Why Detox Matters More Than Diet : The Hidden Toxins Making You Sick Transcript

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Introduction to Non-Toxic Dad

Welcome back to Everyday Ancestral, where we challenge modern norms with ancestral truths. Today's guest, Warren Phillips, better known as Non-Toxic Dad, went from being sick, stressed and stuck in a toxic world to becoming a fierce advocate for root cause, healing, real food and radical fatherhood.

We talk about everyday poisons hiding in your home, what most doctors miss about detox and how to raise kids who are resilient in body and mind. Whether you're a parent, a partner or just sick of feeling sick.

This episode will give you the tools to start clearing the clutter inside and out. Warren, I am so excited to have this time with you. Not only do I love spending time you, but it's just so rare to get a solid amount of brick time, so I'm excited share.

But I want to go into right away, what was your personal wake-up call around toxicity? Well, I was like everybody else. And it takes challenges and circumstances, and we talk about this all the time, to kind of create enlightenment in your life, too, move you past where you're at.

Everything evolves in life. You're where your at, you where at you. If you listen to this, this is over your head, You'll have your wake up moment, we all do.

So I had my wake-up moment where I could no longer work because I have so much anxiety, had to quit my job, went to 10 different doctors, because wasn't sleeping at night, was gaining weight, actually having night tears.

Chronic twitching like all this weird neurological stuff in the medical system said you're fine. Here's one medication. Most people are on two or three.

How long should I stay on it the rest of my life? So my science background in my faith, I'm a god guy. I was more of a religious guy than I more have a heart centered lover of humanity and God and people.

And so, but then I really had that faith and belief that there was a reason for all this happening to me, and I needed to push through it. Otherwise, I was so sick, it was going to off my life.

When I say I wasn't sick I couldn't go for a little hike outside because the stress, right, of walking was too much.

Warren's Wake-Up Call

The stress of taking a shower was way too, much it just my body couldn' adapt to the heat, thyroid issue, hormone dysregulation. It came down to mitochondrial dysfunction and what was causing The problem was toxicity.

Toxins, whether people realize it or not, are the main driver of most of the health problems we have. From low energy, it trashes your mitochondria. It causes massive hormone dysregulation.

it stops your cells from causing autophagy, the natural process of cell death, by messing with the cellular mechanisms. And then you build up a bunch of dead zombie cells that lower your energy that lead to the big C that cause disease.

So toxicity was at the root cause of all my health challenges. And I was lucky enough and blessed enough to listen to my gut because I an environmental consultant, had my master's degree in toxicology and chemistry.

I knew that it had to be that. Of course, none of the doctors would agree with me when I brought it up. I'm like, look, maybe I am heavy metal poisoned.

And there wasn't much science then, right? We're talking 20 some years ago, 2004, when i was looking for answers into 2005 until I found them. There wasn' t much literature out there, you could look up Matt Hatter's disease, he's had Lyme disease.

You might have heard about arsenic poisoning, but you know. Getting sick from heavy metals was for the quacks, right? That wasn't even real. We were still pushing raw milk and raw butter and gluten-free crackers in back street alleys, so there was no real Whole Foods delivering this stuff back then.

It was a little bit in California, getting off track. That's how I got passionate about this because I realized that it was my job that made me sick, full circle what I realized it was everyday environments because I tested them mold the VOCs from your crap you know drywall and furniture and in desktops and couches in your bed and the foams and plastic energy and Plastic industry the plastic clothing that you're wearing the chemicals the dyes all these toxins that are low cost high profit were driving cellular dysfunction hormonal dysregulation inflammation, the chronic pain, all the muscle twitching, neurology, every the neurological problems, that the brain fog all these things was toxins driving at its root cause.

So then once I found the answer, it was full blown sprint and tripping and falling while I sprint over these hurdles to lower the toxicity in my life so that I had less exposure of things coming in and then how to properly open up the pathways and get stuff out.

It's incredible because, I mean, really what you're highlighting is kind of everything that's in everyone's life, right? From the food we eat to the environment we live in to, the world we coexist with, Right?

So what were some of the first things you did? Or were you kind like someone who is exposed to mold and you just got rid of EVERYTHING? Like, what was your first step?

Well, I burned through a lot of my cash and got in debt, but I did try stuff, right? When I found out that mold was one of the complicating factors and when I find out heavy metals was an issue,… I was using medications like DMPS and DMSA, which are prescription chelators, and which were hard on me.

They made me feel good for a day or two, then I would get really sick and fatigued. chronic headaches and pain from these circulating metals, but it was it, was helping and it took it.

It was a process. That's how I started. I have solutions now that are much safer, easier and actually better using permanent binders. But so I started on that, you know, more traditional route.

I also went to Dr. Richie Shoemaker, who was the mold illness creator, Dr Richy Shoemaker. So I'd go to his office, I was even injecting things like EPO to kind of down-regulate my complementary immune system.

And I'm taking a ton of colostiamine, this plastic resin, and I can show it to the audience if this is on YouTube. which was a cholesterol-lowering drug because it lowers by binding bile in the upper small intestine.

And when you do that, that bile contains cholesterol, because its binding that fat, the bile acids contain a lot of cholesterol and fats, but also the toxic recirculation.

That's one of the big problems with detoxification, we can get into that later, is that nobody understands you have to bind that toxic bile complex. After your phase two detoxification conjugates and packages these toxins to be removed they get sent through your liver through the bile into your small intestine where they're getting reabsorbed in the portal vein in a lower small intestines we can kind of talk about that later but.

Toxicity as the Root Cause

this journey and this path has been really eye-opening to me because I really learned how to get someone healthy much quicker when it comes to detoxification because, I would say, 90% of what doctors or even doctors are doing are being a little rough on the patient by pushing phase one and phase two detoxication using these magical

binders that are saying that they do stuff that don't.

But that's how I went. I was with heavy prescription-grade bindings, DMSA, DMPS, prescription-grade gut binders like colostiamine to bind the toxic biocomplex to keep the mycotoxins.

And if you don't know about mold, mold produces a wicked mycotoxin. Think like anthrax, think a biological toxin that will take out a nation, right? Bio warfare, biological warfare.

That's what mold does in your home. As they fight each other, they're putting off a massive biotaxin in you home, and that's makes you sick. You can do a quick Search on Google and you can say if your home has too much black mold in it.

Can it kill you? And it would say yes because of biotoxins. It'll just wreck your neurology or nervous system poke holes in your the myelin sheath in.

Your brain poke hole in, your gut cause inflammation. You know hormone dysregulation all of it. It is a wicked toxin one of the main reasons I was sick because my parents when I moved back home thinking I Was gonna get better quit my job to get rid of all the stress because stress was causing it my parent said the baby boomers It's just stress honey come home live in our moldy basement And that's when i went from you know an 8 out of 10 to a 10 out 10 sick Where I wanted to take my life so it was mold that put me over the top after my immune system was harmony compromised one the main insults to your immune system that cause immunosuppression is heavy metals, is a lot of these environmental toxins, and then you take biotoxins, which are highly immuno-suppressive on top of that, your body, my body was just shut down.

I was a bag of dead cells and meat that couldn't function and couldn' go outside. chemically sensitive, you name it. So, but when I found these answers, I've tried to find the best experts out there, Dr.

Dan being one of them, Richie Shoemaker, really trying to remove the root cause because I was like, if the doctors wanted to give me a med that wouldn't fix the route cause, and that was my awakening, right?

And I know that this is about awakening is when, here's what you were looking for. When I asked the doctor, will this fix my problem? He said, no, it'll just make you feel a little bit better.

How much better do you? 5% and I was being gracious? How long should I stay on this medication the rest of my life? So I'm broken, you can't fix me. You don't know how this meditation works, nor does this mediation fix the root cause of problem.

And I am an environmental cleanup guy, so I like, well, if you have a bunch of gasoline that's sitting in soil that is contaminated in the groundwater, you remove the source of the gasoline spill.

You dig up the dirt, we off-gas it, put it in a hazardous waste landfill, and get it away so it doesn't pollute the environment anymore. Well, they didn't tell me that.

When I brought them those solutions, That doesn't work that's not there's no science there and now today fast forward 20 years of evolution of health with all the all of the things going on.

We come to realize that environmental toxins heavy metals. Mold mycotoxins what they truly how much damage they can truly do to your body the challenges.

We're using diets and programs and supplements and people are still getting sick. Obesity is still going through the roof because my message is you're not getting still.

You're no digging up the source of the pollution inside of you. Your not removing it. And that's gonna, you can't supplement that away. you cant GLP3, GLp2, You cant glp1, you cant peptide, You cant BCP, BPC.

157, read a true tide, blah blah, peptide your way out of a toxic source inside your body that's polluting you day in day out. some mercury amalgam fillings, a moldy home, your foam mattress.

You can't out supplement, out diet that stuff. That's why my tagline is but first detox. Why detoxification is more important than nutrition for your longevity, weight loss, you name it, immune system, so important.

Your microbiome trashes it. It's a powerful message. I am wondering though, as you came from, well, you come from science background, but you're also a man of faith.

And what I'm hearing you say is that science was letting you down. So the doctors, the industry was, modern society in a sense, was let you do down and you had to go inward to your faith to really find some answers and then reapply science so that it would work in conjunction with kind of what you knew and what what felt instinctively and through faith.

So how do you look at it? Because I feel like we are in a society right now that everyone is using the crutch of science. And they're not looking inward for answers.

They're just trusting what their doctors or the people that are coming from certain scientific backgrounds are saying. And I feel like they are just being led down all these rabbit holes or these paths that aren't very effective to your point.

You know, because the science is only as good as it is, right?

Detox Methods and Binders

But 20 years ago, it wasn't as Good as what you needed. And how do we know it's good? As good was what anyone needs right now? Like, cuz it always changing, isn't it?

Well, you bring up, I don't know if this is going to be too controversial, but you triggered in something in me. I think faith and belief and trusting your gut can be very, very powerful.

And it is the way forward. It is getting into your parasympathetic. Love is, love is medicine. God is a medicine for all of us, giving us personal direction.

But I also believe science is polluted and I believe faith is pollution. I think people use God in blasphic type ways to manipulate people into programs and doing things, into trusting them because, hey, I'm a man of faith.

Don't believe me because I am a Man of Faith. That's not my, you know, because anyone can say I believe in God. Oh, he believes in god. He must be good.

No, don't. Believe those people. The over spiritual, Folks, that's a red flag for me. I want you to go inward. You to find the voice of God inside of you speaking life and hope.

Here's what God sounds like. Remember when your parent treated you like that? Yeah, that's why you're doing that. Do a better job. Yes, I want you to be healthy.

You're going to have to make some changes. I know. Thank you, God. Right. It's this kind, loving, encouraging voice like you would want to. Be for your son or daughter.

So when someone is using faith or God to tell you this is the answer and God told me that for you and you should buy this, be very wary. because that is someone applying their faith and their path and journey and evolution on you.

You need to evolve. Yes, you need be inspired by someone like Chef Barry and Non-Toxic Dad and whoever you follow. Let it challenge you. Be open enough to know that, hey, I don't have all the answers and you don' have the

all answers.

Maybe we have something we can learn off of each other. And you can use that energy to propel you forward. But what I said before is probably the most powerful thing when it comes to healing.

Now let's go to science. Science as we know is very twisted right it's wrapped around money and there's a money trail so as far as glyphosate for example and this is all being exposed and everything is like this.

Is that they literally manipulated the data to say it was safe they manipulated to data and was paid for by people who had. interest in Monsanto at the time.

So this always happens, and I question why they even release that and let us know that, right? Because it is a game of trying to control the crowd because we do have the power.

We have to power to take ourselves out or we have power elevate and change. But the science is always being manipulated, so and not everybody understands science.

So the science that I understand is always evolving. The science of pharmaceuticals is also evolving, and I think, believe it or not, I believe that it's being forced into truth.

I feel like it is being force into longevity medicine. It is forcing into peptides and things that have less side effects and more benefits. Modern medicine is evolving towards more truth, thank God.

Humanity and faith True faith and true connection, not manipulation, using God to do what you want to and to force people into your belief system, but to let them evolve and connect to God in a path and journey that's best for them based on their unique background and understanding and how God knows them intimately and wants the best of them.

There's no way another human can have that for them, right? It's impossible. So faith is evolving. Consciousness is involving. Science is developing. We're moving towards more truth.

That's why we're seeing this massive clash right now. And that's what's really hard. You have to, there's certain things that, you know, DMSA has a double fuel group binder and it binds heavy metals and you can pee them out and see it on a test.

That's true, right? So I like those things. But when I was taking Effexor, for anxiety, they really didn't know how it worked. And it may make you feel better.

See, I don't like that stuff. So when you're looking at science, look at really how these mechanisms work and are they addressing the root cause of your problem versus putting a band-aid on.

I know it's an old saying, but you don't want to use a medication to put a Band-Aid over the red car light saying you have a bad engine problem, the engine light on your car.

You really want Whoa, I haven't changed my oil. Or wait a minute, i need new spark plugs. Like you need to change some things in your life. And with the onset of the peptide science, which gets me upset about that, and I like peptides.

I use some of them, but I think you can't out-peptide nature. In our connection to nature, good clean food, regenerative farming, sunlight, grounding.

This is the path forward, James Berry. to quote some of our presidential campaigners. That's the way forward, right? Is getting back to nature, getting reconnected with God, and there's no magic peptide or magic supplement that's going to fix our disconnect from nature.

And that is the problem. Science disconnected us from Nature and we need to get reconnect, using science to reconnect us to Nature. Influencers, Huberman, many of these great influencers now are saying, wait a minute, you need sunshine, Wait a Minute, You Need Grounding.

And there's stacks of literature, especially from other countries, that make all of this woo woo very true. Yeah. It is really cool the way that health continues to evolve and basically where the science that everyone used to promote is now getting kind of, like you said, it's either conjoined with ancestral practices or The ancestral practices are in sync.

They're almost like, no, you can't avoid these things. To your point, we cannot let science replace these ancestral praxis because they are, as you said, nature.

These things will never change because these are part of our DNA, in a sense. Yeah, I got back to the whole point of this. This is everyday ancestral living, and the answer is that.

And I think you can take that too far, or you miss some of the science of what our ancestral practices were, especially when it comes to detoxification.

We can talk about some the things that our ancestors did. that helped detoxification and they really knew what they were doing. Let's talk about those.

What are some things that you, maybe just pick three, like what are three ancestral practices that, you believe, support detoxication and that everyone should consider practicing?

Number one, sweating. The spiritual side of it, the health side, of the Native Americans, they sweat. Other ancient cultures, sweat, use stones, fires.

steam and they sweating was a big part of not only their everyday ancestral practice or rituals it spiritual the the and plus the hormesis on your body which that stress Can cause autophagy.

It can cause stem cell production. You know, it can wipe out viruses, the heat, you know things like that. And then also sweating is one of the main ways we detox because even back then when you're eating from the earth and the planet, although it's more contaminated now, You're still getting exposed to heavy metals, but when You sweat you release them.

There's been studies that that prove that and and it's hilarious where modern science it is shifting they they still claim in some docs will even say no sweating is just for cooling you know it just just four cooling it.

It's that still believe structure if you talk to certain. medical professionals, that would be their belief. That's what they're taught. It's not taught that your lymph could be moving through there.

I mean, but think about it, it's a detox pathway. You drink too much, your breath, you breathe out the volatile organic compounds, the alcohol, You get it out through your sweat because your liver's overloaded.

If you're overwhelmed with toxins, to get out, right? So if you force an induced sweat, your cells will start to release these toxins because they want to get rid of them.

They know your body is smart. It's designed to be rid off this stuff. So sweat would be number one. Number two, charcoal. The used to take the, from the fire, the black, and here's some for on YouTube or on Instagram, take this charcoal and they would take it For detoxification, especially when someone got poisoned, maybe they ate some bad meat, you know, Maybe they eat some Bad fruit.

Maybe They took too much of this mushroom and they were off in La La Land and not coming back. And so they would take Carbon and the thing with activated carbon how it works.

It doesn't bind heavy metals in the gut. It's a horrible binder of heavy metal. And I just saw a post from a health influencer yesterday and I actually wrote him personally.

I'm like, dude, you just said carbon binds heavy-metals, it does not. Its a weak binder, its probably contaminated with heavy metals and will give you some.

But you don't use carbon filtration in your water filter to get rid of your heavy medals. Takes out chlorine, takes out organic toxins. Right? A little bit of chlorine.

It's not amazing at it. But this is the funny thing. There's science that shows what charcoal, which is old fire, the Egyptians used it, it was the ancient mineral for Cleopatra, like this, Apocrates, you know, talked about it You know?

So this like an ancient ancestral tool, but if… You know, you try to get this into an ancestral event and they might be like, oh, that's not with nature.

I'm like no, they consume the junk out of this stuff. But here's the plastic resin. This isn't nature that binds bile. That this is why it works for detox.

And I can't wait to give this message out there. If you take it a half hour before you eat, specifically is one of the tricks I'll give you. This will sit in your upper small intestine.

And when you eat fats, it'll dump bile. That bile is loaded with toxins as part of the phase two detoxification natural process in our body. We're so toxic today, that bile complex that is being released from your liver is so full of toxins, specifically fat soluble toxins.

If that isn't bound up, It travels down through your small intestines to the portal vein. and goes right back into your liver and it's called hepatic biliary recirculation or enterohepatic reciculation is the scientific medical term for it and we just recerculate toxins.

So if you get poison, and the toxins get processed through your liver and they get reabsorbed and you keep poisoning yourself over and over again, trashing your lever.

It has to deal with them again. Sometimes they give back into your bloodstream. You break this in there, catchers mint for the toxins, removes them. This is the message.

James, I don't even think you know this is detail. No, no, I've always been told you take it at night before you go to bed, but you're recommending taking it before- No no no you do.

Faith, Science, and Root-Cause Healing

You take before bed because at nighttime you release bile. Okay. Because your liver is on a circadian rhythm so it is dumping bile at nights. But you are recommending you taking before food as well.

Yes, if you're like in a multi motor situation if your in the detox protocol and again. You would you would cycle off of this because cholesterol is the backbone of your hormones testosterone cholesterol, you know is a backbone estrogen progesterone, so you don't want to cholesterol as your friend.

In ancestral living, we know that. That's why eggs are so important with things like choline, another important building block of hormones and hormone regulation and hormonal reception.

So these fats are critical. If you take it all the time, it's going to lower your cholesterol. There are studies that show it because it binds the bile.

But this plastic resin, microplastics, does the same thing. and this has unnatural flavors in it, but this is what Dr.

Shoemaker still recommends for biotoxic illness.

I personally discovered carbon in 2007, does the same thing when I was studying to find a natural option to call it styramine, so pretty powerful. So that would be number two.

It is interesting though, because carcinogen, you know, like barbecue, burnt meat, right? We talk about that being carcinenogenic, and that's technically carbon too, it's different, Yeah, it's not that type of carbon, right?

That's carbon from- What makes it activated then? Well, they activate it through a heating process, and steam, so they're charging the surfaces through ions.

Super activated charcoal is activated through steaming process I believe. Right? I actually need to refresh mine. You caught me on something that I can't remember exactly how they activate, create super activated carbon.

Like this stuff, if I throw it up in the air, the electrostatic nature of it will bind it to this blind over here or my wall. and I'd have to literally, it'll bind to the surface.

I'll have like scrub it off with a scraper, right? It's electrostatically charged. And I think they do that through steam, going back in my memory banks.

The point is is that the carbon from your burnt meat on your barbecue is different than this. So if someone's looking to incorporate this, they should be looking for activated charcoal sold in a health food store or online, but looking for a good provider of that and uses, it comes in like a capsule or you're putting it in water, right?

Yeah, I mean, you can take carbon. Like when we first discovered this, i bought the same carbon from the study and we ran complement immune system tests on people who had mold illness.

And we wanted to see if it worked as good as colostiamine. So we just bought this same super activated charcoal out of another country. I got a bag of it, it was all over the place.

It would stick to me, the walls. i used to put a hazmat suit on because it would get into my clothes and you couldn't get it out because that would bind to the fibers.

You don't want to breathe this stuff, that will cause cancer. It is very irritating to your lungs which can cause inflammation, so you don't want to breathe carbon dust.

Anyway, so we would give it to them and we'd mix it and then they would drink it, and they had black teeth, because we couldn't encapsulate it back in.

No one was doing it. Not this super activated stuff. We saw the same drop in C4A as we saw with the complement immune system markers showing that when you remove a portion of these toxins through the bile complex, pulling these mycotoxins out, stopping them from recirculating and causing inflammation, You would lower the complement immune system that was being fired up because of the biotoxins in the body and that's a test is called Complement immune System test called c4a or c3a both can be activated once we figure that out We then you know packaged it in powders and then we got it and pills and Then over the years I've developed six or seven products even for physicians and today the the one that that I make is true carbon cleanse and it has two types of carbon in it one's from organic bamboo and then I like the super activated stuff that comes from um actually from trees okay okay that's good to know um well we'll put that in the show notes as well um okay so sweating charcoal and you said there was a third Zeolites for heavy metals, hands down, an ancient mineral people.

It's the most contaminated natural in my, based on what I know, there might be something more, but it's most the contaminated heavy metal binder out there.

So if you're buying it from Amazon, if your buying from a health influencer, and it doesn't, it it not clean, let me tell you why it is so contaminated with heavy because it's an amazing binder of heavy metals.

So when it is in the environment, it just trapping, if water rolls through it and there's heavy metal in it, its going to bind it up. It has this honeycomb structure.

it has up to three negative charges inside of this cage. Versus a surface bond on say a hydroxyl group on a fulvic acid, has a single little negative charge that's weaker.

and can also be affected by microbiology. It can be effected by pH, it can effect by temperature, I said pH which is acidity. So it could be reversed, the charge.

the binding of heavy metals on things like clays and fulvic acids. This is another big lie in the industry, that these are great heavy metal binders. They are mobilizers.

they can be used in conjunction with a true binder, like DMSA, DMPS, but even better, a zeolite, because this is what the ancients used for heavy-metal detoxification.

The knew that this things detoxified the body. It would eat zeolytes for this reason. Where do they come from? What's the sourcing of it? Zeolites, you know, the main mechanism and I'm a geologist and i'll do my best to simplify this.

I have a master green geology and this is a Geologic Crystal. This is geologic mineral, a zeolite crystal. And what happens is after a big ash out from a volcano, this ash will sit in either freshwater or salt water and that water will get buried and then there's geothermal action, heat and temperature, and you get some pressure because it's being buried.

And this, literally over millions of years, will start to change the structure of the volcanic silica-based ash. It's a lot of silicon there and this is what zeolites are, an aluminum-silica mineral.

and it turns it into this crystalline structure called zeolyte. many, many different forms of zeolite, but the best for binding is plenoptilolites zealite based on the honeycomb structure and the charges that are inside of these cages that act like magnets for heavy metals.

And how do you take it? Do you it in conjunction at, you know, before going to bed with the carbon or the activated charcoal? Well, it depends on zeolyte that you're taking, right?

I put zeolite inside of my True Carbon Cleanse, and I have a patent on it. I could actually show you the patent, I think I'll have it right here. And I even read the patents.

So, part of the patented process, this is why it's a little more complicated for my product, for the product Cytodetox, which is a liposomal zeolate, it has fats.

You can't take that on top of carbon. But just the zeolite powder itself, we cleaned the powder and then we fragmented it into sizes that will stay in the gut.

Some that can small enough to get into blood and some that are even small to enough get in to cross cellular membranes. I put that powder in here and you can take it with the carbon.

But you cant take fats on top of the carbons because the carbs will bind all the fats. and just push right out and the carbon won't do its job and then zeolites won' t do their job.

So, let's take a step back. I can give you my protocol on my two products. Yeah, I'm curious how you do it. Yeah, so if I'm on a detox protocol for say three months and I just ran a small little clinical study with a medical doctor and we were able to reduce symptoms, 53% on similar protocol.

I don't wanna like over claim it, but it was only on six clients. We had some amazing results that through symptom questionnaires, we're gonna do a little white paper on it.

But just doing these, these are ancient detox tools. That's really what they are, used by the ancients to support detoxification in their bodies. And so there's lots of different ways to do it, but this is my program.

I would take it, if I'm doing a detox and I really want to get rid of this stuff, I am going to take this probably twice a day before bed, like you said, just the carbon, and then I want take 30 minutes before one of my meals because I will get a bile dump.

And I really want to make sure I capture some of those toxins and a lot of the times or support the body's natural ability to capture those toxin. Let's be a little more less more accurate for the for those watching, namely the government.

So.

Ancestral Detox Practices

That's going to really. Because you have that toxic bile dump and this is one way you can support detoxification after you eat. Because let's think about it, after we eat, do you ever feel fatigued and sick and you get a headache and it's like every time I eat I feel like crap, I just don't want to eat?

Well, that means you're really toxic and your bile complex is literally probably loaded with toxins. So you take carbon 30 minutes before a meal, a fatty meal, dump it and then before bed and take no medications.

Talk to your medical doctor about this if you're taking a product like this, like True Carbon Cleanze or any other binder type product. I recommend two hours away for medications, but talk to you medical professional, right?

Because these things can bind a lot of the, I mean, they're petroleum based medications right, what does this bind? Trollium toxins, right? So that's very very you got to take it two hours away So I would say two Hours away talk to your medical doctor and then with the zeolites I take It three times a day Morning when I first wake up before I eat you can take, it with food in the afternoon it's fine and Then I like to Take it an hour after I take this before I go to sleep, just to get a little extra bile dump with this product, because we have the phospholipids in here as well.

So it's gonna push a lot of little fats out. Again, we can drop that little protocol in the show notes. Yeah, will do that. No, this is great. I wanna segue into some immediate things people can do when they're looking at their homes.

Because I know you're a real expert on like, Just just practical things that people are using in their home that should people might might be better to be rethinking, you know, and maybe maybe certain tools that they should buy instead, particularly if they're in the.

They're they're needing to refurnish or or reef the stock their home So what what are like let's just focus on like some practical things people can immediately do upon listening to this podcast so first of all I feel like it's important because to your point you said when you first down went down this rabbit hole you used a lot of money, you know of trial and error, right and So I kind of see there being two practical lines.

Like if someone has unlimited funds versus someone who has limited funds. So for the person that has the unlimited fund, what would be the first swap that you would consider that they should do?

Got it. And I can do this easily and quickly. But I want to make a point because you brought it back up. is that you can't leave the sources of toxins in your life.

So don't do my detox protocol and it's going to fix you. I'm passionate about it because of the recent study that I did and seeing all the junk. I always call you Dr.

James, but Chef James you know that's my insecurity, if you will, like just being honest, I don't want to be like everybody else. But there's something that really works.

It's really helping people. You can't out cytodetox, true carbon cleanse, a toxin that's sitting inside of you, right? You have to remove the source of toxicity that is inside you.

This does remove a source, this is like removal process, support digging it out of your, yes. But if you constantly have fresh gasoline poisoning you every day, right, from your everyday environment, gasoline VOCs from you bedroom each and every day, you're putting the toxins right back inside of you, right?

So this is the answer. So unlimited, so where do you start first? Your bedroom. You spend a third of your life in there, or more, especially if you watch TV, but that's a toxin, get rid of it.

Blue light, anxiety, you know, all of it, right? Great New Year's idea. Cut. Start reading books. So you're in your bedroom. The first place you need to start is, I would say, with what you are sleeping on.

Your bed and your sheets. If your bed is made of toxic foam, now if it's a 10 year old foam mattress, you're getting micro plastic exposures because it is Made with petroleum based toxins and micro plastics, these synthetic foam.

So you are breathing in all the toxins. Micro plastics are horrible because they not only themselves cause inflammation as a foreign body, but they carry the toxic, the hormone disrupting cop.

Compounds like phthalates and plasticizers when you breathe them eat them consume them they get into your cells Your body breaks them down releasing toxins.

So again change you're right. Yeah, the mattress is constantly off gassing They constantly off-gas. And they spray them because of a dumb law with flame retardants.

These bromelated flame-retardants that are highly carcinogenic. So you want to get a natural mattress today. My green mattress, actually, I remembered it.

They offer a really inexpensive organic mattress. that is really clean. They have a little polyethylene sheet around some of the springs, but it's, you know, the amount of microplastic exposure on that, is slim to none.

So, same price as a regular mattress, so you can get that. Right? So that's great. Sheets. The best, if price isn't an option, izama-textiles.com sheets.

are amazing because they, here's the problem with sheets. You can get your organic sheets at Target, great. They can be got certified, Great. But even that fabric could be up to 20% plastic like chemicals because those are still chemical dyes that the organic seats are being dyed with because it's very inexpensive.

So they can say 100% cotton but then still have plastic in it. still have plastic, up to 20% of finishing agents, silicone stuff to make it feel good, even Forever Chemicals to makes it smooth, right?

All these different compounds, finishing agent, like I said, so they can be up the 20 percent of the weight of that sheet, it's still synthetic. Now, got certified is better because they're going to be not known to cause irritation to the skin because a lot of these dies that are in sheets literally affect the bacteria in the cell and cause inflammation and kill them and therefore the the that the Bacteria that's necessary to produce healthy fats to help your your skin be protected or being killed off because of the dyes in your clothing and in you're sheets.

It's nuts. And sheets, you can't avoid it. You're in them for all that amount of time, right? You are not taking your shirt off, during the day, like I do, if at all possible.

So that's the best sheets, if not get got certified certified organic sheets. So those would be the two big things that I would change inside of my bedroom.

And then add an air filter because biotoxins, microplastics, all of those and all that fly on dust. Right? So if you can knock down the dust load in your home, that's going to be really beneficial.

Put snake plants in you room for multiple reasons. At least one snake plant per person in the room. You need enough of them to one, they do a couple different things.

They release oxygen at night. And that is another thing people don't realize is we have stuffed up homes and we All of these, every single time we talk in, we're putting out carbon dioxide, right?

So we want plants that can help offset that and we need more oxygen. Best thing to do, I wish I could think of the German term. Schlutlüften or something like that, which is essentially rapid air movement into your home, letting air in.

Practical Home Toxicity Swaps

So opening your windows for 15 minutes, getting cross ventilation and then closing them up because you don't want to get too much humidity. You don' t want t cause temperature switches in the home where you could have condensation like on a glass.

so you do this rapid-air exchange for 10 to 15 minuets and add oxygen in get rid of the bulk organic compounds that are building up inside of your home.

And that's really important as well. Then an air filter. So, schnut luften or whatever it's called. It's rapid air movement into your house. A snake plant, is that the name of that plant or is it the type of plant?

Yeah, it is called mother-in-law's tongue snakeplant. I can't think of a scientific name at the moment. But yeah, one per person in the room. One plant for every 10 square feet is another rule to go by.

So if you have a 10 by 10 room, you need at least one. If you two people in there, need two. if You have 34 square foot room and two in people there you're going to need three.

Those are kind of the rules of thumb and those are great. They suck in formaldehyde. benzene, toluene. A lot of these toxins that are being off-gas. Really great.

There's another company out there. You can buy this bacteria that you can put in the soil and it'll suck up. It'll make that one plant like 30 plants in your room.

I can't think of the name of that company. Wish I did. We'll put it in show notes. Every month and add more bugs, but it literally lives off the toxins.

That's what they were trained to eat while they live off of toxins So we do this an environmental cleanup So how I'm so curious because you know when you got sick you weren't a father you are a Father now you have three beautiful kids You're married, you have a family.

And in the non-toxic dad, this is what you do and breathe, right? So how do you lead your family's health without being rigid or fearful? Well, I don't all the time.

Let's just be honest. I wish I was better at it, but I, was hurt so badly. Like jerking around somebody who got bit by a dog and they're just scared of dogs the rest of their life.

Absolutely. So I still have some of that trauma and I have to give myself grace and forgiveness for being too rigid with my family. But also, being strong and not letting the emotion of a child dictate what's right and what is true for my family.

So there is this balance of being loving and kind and full of grace, but yet not let the emotions of the child like a kid crying all time, here's the cookie anyway, right?

So there is this balance. So how I do it is I, okay, let's make a compromise. Let me pick the nail polish. It has to

stay, it has be cool, but let me do the research for you.

Daddy, can I? But can I use this one until then? Once a month, but let me find something that's safe and there is safe nail polishes. I don't have it memorized because I.

Use them every day, right? There is pretty much 100% non toxic. Paints out there piggy paints pretty safe, but it falls off your nails, But there are some pretty non-toxic options, so we do that right?

And then I let them make mistakes as well So you have to let your kids make Mistakes if you don't let, them fall they never grow so i'd let Them make, mistakes so that they come to me and be like, oh i'm eating too many carbs I can, feel it my, immune systems getting down i've getting i'M getting back pain iIm getting headaches right so I'd Let them i strategically let.

Them poison themselves so they can learn And then I make a deal is like, look, if I can get a really good solution for you that you like then can we make the swap and I'll pay for it, right?

So to get rid of the Lululemon pants, the Athleta pants which drives me absolutely nuts. I finally found a company and actually helped save this company because they had funding issues.

And I didn't fund them but I promoted them for free and it's called Nomariye. And they make 8%, I think down to 8% elastane type lululemon pants, athletic wear, that are pretty much non-toxic, right?

And so I bought her a bunch of that stuff. It's been on back order for six months because this poor company, you know, did it on a shoestring budget, self-funded, but these disruptive companies, these are the ones that I love as non-toxic dad, so that they're actually creating the answers for my family, and I help promote them for free at times, because it makes a big difference, right?

With blue light screens, there's that one, that company, I forget what it's called, it has the safe. True light, yeah, or daylight, daylight. Yeah, they like computers.

So these are the companies, I'm going to do a reel for them and a box opening. I am not going get paid for that. But I want these disruptive companies to bring solutions for my children.

There are so many reasons not to give your kids these traps. Yeah. The iPads and phones. So that's how I kind of navigated. Do you have any specific questions?

Well, I was going to ask you, what do you wish more parents knew about raising kids in today's toxic environment? Like what are some things parents should be thinking about in your opinion?

Yeah, i mean, What do I wish? I Wish it was easy for them. You know, that is what I wished for parents. I, wish that there was a A movement that we could create that would be cool so that our kids would embrace it because I mean it's hard for my children and we homeschool and Just a little bit of the world that they see right they want the bad things because they were humans we want What we can't have we all want that unless you?

get connected to nature and God and know that you have everything that You need, you know, that, You are whole, That you are loved, right? When you come from a place of strength, when you're connected, but our children don't know That yet, Right?

And so, I think the best medicine, Is love for your kids so. To to to force forced non toxic living on them in a harsh way would probably be more toxic to them.

Then the non-toxic lifestyle that you're forcing upon them right so you can't live in fear you cant. force this on them. So the best answer is for you to live it and for them to choose it.

For you model it as parents is the way to go. And then when you're having the meals and you are doing the things

and eating ancestral, they are going to eat it anyway.

But let them choose because you modeling it because they will come back to it, and they're a little more resilient to some of the exposures. Buy them cool non-toxic clothing that You know as a gift and maybe not even tell them that it's non-toxic because I think getting kids out of plastic clothes is so important.

Plastic underwear, I mean what it does is disruption. Even the static, this unnatural magnetic type static electric field that's created from the rubbing on non natural fabrics on our skin.

Literally, the research shows causes this weird electron transfer to happen in oxidative stress inside of our bodies.

Parenting in a Toxic World

It's like I have a video on it where it's popping the balloon of the electrostatic charge. that it causes. So just investing in your children, helping them make wise decisions, filtering your water at home, feeding them clean food, getting in a regenerative farm co-op, just creating these habits as best you can to integrate ancestral living into their life, going for walks with them outside, giving them with their shoes off outside.

Just having them model you, because at the end of the day, they want love to buy you. They want to be seen by you and if you Model that if you can see them and love them They'll they'll come along next to you.

They just want to be loved and seen by you and They they want a be you in a lot of respects. So that's the best answer Well, I love that answer Warren and and I and i love this discussion.

I really appreciate your time today I think that I think one of the biggest takeaways is that it may not just be the food. It may just not be, oh, you got something from someone else.

That we need to actually be looking at the environment we live in, that's possible that the toxins that have been stored in our bodies for all the years that we've been alive, it's important that even if your doctor is saying, No, no, everything's fine to worry about it, but you instinctively feel something is off.

To listen to that, that I hope that when you hear this episode that you here that Warren is saying like, look, the world didn't have the answers for me.

I had to go within because I knew something was off and I needed to trust that. And when I started looking at all the things that were causing this constant stream of chemicals and toxins into my body, that's where I then started making change.

So I hope that this is just introduced to people that there are deeper things potentially going on, deeper solutions than just take this pill or go take that pharmaceutical.

So I really appreciate that you're introducing this contrast, people. And like you found, Warren, I'm so grateful that you saw getting sick as a gift and that You saw the gift in getting Sick because obviously you could have done 50 other things then then gone down the path you did choose you Could have you know ended your life you?

Could Have just sat and accepted what everyone was telling you you You could Have played so much smaller and you didn't so i'm really grateful That you chose the Path you Did because you are helping millions of People And I would offer anyone listening this, we got into some stuff, but we'll put as much as we can in the show notes, just go to Warren's pages and where should they go, Warren?

Yeah, I'm at non-toxic dad everywhere at nontoxic dad all one word nontoxicdad.com. The non toxic living podcast which you can grab on YouTube, which is on non Toxic Dad's channel.

Any of those paths and you're right. Chef James is that remember this guys. It's hard to serve. It takes time away from my family. Many times, I begin to resent it.

And then I realize, and I connect to my heart, you're a natural heart-centered guy. People don't know what neuro-anguistic programming is, but you naturally do that.

You naturally connect with people because you are just geared this way. Everyone loves you because Connect with people you connect with their hearts you ask questions you care you're kind you follow up on your word like you have a lot of the.

You have the the tools of greatness because leadership is really where we what we need today and i'm so glad that there are leaders like, you out there leading from a heart centered place I learned from you but.

Here's what it comes down to. Serving is one of the highest callings you can have. And sacrifice and serving go hand in hand. But you have to remember, you cannot sacrifice everything for the mission that we're on here, Chef James.

We do have families that need us. No, guys, we do this and it's hard. It's serving you. I don't have an agenda. Yeah, I have products and I do not have a big company.

All I care about is If I can help make humanity a better place and we can reconnect the God and what Chef James said so beautifully is that the answer is within.

We have more than five senses.

Closing Reflections and Resources

There's more that five colors that we're told. there's, more tones than they were told that are on music. That is a great expanse of ancient wisdom and knowledge inside of us that's been suppressed.

I'm not going to say it's control or conspiracy, but it is what it, is humans get into ego and we all do it. We do in our micro environments and a macro environment, maybe like the government and what we're seeing today in this world.

But there's that awakening. There's more five senses. Many different smells. Don't label things. Open up. connect to the vibrations of the planet, if you will, the vibration of each other, and into that inner wisdom, that ancient ancestral wisdom that's inside of you that is resonating, speaking loudly.

And when you connect with that, a lot of this stuff that I talked about will be easier to understand and you'll know how to apply it to your personal journey and path because you're on one.

A personal, journey, path. And I'm here to support that path and journey, not to force you in any one direction because your mistakes are your greatest teacher and suffering leads to answers.

And we're all on a path. I love each and every one of you for it. Well said. Thank you so much, Warren. and thank you all for joining us on this journey.

As I always say, and this so applies to this episode is just stay curious, be curious. and be open-hearted. Thank you all for joining. Be well. And hey, if you know someone who'd get something out of this, share it with them too.

Stay curious, live well, and keep it ancestral.