How To Identify Toxins In Your Body Transcript

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Welcome to Day 2 and the toxin framework

– Hello and welcome back to Day 2 of the Environmental Toxicants Autoimmunity and Chronic Diseases Summit. I'm Dr. Wendie Trubow, my co-host and husband Dr. Ed Levitan. And today we're gonna talk all about the ways that you can start to take control of the narrative and even identify when you're getting exposed to toxins. – Yeah. So you have an amazing framework.

So do you want to go through that in terms of how you think about toxins and where they come from? – Definitely you don't have to take on my view of it, but I do, it helps me to organize the world and figure out where these exposures coming from. So when I think about toxins, I think about the things that I'm putting in my body, the things that I'm putting on my body and the things that are around my body. So you can talk about the things.

– So in our bodies, it's huge, right?

Toxins in food and water

Everything that's the biggest subject and theoretically – Until we get to the on and around. – Well, I think we get more in than around necessarily, but that is definitely what foods are we eating?

What kind of water or are we putting in our bodies? And it's all about quality, right? Because the water quality can be coming from Flint, Michigan with all the lead and we can be drinking, sorry guys.

But the plastic single water bottles, which is just now and we really don't want to do that too. What are we eating for foods? And I'm going to say the magic word. Watch everybody glyphosate.

– Do you have Stephanie set up on this talking about in this, in this week? But don't get me started. You just said the magic word. – So, pesticides, herbicides, glyphosate things that, how many toxins are there that the EPA hasn't looked at or evaluated? – No. Actually, the better question is how many, so the EPA has evaluated about 1400 toxins over.

It's the EPA and I are the same age just for the record. We're both 52 in the EPAS life, it has banned how many toxins? Wait, it's not live okay. So I'll just give you the answer.

They banned nine toxins in their 50 year world.

What goes on your body

And the last one they band was in 1984 And so of those 1400 that they've evaluated, that's a fraction, not even a fraction because there's 500,000 to a million toxins in the world with hundreds of thousands are being produced every day. Right?

It's not even toxins. It's just chemicals new, new to nature chemicals that haven't been evaluated. We don't know what they're doing and they're out there killing the bugs, killing the plants, etcetera, which let's go back to a small sliver for you. You got me started.

So, Glyphosate is the most commonly used herbicide in the world. It's used doubles approximately every seven years and it far outpaces the use of the next most common pesticide. It's sprayed on virtually everything.

– Household name. – So round up is the commercial name and Glyphosate is the, the roundup is a residential name. Glyphosate is the commercial name. And if your food is not organic and you'll know it's organic if it's a fruit or vegetable because it'll have a nine or an eight at the beginning of those four numbers of five numbers.

But if your food is not organic, you can pretty much guarantee it's been sprayed. And when you eat that food it goes into you. And as it was patented as an antibiotic, you know what antibiotics do they kill the good bacteria in your gut, which means the good bacteria are killed off and we're gonna talk about that next time and the bad bacteria couldn't care less about glyphosate.

It actually doesn't mess with them. So they're happily reproducing. The good guys are inhibited and here you are wondering why you don't feel well. – So that's the in the going in.

Toxins around your home and environment

I mean that, I mean, there's, well there's many hours and days of our whole summit that it's just so the importance of toxins are not just that we store toxins, it kills our microbiome, which we know is just a huge piece of how we feel and how we do. – Okay. So let's recap that eat organic food as much as possible. We'll get into in our post summit webinar about the types of food and how to do it. We're going to really dive into cleaning up the food but avoid processed food and try to level up on your water quality and sure your water is leveled up and try to avoid the single use water bottles.

Okay. – Yeah, and filter your water as much as you can. That's the biggest thing. Alright, so we're going to talk about what's on – What you put on your body.

Now your male, I know you didn't know that but your male and menus for your products and women. So as females, we are exposed to about 250 chemicals before we leave the house from our hair products, our makeup, our lotion are dry, cleaning our clothing, the things we're wearing, the things we're spraying in the air.

So from the moment we get up to the moment we leave the house, we've been exposed to hundreds of chemicals and that's just by 9:00 AM. So it's pretty horrifying when you think. – So, cleaning up what you put on your body even, I'll say the shower. Do you count that as putting on your body?

Do you mean the soap and the shampoo and – Or even the water that – Yeah I mean, filtering your water if possible – Because your skin, even though we think it's as non porous, everything we put on our skin actually does go into our body. – It's the largest organ in the body and it can absorb and it can detox you. So you want it to detox you not absorb.

– Let's talk about around. – It's overwhelming and honestly. So ignorance is bliss. Knowledge is power pick where you stand and don't go crazy. This is not, this is not a destination. This is a journey, meaning every day, week, year month, we want you to get better and better as as opposed to you have to be perfect now. So because trying to be perfect will make you stress that will shut down your detox. So don't stress about this just gently get to work. So around you – Around you.

Well, I think the biggest obstacle we have is cicadas, right? Mold, air, the mold toxin coming in.

How toxins affect hormones and chronic disease

– But what about the homes built before 1978 that have lead in the paint – And lead dust and – Multi basements, – Multi basement. So that's kind of the worst and then kind of the next layer up is do you live near highway or golf course or golf course?

Non organic farm? – Yeah. – So it's we're not gonna ask you anybody to move. But it's just something to think about as we move up. And there's for the, we get into some horrible conversations in terms of horrifying, not horrible.

But the end result is there is something to do about it. – Well, you can filter your air in your house. So even if you live in your highway, you can filter the air, filter where you sleep because you spend the most hours in a day in your bed. So speaking of around you, if you're in the market for a bed, get a bed that doesn't have flame retardants in it because flame retardants are endocrine disruptors and lead to autoimmune disease and chronic illness.

And think about your lying on that all day long, you're breathing it in, I'm sorry, all night long, breathing it in. And if you're someone who's suffering from a chronic disease or autoimmune disease, that's probably why you're in the summit.

So our goal is to teach you how to not have that. So that's one thing if you're in the market. – Yeah, I think that's the message that we want to make sure we believe is that all these things are fixable.

But first you have to know when you first have to care and you have to put in the work to get rid of it.

Day 2 speakers and summit takeaways

– Well, but it's free to stop using air fresheners, room fresheners, candles, actually free, it'll save you money and a lot of them have the things that make the smell sticky is also disrupting your endocrine system.

So when I say endocrine system or when we say what we're talking about is your thyroid, your adrenals, your mail and female hormones, they all dance together.

And if something throws them off and if your liver get stressed, you don't properly balance your hormones. And that means you can have issues like Hashimoto's autoimmune thyroid grave's disease. I have, I have celiac. So there's, it goes on multiple sclerosis, rheumatoid arthritis.

– I think that's why we talk about who we have on the – Yeah. So, you know, whenever we do our podcast, I'm always saying how excited I am and every time I interview someone for some, it keeps, I'm so excited because I love all of our speakers and – Not only do we love them personally and really they've added so much value. – Well, I love the nuggets that they bring.

So let's talk about the things that you're gonna want to pay attention to on Day 2. So Sinclair Kennally, who is our right after us is sharing her story on how she healed from chronic toxin exposure and went from dysfunctional to completely functional and making a tremendous difference for people. So those nuggets and what she shares about on how to protect the energy in your house and clean up. Yeah, – That's the thing. I mean, I love you guys.

I do want to make a difference. But I get to learn so that – We really spent the last few months recording and learning. And then Lauren Tessier talks about mold, Kevin Ellis who talks all about osteoporosis. You don't want to pay attention to how can you prevent and reverse osteoporosis because he did it.

It's always personal and Paul Anderson, Ed was man Fanning when we, – Paul Anderson is the guy that teaches all the physicians. So he was a little technical, but if you can stick, stick together, it's – Great. – He was pretty amazing.

– And then Wendy Myers who's a detox expert, and Kenneth Swartz who's another detox and expert. These are all people who share really special, special pieces of information to improve your ability to get started today on feeling freaking amazing because that's the goal, right? We're not here to feel okay.

We're here to feel freaking amazing and transform your health. – And I think we want to leave with. First of all, the world is crazy out there and there's a lot of toxins, there's a lot of things that and there's a lot of wives, – There's a lot of wives out there crazy, – No comment, no comment and there is hope. And we're not after the summit really. There's so much information, the summit, take it, use it, listen to it again over and over.

If you so desire, we're gonna have a webinar to continue the conversation. We're gonna have courses just so that you're not alone. If this, if this summit is enough, awesome use it.

It's not. – Right. This is the start of the transformation, not the end. So join us, haven't have an amazing day. Will be here later for questions and we'll see you tomorrow.

– Thank you.