The Toxic Seven Part 6: Body Washes and Feminine Products: BPA’s Hidden Cardiovascular Dangers Transcript

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Introduction to BPA and Heart Health

All right. I hope you're ready for an interesting one, because I'm going to be opening up Pandora's Box on BPA in just a minute. Welcome, y'all. This is Doctor Eric Slansky, and this is lesson six of heart attack.

And stroke prevention starts here. We're learning how we can save time, save money and save our health. Our heart health by avoiding seven common chemicals that are in our body, care and cleaning products that are wreaking havoc on our heart.

Bisphenol A, BPA, a chemical commonly found in plastics, food containers, and even receipts. Has been making headlines for its serious health implications beyond its role as an end the current disrupter.

BPA has been linked to cardiovascular risks. The study, published in hypertension, the journal, found that higher levels of BPA exposure were associated with increased blood pressure, a major risk factor for heart disease and stroke.

This lesson will explore how BPA impacts your heart in a negative way, where it's commonly found in practical research. Back steps you can take to minimize your exposure and protect your heart.

And as always, please keep in mind this presentation is for informational purposes only and is not intended to be a substitute for professional medical advice yet.

With that said, the common theme in this whole thing is we're putting our health back in our hands, and it's never a bad idea to avoid toxins. Never.

Why BPA-Free May Not Mean Safe

So by switching to natural, toxic free alternatives and becoming more aware of the products you use, you can significantly reduce your risk of exposure to harmful chemicals and protecting your heart.

Small, intentional changes 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 doing in this seven part series.

And if you haven't, be sure. Sign up for my next live class. Go to doctor Z class.com, and we're going to dive deep into not just this topic, but really the true potential of how essential oils can impact your life and your health.

I've been blessed to be the author of three bestselling books. In between, my wife and I the last decade. We have helped more than 10 million people through documentaries and masterclasses.

Our blog. It's unbelievable how many people are interested in through TV, Netflix, 700 club, women's world magazine. So many people have shown interest in how they could use plant based medicine, and how essential oils can potentially help them, and we've been honored to be part of that now for a decade.

And we'd love to share with you the best of the best of what I've learned over the years. Today we're opening up the box, Pandora's Box on Bisphenol A, and don't discount what I'm about to say because of the BPA free stuff.

That's a spoiler alert. Just hold on. Just give me two minutes. Just two minutes before you tune out. If you're into if you're tuning out, don't tune out, please.

BPA is a chemical commonly found in plastics, certain products and can have significant impacts on heart health and increase your risk of stroke through its endocrine disrupting properties and other harmful mechanisms.

You might be thinking, well, what's the big deal? I'll just buy BPA this, BPA that, na na na na. What do you think they did? Do you think these manufacturers and I don't get down to conspiracy theory here, but let's not give them the benefit of the doubt yet, right?

If they were willing to use the chemical that research has shown for decades that it's harmful. They were willing to do that. And now all they're doing is slapping on a BPA free label on their plastic.

And what, we're just going to trust that that's good. They gotta have something. Something needs something needs to replace that. It was there for a reason.

They need it for the stability of the plastic and other things. It creates a need. There's a need there. Well be nice. Be mindful that BPA free does not necessarily mean safe in the bottom line.

It's always best to stick with glass.

Where BPA Is Found in Everyday Products

And if you can't do glass and stainless steel manufacturers and I can't believe they I can't believe this isn't more widely known. I mean, it's, you know, shame on them.

They've replaced BPA with BPA and BPF in many plastic products labeled BPA free. So yeah, they're right. We took out the BPA, but we put BP. Yes, we took out the BPA.

We put BP f well guess what? It's just as bad. Those chemicals are just as bad. And they have the similar chemical properties. And they have similar health issues as they leach out into our beverages and food. So go figure.

Right. BPA containing products plastics cover that a lot. Basically everything. Right. Plastics in your lotions and your potions and your shampoos and conditioners, your body washes and soaps, anything in plastic containers, sunscreen, nail polish, the packaging and all that stuff.

And, the plastic casing in your makeup. Just again, anything that's plastic. Anything and plastic. You're getting micro, minuscule micro doses of BPA over years and decades.

Again deodorants and plastics, baby products and plastics and think ladies feminine hygiene products with plastic applicators or packaging a contributor to fungal yeast infections, urinary tract infections.

Just think about what's happening to your vaginal health right? And what's happening in your heart. Heart Health risks BPA, atherosclerosis BPA contributes to the build up a plaque in arteries promoting oxidative stress and inflammation, increasing the risk of coronary artery disease and heart attacks.

BPA contributes to endocrine disruption. It could. They mimic estrogen, BPA, BPA they mimic estrogen interfering with hormone regulation. Just think about any issue that women have with estrogen dominance, or even men with hormone disruption.

This leads to an imbalance that affects cardiovascular health, such as increased blood pressure, inflammation, BPA can contribute to blood pressure spikes.

Acute acute blood pressure increases after just a few hours. That is different. That, by the way, is worth noting because up until now we've talked about chronic exposure and chronic low grade elevation.

BPAu2019s Effects on the Heart and Blood Vessels

This is acute, like poop jump. Just being exposed to BPA within a few hours. That is something to consider. Very much BPA linked to acute increases in blood pressure, likely due to its effect on endothelial function.

Now this is different. And this is hypertension. Long term chronic not a spike right. Chronic hypertension this is chronic hypertension. And think microplastics right.

Think about how the microplastics which then have BPA in it. Think how that's being affected. I didn't mention clothing because that is another product that we're being exposed to in BPA.

Any sort of clothing that might have microplastics in it. Arrhythmias and cardiac stress BPA has been shown to disrupt normal heart rhythms, and by interfering with calcium signaling in cardiac cells, leading to arrhythmias and increased cardiac stress and heart failure.

Long term exposure can weaken heart muscle, reducing its ability to pump blood efficiently. It's serious. Yeah, it's serious and it's scary. And as much as it affects heart attack risk, it does the same with stroke primary mechanisms you're seeing here vascular dysfunction.

BPA damages the endothelium which is the lining of the blood vessels, reducing the ability to regulate blood flow and increasing the risk of both ischemic which is clot based and hemorrhagic strokes increase your risk of blood clots.

Exposure promotes platelet aggregation, making blood flow likely to clot. Clots can block blood flow to the brain, causing ischemic strokes, right? Oxidative stress and inflammation.

This will happen over time. It can impair your brain's ability to function and increasing the likelihood of stroke. Hypertension. We just mentioned this previously, and that's a main risk factor associated with stroke as well.

So prolonged exposure can can cause prolonged hypertension. And that could damage blood brain arteries making them more prone to rupture, hemorrhagic stroke and direct insult.

Neurovascular impact direct insult to the brain BPA can impair neurovascular coupling, reducing the brain's ability to regulate blood flow during periods of stress or injury, heightening stroke susceptibility.

So obviously we have to avoid plastic, right? Plastic. But this is where I wanted to give you an idea, like, okay, let's think about the long term exposure.

And I want to give you guys a tip on how you could do things for your family. And by the way, if even if you don't have kids or the kids don't live at home, you're going to like this recipe.

It's just wonderful. It's very gentle, especially if you have sensitive skin.

BPA, Stroke Risk, and Vascular Damage

Body wash. For body wash, it's basically body wash for anybody. It's safe for kids. And it's a very simple recipe that's effective. Again, we've talked about this in previous lessons.

What essential oils do you use? What do you want to use? What kind of mood are you trying to create? Maybe for a nice bath time? At night or a nice shower in the evening?

Maybe having a lavender mixture with geranium might be something nice and soothing. Or if you want something invigorating in the morning, that could be something like a lemon or an orange kind of perking up and give you a, a good mood or a little bit of, you know, dopamine or serotonin hit, again, the sky's the limit.

We've talked about this several times, which is why I've invited you to to go attend my next live class. We could really dive deep into what each essential oil does.

Because you'd be surprised that at some essential oils that how they could help you, like rosemary, can help stimulate hair follicles. It's a nice, wonderful herb.

It's known as the herb of remembrance and helps with your brain function and cognitive ability. So the neat thing is, when it comes to this, this is why I wanted to point this out in this written recipe.

This is indicating a pet pet plastic container, which is a safe plastic that will not leach essential oils. Here's the discussion I want to have briefly, for as many preparations as possible.

If you are using essential oils, essential oils will degrade the petrochemicals in plastic and it will break it down. So you never, ever, ever, ever want to use an essential oil.

That's why this is glass, by the way. You'll never see essential oils in plastic. Not good. You actually put a drop of essential oil on a styrofoam cup.

You'll burn a hole right through it. That's how powerful these these plant based chemicals are. And it's also how weak and how disruptive. You know, styrofoam and plastic chemicals are, so you don't want to leach anything, so essential oils will end up degrading plastic.

So if you make anything, always put it in glass.

Safer DIY Alternatives and Container Choices

If something like a baby wash, you're concerned about glass breaking or you want to give something to your kids and you don't want them to have glass in the shower, I understand that that's where Pet plastic containers come into play, because that least, at the very least, there will be and get again a BPA, hopefully and BPA free.

There will be no leaching. It's a special plastic that is an industrial grade that will not leach and is strong enough because most, quite frankly, most plastics on the market are just junk.

They're cheap stuff. That is, the manufacturers are just trying to save money. The last thing in the world they want to do is have to double your price, because you're buying high quality plastic that won't leach, chemicals when interacting with essential oils.

So that's the reason why I wanted to put this recipe up here. But also, hey, just to remind us, there are alternatives to the general plastic stuff out there.

So when you're thinking about DIY, do it yourself. Glass is best, right? Stainless steel is a second and then pet pet plastic is a third. All right. BPA kind of blew open that myth that BPA free is safe.

It's not, automatically you have to do a little more digging. Hopefully it is BPA, bpf free and all the other bpas that are out there that are not good.

To be careful, we're coming back to, we're coming back to the discussion that we had earlier when we mentioned trickle sand and trickle carbon. It is that important. It's a phenol.

And I mentioned it in lesson one, and we're wrapping it up with lesson seven. Because quite frankly, it is the it has part of my it's a big part of my Genesis story and why I wrote my first book.

So I'm going to explain that in lesson seven.

Closing Thoughts and Next Class Invitation

Right. And as always, don't forget, don't forget. Join my next class. Let's dive deep into this. I hope you're inspired at this point. I hope you want to learn more about how to use essential oils.

I'm going to cover the best from the Healing Power of Essential Oils book, the Essential Oils Apothecary, and a decade worth of research and study with my wife and I.

We're going to learn all that we need to learn to start on our way to mastering aromatherapy. All right. Well, as always, is Doctor Eric Lenski. My hope and prayers that you and your family truly experience the abundant life.

God bless. We'll talk to you soon.