The Toxic Seven Part 7: The Toothpaste Ingredient That Harms Your Heart And Brain: Triclosan Transcript

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Introduction to Lesson 7 and Triclosan

Well, you did it. We are almost done. Lesson seven of our seven part series of heart attack and Stroke Prevention starts here. We're learning how to save time, how to save money, and how to save our heart by avoiding seven very common, very dangerous chemicals that are in body care and cleaning products that are absolutely wreaking havoc on our cardiovascular system.

And in this lesson, we're kind of doing a full circle because I mentioned, lesson in lesson one. And we're going to really dive deep because it warrants that discussion. Why?

Because triclosan carbons are chemicals that have been used as pesticides since 1969 and are now widely used in toothpaste and other personal care products.

And and a side note, it's when I realized this nearly a decade ago that I did, I decided to devote my life to making sure that my family and I were not exposing ourselves to these chemicals, because at the time, they were part a key component of hand sanitizer.

And as a young father, I was shocked to learn that the core school supplies that my kids needed to bring the school were paper, pencils, markers, and hand sanitizer.

Like you couldn't walk into school without hand sanitizer. And it's everywhere. It was all over the place. And I used to be confession. I used to be a hand sanitizer junkie.

I had it everywhere. In my car, in my office. Every time I go to the gas station, every time I touch anything, I was obsessed. And like many people, I did okay.

Obsessive compulsive disorder about always making sure I had my hands clean by. Or I thought, sanitize by hand sanitizer.

Health Risks of Antibacterial Chemicals

Well, I stumbled upon a research study that suggests, and I quoted this in my last book, The Essential Oils Apothecary, about how exposure to these antibacterial products, specifically hand sanitizer, have a direct impact on systemic inflammation and a decrease in the body's natural microbiome, which is causing Alzheimer's.

This study was it from an Oxford University journal. They evaluated 190 countries virtually every country on the planet. And they found a direct correlation between the rates of sanitization, like the more sanitary country is and the rates of Alzheimer's.

I'm assuming clean. We're talking sanitary. These chemicals kill everything. It's like an antibiotic on your body instead of in your body. We all know antibiotics kill all the good stuff, all the bad stuff, and it creates antibiotic resistant bacteria.

Well, what do you think's happening when you're putting all this antibacterial stuff in hand sanitizer in your hands all the time? It's the same thing.

And this skin microbiome blew my mind. Ten years later, I'm still talking about the same thing with more passion, because I'm helping people and people's lives are being changed.

While marketed for their germ fighting properties, research has raised serious concerns about their impact on heart health. A study published in the Journal of Clinical Endocrine, Endocrinology and Metabolism revealed that exposure to trickle of sand disrupts thyroid hormone regulation, indirectly affecting cardiovascular function.

Fascinating. Scary. Additionally, evidence suggests that these chemicals can contribute to inflammation and oxidative stress, which both. At this point, we've learned very clearly in this seven part series, leads to heart attack and stroke and heart disease.

In this lesson, we're going to uncover the history of these chemicals, their hidden dangers, and how to avoid them to safeguard your health. And as always, this presentation is for informational purposes only and is not intended to be a substitute for professional medical advice yet.

With that said. I love saying this, by the way. There's no risk in learning what we're learning because we're just learning how to avoid chemicals. And by doing so and switching the natural, toxic free alternatives.

You're only helping yourself by reducing your risk of chronic exposure to chemicals that have been proven to hurt your heart and contribute to heart attack and stroke.

Trust me, these small, intense, intentional changes can lead to a healthier, longer, more abundant life. And it's never, ever, ever too late to start.

And that's exactly what we're doing. The seven part series. Which is why I'm glad you're here, and I hope that you've taken the jump to join me and hopefully committed some time to get deeper.

These short mini talks are fantastic. They're kind of teasers, like an appetizer for the main course. I love to give you the main course. Join my next class, doctor Z class.com and let's get deep and let's go into this.

Let's go into the ten years of research and all my bestselling books and all the research that fed into the books to learn how essential oils can truly transform your health.

FDA Ban and Why Triclosan Still Matters

And we're wrapping up this seven part series with triclosan and the carbon everyday toxins that you need to avoid for healthy heart. Trickle sand and trickle carbons are phenols.

Again remember we talked about phenols in lesson one. They're used as anti-magic microbial agents. They're found in personal care products. Right. Since 1969 pesticides known pesticides.

These chemicals pose significant risk to heart health and stroke susceptibility due to their impact on the hormonal system, cardiovascular function, and vascular integrity.

Here's a special note. The. These are bad chemicals. They never should have been allowed in the United States. They're not allowed in most countries in Europe and all that stuff.

But in America they allow virtually everything. There has been so much outrage, so much outrage. In 2016, the US Food and Drug Administration banned triclosan from non-prescription antiseptic washes like hand soaps, bar soaps and body washes.

But that's it. Just those and just those products. So they recognized the danger and they banned them in just those products. And then they gave manufacturers, I don't know how many, 3 to 5 years to, you know, clean up their act because they had inventory and heaven forbid, manufacturers lose money. Right.

Even though some manufacturers had phased out these products in these ingredients, in, in these specific products themselves, it remains and many antibacterial products in the market.

And that is why directly we make our own hand soap, or we make sure that what we use is completely safe because we look at the ingredients and the ingredients make it clear, you'll see the ingredients right it's there.

And be a good label reader because triclosan is still in cosmetics, in your hand sanitizer and your toothpaste, your mouthwash, your deodorants, your lotions, and your creams.

It's in a ton of body care. So shame on the FDA for not banning it in these products. And a lot. And but only banning it and handwash. It's just welcome to America.

And I hate to say it, it's frustrating. Yet I use that frustration for good. And it lights a fire in me. And it's really been the fuel to why I could be so passionate about this topic ten years after first learning about it and speaking on it.

Because I've shared this with millions upon millions of people, this exact topic, and it's always like, come on, we could do this. We got to take control of our health because look at the heart health risk associated with triclosan.

It's no joke. Endocrine disruption there interfere. These chemicals interfere with thyroid hormone regulation, which leads to cardiovascular dysfunction and elevated heart disease risk, let alone potential autoimmunity.

And all the other issues that could lead to thyroid dysfunction, oxidative stress and inflammation.

How Triclosan Harms Heart and Vascular Health

Right. We talked about this. The root mechanism of all these chronic diseases like cancer, Alzheimer's, diabetes, heart attack, stroke, these chemicals, these triclosan and triple carbons increase oxidative stress, chronic exposure has been linked to inflammatory responses in the cardiovascular system, promoting atherosclerosis and blood vessel damage.

We're talking about heart attacks here. They also contribute to heart muscle weakness. Studies suggest triclosan can impair mitochondrial function and cardiac cells, leading to reduced efficiency in heart pumping and potential heart failure over time. Arrhythmias.

Some of people are getting medical interventions. They don't know what to do. It might be because of toxic, chronic overload of chemicals like triclosan, because they disrupt calcium signaling in heart cells, increasing the likelihood of arrhythmias and irregular heartbeats, which strain cardiac function.

Hypertension all day long, right? And contributing to or in the contributing factor of all the other chemicals that we've learned about in the previous six lessons.

Chronic exposure to these chemicals can lead to blood vessel stiffness and increased blood pressure, heart disease, heart attack risk, and a stroke. And as we've seen in several of the other chemicals that we're trying to avoid, I avoid the same stuff.

Vascular damage from endothelial cell dysfunction, clot formation, neurovascular impacts, hypertension, again leading to stroke and cerebral oxidative stress, oxidative damage to the brain, blood vessels impairing their function, and increasing stroke risk over time.

I take this seriously to the point where I got to do something, and I have not used hand sanitizer since I learned this, and you'd be shocked at how cheap it is to make your own and how simple it is.

And this is it. And I would suggest instead of, petty plastic flip top bottle, pet plastic again is safe plastic that won't leach. The petrochemicals buy the essential oils won't and won't degrade it.

I would suggest getting a glass spray bottle. Let me get one here in a little kit. Just like this. The concern is, again, when you give this to kids, you got to be careful.

Like, this is a kid friendly version where you want to give the, the bottle, but this spray bottle is best glass and we give the these to the kids, teachers and our friends every year for Christmas gifts.

And my wife has, like, her peppermint sticks, which is, peppermint and vanilla blend. Or she'll do the immune boosting blend which we've covered in previous lessons is, clove, eucalyptus, cinnamon bark, lemon, orange and rosemary.

Mix that together because that's been shown in vitro to kill the flu virus. It's a wonderful immune boosting and and, antiviral anti-fungal component.

We'll put those essential oils in, but it literally is ten drops of essential oil in per one ounce. So for every ounce of, of organic green alcohol, you're putting ten drops of essential oil.

DIY Natural Hand Sanitizer Recipe

So this is a two ounce bottle, 20 drops of essential oil. If this is a 16 ounce bottle, 160 drops now last you a long time. This is pennies on the dollar compared to the stuff that you're getting at the store that has toxic fragrance trickles, sand and other chemicals.

This right here is the easiest thing in the world to do. And if you can't get your hands on an organic grain alcohol, get the highest proof organic vodka that you can.

It's it's funny because we, we oftentimes get, food delivered to our home. Thank you. Thanks to Covid, we I I'm not a big shopper. I don't or I don't like going to the store very often unless it's like with my daughters just hanging out and buying them like clothes or something that they want.

But I don't really like shopping for the day to day stuff. So when Instacart and Costco and Amazon and Whole Foods started to deliver like sweet, so it's always funny because when we're doing DIY projects, mom Izzie is literally buying two gallons of vodka and you got the guy knocking on the door.

So I'm in order to gallons of vodka. And here is my pregnant wife coming to the door. He's had a saw. This guy's face. His mom is he's pregnant. And he's like, all right, here's your vodka, ma'am.

I'm not drinking it. It's for hand sanitizer. Oh, yeah. Sure. And I showed him. Come here. Look, he saw this. Our kitchen table. I brought the guy in the house.

I'm like, look, we're making hand sanitizer is what we do. Kind of chuckled and walked away. It's fun. We make fun out of it. We make good out of it, and we make a variety of different blends.

Mom, Izzy combined frankincense and pine. It's a really cool smell. There's just tons, tons of recipes. Go to Natural Living family.com type up diffuser blend and you'll see how these a diffuser blend can also be used for hand sanitizers and your soaps and your lotions and all the other stuff.

But out of everything we've talked about, this is the easiest, the quickest. And yeah, you'd be surprised at how, effective this is even compared to the junk.

And it's not like your hands won't dry out because it doesn't have those extra dehydrating chemicals in it as well. We have a bottle in our car door. Quite frankly, I don't use it very often.

I've gotten free from the hand sanitizer OCD, but, you know, when we get when we go to the hospital or we go to the doctor's office or whatever it is, I bring that with me, and now, you know, spray that instead of the junk that they're giving us and we give that to our kids, so they're not going to put us in on their body.

My poor baby girl Bella, she's eight years old. She used, the soap at school, which she shouldn't have. But, you know, I think she ran onto the mom. Izzy stuff.

Her hands just broke out in her in, you know, a dermatitis, atopic dermatitis. And it's like. Yeah, our kids are really sensitive to this.

Wrap-Up and Next Steps

And if you've never been exposed, you get really sensitive and the body doesn't like it. So anyway, all that to say, it's easy. It's super fun. Let's learn more.

Get our my next class. I hope you're in at this point. I hope you've watched the last seven lessons, and we're about 13 minutes into this presentation.

Let's go deep and I really look forward to hearing what your thoughts are about this. So please, send me an email. You can email me at support at Natural Living family.com.

Let's keep in touch and join my next class at doctor Z class.com. And thank you again for being part of this seven lesson series on how to avoid heart risk chemicals easily by making your own and adopting a more essential oil lifestyle.

Well folks, as always Doctor Eric Alinsky, my hope and prayer is that you and your family truly experience a long, hard, healthy, abundant life. God bless. Bye bye.