk to you more about this. So go check it out. Go to doctor Z class sign up if you haven't, and bring some questions because I stay on, I reserve an online room for about three hours.

I stay on as long as I can until the questions stop, and we usually have a lot of fun, right? With that said, hope you've enjoyed the series. We're going to go into BPA, which is a very interesting topic.

Don't miss it. You're going to want to learn all about it all right. As always is Doctor Eric Alinsky. My hope and prayers that you and your family truly experience the abundant life.

God bless. We'll talk soon.