You Can’t Detox The Rain — But Here’s What You Can Do Transcript

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Introduction to the Summit and Guest

Hi, ladies. Welcome back. I'm your host, doctor Sharon Stills of Mastering the Menopause Transition Summit 4.0. It's our fourth year at it, and I've got new amazing speakers coming your way because everything is always changing and there's always something you can learn, whether it's something you already knew and just need to ingest it and digest it on a deeper level and make it yours or it's new information.

So I'm so glad that you're all here helping to educate yourself so this can be an amazing time of your life. And my special guest today is Doctor Eric Zielinsk, known as doctor Z.

He's the author of the national bestseller, The Healing Power of Essential Oils and the Essential Oils of Diet. His pioneer natural living and biblical health education since 2003.

So he's been doing this a long time. He was trained as an aroma therapist, public health researcher, chiropractor, and he started Natural Living family.com in 2014 with his lovely wife to help people learn how to use natural remedies like essential oils safely and effectively.

His site is visited by more than 5 million natural health seekers every year, and it is rapidly become the number one online source for biblical health and non-branded essential oils education.

So we are going to get a good education on essential oils and what it means to live a nontoxic lifestyle. So welcome to the summit! I'm super excited to have you here because I've never gotten to interview you before, and I've been wanting to, I'd like to share and thank you so much.

I mean, we've known each other forever and so grateful I am I'm so grateful to be talking about this with you. And thank you so much for your work, your events.

The last just the last 3 or 4 years you've been doing this. Awesome. And I hear it from my community, people that follow you and your work. You're helping a lot of people. So thank you.

Thank you. And I think we both have the same mission, right? Just to spread truth, spread truth, and help as many women as possible because there is a lot of noise out there.

And so with that in mind, why don't we start off? I just want to know, like this nontoxic lifestyle, what your viewpoints are on it, is it achievable?

Are we asking too much, too little of ourselves? Like how do you view this?

Why a Truly Nontoxic Life Is Impossible

I, I just stumbled upon a National Geographic article that was screaming from the rooftops, something that we've all known for for several years now, and that, PFOA is forever chemicals are now detected in our rainwater.

A rainwater. Yeah. You can't avoid the rain. The food that we eat, the animals that we consume, the plants that we eat, can't avoid the rain. All right, you gotta think about that.

And then the article went on to talk about dust and, dirt and PFOA are everywhere, right? A good friend of mine, mutual friend. I'll leave him unnamed, just for his privacy, but we were having lunch recently.

Well known guy in the functional medicine space on the healthiest people I know. Got one of these super, super extensive lab tests done on his whole thing just to see where he's at.

He's, like, ten years younger biologically than he is his own age. Like, he's picture perfect in every area but one PFOA through the roof. He's like, why?

Like he he's like couldn't get it. Like, what do I do to detox a you can't like try. They're called forever chemicals right? I mean the body at this point there's preliminary research to suggest maybe beta glucan or some other, potential supplements can maybe help enhance your body, but they're called forever because the body, your environment, our environment cannot degrade these things.

And then I came up to him. I'm like, well, they're everywhere, buddy, your food packaging. Just think about that. You're organic, gluten free, dairy free, sugar free food packaging, your pots, your pans. It's in the asphalt.

So when the cars drive on the highway and the dust comes up and accumulates up in the clouds and then the rain falls down, that's how we're getting it all over each other in our water supply, let alone waterproof boots.

And ladies, please be careful. Waterproof mascara, waterproof lipstick all the convenience that we use. We're slather in this stuff. Okay. Wow. That's National Geographic and we've been on this for years.

The research has been sharing this. And then you go like okay, PFOA is not good. And then we go in like, well, what about the air? Right. And the World Health Organization states emphatically 99% of the population, virtually everyone that lives in any sort of civilized culture breathe polluted air.

And then the EPA, the Environmental Protection Agency, has been very bold in saying the air inside our home is 3 to 5 times more pollutant than outside. Wow.

And then you look at water and the 250, 300 again, the Environmental working group, if I'm not familiar with that. Hundreds and hundreds of chemicals in the water.

And then you look at the food God help me. What do we do? And then you start looking at, okay, I can't avoid air. I can't, you know, I can't avoid, food and unless and let me just point the picture.

This isn't doom and gloom. There's a lot of hope here, by the way. But I'm painting the picture. This is what we're in. This is what we are. This is what we are being inundated with online specifically.

And I've taken a deep dive in Instagram culture the last month. Like I've just been obsessing over it for a variety of reasons, one of which is to get what's happening out there.

I, I just distracted and since Covid, my wife and I have had three babies. We just been busy. I've taken my own little sabbatical and I was like, what in the world?

Why are so many people freaked out? Like, that's really what it is? Why are so many people going crazy over stuff? Right? And I started to see functional medical doctors, health care practitioners, medical doctors, even, conventional influencers, homestead moms.

Right? This whole like there's just thousands and thousands of of of people, of groups of organizations that are flooding TikTok, Instagram, social media with just beer.

And the fear oftentimes goes into like, this is bad. All this food dye, all this, all this, and and then you get National Geographic. It's gotten so much.

This is why it's gotten mainstream now. We're now majorly respected and conservative ish conservative meaning not like conservative liberal, but conservative meaning National Geographic is in a health right organization.

Right? They're very conservative in how they communicate about anything health related specifically. Right. CNN, Fox, these are these these news outlets are generally conservative.

They're not bent in our way. They're not watching doctor talks. They're not watching Doctor Sharon Stills. And when you get these major news media outlets finding this information and sharing it, it makes me wonder why.

What's been the tipping point? And it's not, you know, it's because of people like Bobby Parrish. You know, it's people like our friend Warren Phillips, the nontoxic dad, that their videos are going viral.

They're at Costco saying, look at all this is killing you, killing you, killing you, and then you walk away. No, it's funny, my buddy Warren Phillips, a mutual friend, nontoxic dad.

I was kind of scrolling through these great videos, by the way, and I was scrolling through one, and there's one guy said, nontoxic dad, if this isn't like, what can we do?

What can we eat? You walk away from this experience thinking, I'm going to die. I'm dying. There's nothing I could do to avoid the chemicals that are killing me.

And let me talk to ladies for a second, especially pre post and perimenopause. Right? This whole experience. Your exposure to environmental toxins are only contributing to your symptoms.

They're not helping. And if you find yourself in a position where this is just like these hot flashes or just the cramping or the headaches or the lack of libido, the vaginal dryness, all these things are just coming in.

You're like, why? What? There's a lot of things that Doctor Sharon and I'll defer to her is the expert on. One thing I want to add is, well, maybe there's a little bit of toxic overload.

Maybe your proverbial toxic bucket is overflowing and you go on this route, you follow a couple Instagram people, you go on TikTok, you go on an event like this, and you leave.

Maybe some people overwhelmed, overburdened. And this is what I want to point out. It is. And I'm just if I could be faith based for just a second, it is only by the grace of God that I think we're alive.

Our bodies are so resilient. Adam and Eve, Moses, Gandhi, Muhammad, go back. They didn't deal with this stuff. Air was air. Water was water. Food was food.

Our bodies have been designed by God to be so resilient that we could overcome this junk. Now, are we living in that perfectly healthy, no symptom life.

Lowering Toxic Load with Practical Swaps

That's where it's like, okay, so when I started diving into this, this nontoxic, nontoxic, and I've been sharing it, sharing for so long, I was like, I don't think that's fair.

I don't think this is a good phrase. There is no way I could live a nontoxic life. And it was funny. This is really funny. Confession. We're we're back.

Like we're having fun. I'm doing reels. I'm doing videos. Like, literally, I took five years off of Instagram and just I just, like, slept and slumbered and been great having babies and all kinds of stuff.

But, you know, I did this video of my wife making her nontoxic, and it is actually 100% because we make it at home. DIY nontoxic body cream. And and she put it in this, like, plastic, you know, heavy duty container.

And what are the comments? Snarky but good, a beautiful woman said. I find it interesting that you're helping us make nontoxic body care, but you're putting it in plastic.

I was like, that's the world we live in. Not that that's a bad thing. And to her point, nanoparticle plastics. Oh boy. Don't get me started. We're going to talk all day long about nano plastics. Right?

But you know what? Here's the truth. We have seven kids. Seven kids. We used to put that in glass until one of the babies broke it. And now we have glass everywhere.

And that's okay. As a father, my parents say my my kids safety is first and I'm willing to have them and be exposed to nano plastics for the better of the good of everyone not getting cut.

Crazy as it sounds, judge me if you want, but you know what? It's impossible to avoid plastic in our society. It's completely impossible. I mean, we could really get down to it, which means it's impossible living nontoxic life.

It's impossible to live a life free of forever. Chemicals just by you walking outside and having rain touch your skin, you breathing. Unless you have high power Hepa air purification and walk out and like with like a CPAp right outside, it's like, okay, let me embrace this.

So if if truly speaking, if nontoxic is impossible, which it is, then what's achievable? What's realistic, what should we try to do? And this is where I wrote a nice response, like it was me.

By the way, if you see, if you see a little Facebook or Instagram video, that was me responding and I was like, well, I appreciate it. You're right, glass is always best.

But you know what? This is one of those compromises I'm willing to make for the safety of my kids, and so be it. And I'm like, you know what? We do the best that we can and we celebrate the successes.

However, there are things, and this is where it's fun, right? When we, you know, it's really fun. Sharing, too, is when people like us, we have our meetings and our events.

We all go out to dinner. We all look at each other like, what are they going to eat? What do they get intrigued? I love everyone's looking, everyone's looking, everyone's looking right.

Hey, what's so and so and so like, you know, like when the vegan does the vegan ever have fish or meat? Are the gluten free does like doctor Tom O'Brian is he actually going to have a piece of bread? I love it, right.

If we talk, we this is who we are, right? We all get together or we we network. I want to encourage everyone to focus on the things that we have control over, and mostly the things that harm us the most.

And maybe I'm diminishing certain things. And maybe I'm ignoring because, again, going back to nano plastics, I know what the research says. Years and years and years of it.

Alzheimer's, dementia, cancer. I mean, there's this stuff is bad. Yet I'm thinking to myself, okay, what's realistic for me? What can I afford? What's going to help my health today, my life today?

How do I build toward a healthier, more abundant life? And how do I not judge myself and others? And I've known people. It's kind of funny. Absolutely crazy.

Crazy over plastic again. Plastic nano plastic nutso, right? Everything won't even touch plastic yet. They put on a shirt that has polyester in it and they got underwear.

Whoa. Underwear that is not 100% organic cotton. And guys or ladies who have guys in your life. Nads are the best organic cotton underwear ever. I love it, it's fitness friendly, but you know what?

You know we go. It is kind of funny. Like we don't see things. And the fun thing is, you know, the more that I'm following these Instagrammers and stuff, I'm like, oh, you know, clean living.

Carly, this cute little girl, a cute little bike. She she's like young 20s. She's engaged. I love her like I love her like she's the cutest. She's cute as a button and she's doing all these, like, nontoxic, nontoxic swaps.

I'm like, okay, this is cool. And then she talk about her razor. I'll never use a regular razor because of the lubricant strip. And I was like, I never thought about that.

I've been living this life, Sharon, for 22.5 years. I have it arguably as dialed in as anyone I know. According to my opinion. You, of course, can probably go to my home and pick out those couple things, but we're doing okay.

Like pretty decent, right? I've been using lubricating strips on my razor and I never thought twice about it. Is that crazy? Like, I do this for a living, y'all.

I write books on this stuff and it took 23 year old cute as a button college graduate. Carly clean living. Carly by the way you follow her. I love her on Instagram to like awaken me.

I'm like, oh, it's about a lower toxic life that once you are maybe, dare I say, enlightened or something, you embrace it. And you know what I did? I kid you not.

I threw away my Gillette's. I bought this cool safety razor, 100% stainless steel, and I got a clean shave. And I'm like, I'm in. I'm done. That's the thing.

That's my nature. When God and I believe it was a divine inspiration because this was 23 years ago, no one was talking about this. When God showed me I needed to cut out white processed sugar, I did it immediately.

Everyone thought it was gone crazy like crazy crazy. I do not knowingly eat white processed sugar, and the only reason we have it in my home is because of my wife's awesome DIY sugar scrub.

And it's the best recipe ever for like, greasy hands. It's awesome. It's awesome for your for like, you know, it's great. I've grown and it's been such a wonderful experience.

And I've realized, you know what a nontoxic life you know, the Bible says, be holy, for I am holy shit, you're never going to be holy as God is holy, right?

If you are, if you're Jewish, if you're Christian, if you have a faith background, if you're Muslim, you're never going to be, quote, perfectly holy. But we're called to that.

We're called to strive towards goodness in every area of life. So this whole nontoxic thing I flipped like it's been this last week. I'm like, I'm changing everything, all the copy of my websites.

It's not a rebrand, but I'm like, I've been enlightened to this because I feel inadvertently, I have been guilty of being part of this movement of people that have created a standard that is unattainable.

And the one thing I've gotten in the last ten years, almost 11 since we've been doing this since 2014, now is. I can't do what you do. I can't do that.

It's too much for me. It's too overwhelming. There's too much. I don't know where to start. And I've developed responses to that over the years, you know, and one of the things that we try to do and, you know, Doctor Sharon's great interviewing these experts and putting this event together is, hey, let me give you 23 years worth, distill it down to 30 minutes a try, right.

If I could give you one thing that you could walk away from, that could hopefully fast track 2 or 3 years of banging your head against a wall. That's the blessing of this, you know?

Give me a moment. Let let me be your mentor for just 30 minutes. Here, right? To help you, to encourage you and how do we focus on evaluating our life and looking at the things that we can do with the goal of lowering our toxicity level?

The bottom line I maybe probably should have mentioned this earlier, but I'm telling you, the the endocrine

disruption, the recovery from disease, the.

Risk that we are putting ourselves to of heart attack and stroke, cancer, all the top Alzheimer's because of this low grade toxic exposure that we are being inundated with.

And I haven't even really covered phthalates and parabens and fragrances. The things that I focus on, like this is where my career is and how to make your own and buy nontoxic.

You know, we got to recognize there is a direct cause and effect relationship. It's proven. So the goal is a goal that's a that's achievable for everybody is to lower your exposure by doing the things that you can do.

You can swap out nonstick Teflon super easy. And they got stuff that's really cost affordable. Now you can swap out body care and cleaning products. You can swap out to a lower tox version.

And if we're not chasing the nontoxic thing, if we're not going crazy because if you're thirsty, like I just ran A5K, judge me if you want family five k, I was thirsty.

They had bottled water at the finish line. I drank my bottled water and I was grateful because I was thirsty. I didn't have glass. I'm not going to run A5K with a glass bottle.

It's like, can we embrace that? But however, here's the thing. No, and I kid you not, I didn't have the sugary snack. I didn't have the thing that I, you know, like I was willing to compromise on one thing that I don't think has a direct effect on me as much as.

And that's where ultimately, here's what you have to come up with. We have to come up with our own gauge of like, look, I'm not willing to cross the line on this.

This is what I'm not willing to cross a line on. And the things that I've become very, very disciplined, that and I'm of the opinion things that affect me today or have short term effect and coming to menopause and perimenopause post menopause.

Right. Anything that's going to mess up with your symptom relief, I would really be cautious of that. I would really be cautious of that. I'm not worried about 20 years of nano plastic exposure.

I can't be worried. I'll go freak out, but I can concern if I do something today, it's going to hurt me tomorrow. And that was a really good frame of mind for me.

And that's why I'm so militant against sugar. Because sugar cause acne outbreaks for me. Causes body odor, causes gas, indigestion, diarrhea was like I don't want to deal with that, let alone what it's doing to me long term.

So it was just a different shift. It was a different shift. So everything I eat, things I put on my skin like I don't want to have to worry about putting some chemical on my skin and then getting a headache because all the fragrances or maybe getting a rash.

And so it's just a different kind of mentality. And it's been very freeing, giving myself some grace, because even I and my wife, we've butted heads, you know, because ultimately, here's the thing if you're married or live with someone, you and your partner have to be really in alignment with this.

You know, you're not going to be cooking with two different pots and pans. And that's that's not that's a house divided. And that's what's happening right now.

Right. And ladies, a lot of your husbands are men that you live with. They're not on that. They're not on the same sensual wavelength as you are. And that's really, really hard.

They don't care. By and large, and statistically speaking, the majority of course this is a menopause. Obviously

we're talking to women. But in general health in general, women are the primary leaders of the health of the family and of education.

We have all the analytics at our disposal and it's crazy. So you have to be strong and you have to be a leader, but also not judgmental and coax people along because everyone lives to lighten themselves.

You've let me like, preach for 20 minutes and I feel I just have to stop for a second. I'll just keep on going. So you you you come. I was thinking, darn, I don't think we're airing on a Sunday, but this is a this is a Sunday.

But I just have to say like Amen. Because this is what I talk about all the time. And, you know, whether you want to call it the 8020 rule or the regulation of your nervous system, but it is not.

And when I first got into this, you know, in my early 20s, I like swung to crazy.

Balance, Grace, and the Low-Hanging Fruit Approach

And, I was judgy when go out, I'm going to stay home and do a coffee enema rather than go out to that toxic restaurant with you guys. And that is not healthy.

And so when I opened my clinic, our our tagline was the center for Balanced Living. Because what you're talking about is having balance. And it is. I travel and drink out of a plastic bottle to I'm at home.

My water bottle is glass, so I do what I can do when I do it, and I was laughing because my my biggest vice right now is I've got a thing going with the coffee shop across the street.

Yes, buddy and I didn't even start drinking coffee until like four years ago. And now it's like my my total vice. But I did an Instagram video because I had this one morning where I was, I had like five different coffees and I couldn't figure out what coffee I was drinking.

And I did a really funny video to just like, show some funny craziness and to show that I'm human too. And someone commented, you're drinking out of plastic ass.

And I was like, that's not the point. And that's the healthy that of all of this. This is what you took away from it. And I do have a glass mug that I bring to the coffee shop, and I have them fill it because I don't want the plastic.

And the other day I brought it and I the girl makes it in the plastic cup and then goes to pour it in my glass mug and I'm like, no, that takes away you.

You're defeating my purpose of bringing my own mug. And she's like, well, it's paper. And I'm like, yeah, it's lined with plastic. Yeah. Then she, I said, I just want the coffee to go right into my mug.

So she picked up the paper, coffee and plopped the whole cup and I love it. I was like, all right, I give up today. But yeah, it when we get so freaked out because it is, it can be scary.

And what you're saying I'm like 3000. It is more toxic to be freaked out and lose your mind because you drank out of a plastic water bottle at the airport or at your five K, then to just give yourself grace and know your body is resilient and know it's what you do most of the time and to make those choices like, I don't eat gluten and dairy because gluten dairy do not like me, I suffer.

It is not worth the suffering. But will I be at a restaurant and maybe get some seed oils? Yeah, because I don't suffer from that. I suffer from gluten and dairy.

And so, you know, of everything we're talking about and all the information we're giving at the summit, what you just shared to me is and I had no idea what you were going to say.

But it's like an overarching umbrella. If you take this attitude into your life, into your healing journey, into your process, you are going to give your nervous system the greatest gift.

And that is healing. So like, thank you. Thank you, thank you for what you just said. And I hope everyone who's listening like really digests this and really takes a good look at yourself and really is able to exhale and and doctor Z is not saying, you know, go bathe in plastic.

He's saying it's like when you're raising a kid, you pick your battles and that's what you're saying. And it's so important because otherwise you just go down this deep, dark rabbit hole and it doesn't do you any good.

And we need guardrails Sharon to doc, I mean, this, everything that we do and this is very black or white. Everything we do helps us or hurts us. There's nothing benign.

I mean, I want to just paint that in the in this world, right? In this, in this, in this world. So the water you drink is either helping you are hurting you can be helping you a little bit more than other things or hurting you more than other things, but just think of it in terms of that.

So everything that you put on your skin, everything that you eat, everything that you clean with, think to yourself, is this helping me or hurting me?

And maybe give yourself when you're when you having a strong moment. Don't do this when you're beating yourself up. Don't do this if you you know, if you're struggling to pay the bills today, like you have to be in an emotionally stable place to even have these kind of deep, circumspectly thinking thought processes like, okay, let's us do some soul searching.

Is my food intake helping me or hurting me? Or my clothes and helping me or hurting me things adding value to my health or taking away. And then the more that you could like give a number.

For example, if you have a standard American diet, let's say easiest thing, you go to fast food every single day, right? That's zero help, ten damage.

Think of it in terms of a number scale. Let's say you try to have as much cotton in your life and less polyester, but you're 8020, okay. You know, give yourself a ranking and start to look at those areas like, ooh, that I'm really not doing myself.

Any habits? You have to do a little bit of research first. Maybe go to ChatGPT, go to Doctor Sharon's website, go to mine. Kind of find out like, hey, is there something wrong with this?

Like I gone back to the Environmental working group. They do have a database of body care cleaning products. They rank stuff a, b, C, d, f flunking. I mean, they they grade.

There's wonderful organizations that help. But ultimately, if you wonder is this is putting on, for example, perfume that you get at the perfumery good or bad for me I'll tell you flat out there is zero benefit and only ten negative.

That's a ten out of that's a ten out of ten bad or zero out of ten. Good. However you want to rank your scale. And if you want to do a quick if you want to start seeing improvements in your life and start seeing symptoms, go away and start putting yourself in a better position where your hormones are balancing because we're not.

And in inundating our body with endocrine disrupting chemicals. Like, I always go back to fragrances because we know for certain there is zero benefit at all and only harm, only harm not only in the short term, but long term.

And that's where I focused a lot of my work on aromatherapy, because it's so easy to do the swap. The nontoxic low torque swap is so easy, and then you kind of go, why?

But just imagine, maybe give yourself a minute and just kind of do an inventory of your life, of your health. Think

about your thoughts, think about your relationships, think about your doctor.

I mean, does your doctor suck? Does your doctor mean to you? Does your doctor belittle you? I mean, I've gotten more than enough bad stories from my own life and my wife's and other people's like, should you?

Is your doctor toxic? Are your relationships toxic? Are your whatever? Toxic. Just think in terms of everything and give it. Give it like a ranking. That right there is a nice a a great snapshot of your life.

Hopefully you have a journal of some sort, like we call like a natural living diary of some sort. And then it gives you like, hey, this is where I'm at today.

You do some work, you grow, you implement 1 or 2 of the things from each of the speakers from this event. You follow Doctor Sharon after the events done six months later, you look back, you do another inventory.

You see change, hopefully for the good. But having a snapshot is a really good eye opener. Having an inventory not just to show progress, but most importantly, this is the key to help you with the low hanging fruit.

We always get asked what should I focus on? And the answer is always the same it's the low hanging fruit for you. So when I look at a cherry tree and my father in law, has a little cherry orchard in his home in Michigan, and I look at this beautiful tree that's about 30ft up in the air.

That's full bloom when we visit with my family, I don't get that 20ft extension ladder and go up top at first, but I start with is I'm standing on the ground and I pick and I eat low hanging fruit.

And after we pick all that, me and my kids, we get the three foot extension ladder. And then after that we get a six foot, and after that we climb it.

You need to do something low. Hanging fruit is what's easy for you, what you want to do, what you can afford, and hopefully something that you'll never go back on and forget.

Something that it's just becomes a part of your life. Ideally, it's something that answers a problem because you're going to want to do it. And maybe right now you're really suffering with insomnia or sleep issues.

I mean, you can't hurt to give yourself a really nice sleep routine. Create a detox bath if you want to throw a couple DIY little tricks your way, but you get you get a bowl with a half like a cup of Epsom salts, a half a cup of apple cider vinegar, a little like a teaspoon, a tablespoon of olive oil, not coconut oil because coconut oil, it can hide in your pipes.

You don't want to do that because you don't want the plumber to come out five drops of lavender. Mix that together for that in a hot bath. Do that in half an hour before you go to bed.

Get a water diffuser on Amazon. Put 5 to 6 drops of lavender if you like the smell. This can help ladies, especially with your hormone balancing and just help you relax.

Geranium or clary sage? Mix that with maybe a drop a lang lang can. You got all kinds of fun little things, but now you're creating an atmosphere in your bedroom that literally is permeating through the air particles because the the diffuser is breaking up the essential oils in the water.

And you can even get like a misting spray and put it on your bed, like you put yourself in that situation where that's very cost effective for most people.

Most people can afford that and most people can do that. It's easy. This is easy. I literally just told you what to do. It takes you five minutes, like easy.

And then if this helps you sleep better, wow. Do it again. And maybe kind of experiment with a couple of other

different oils. Maybe come up with another, maybe a body oil, maybe a roll on, just all kinds of fun things.

Low hanging fruit. My sleep sucks. Low hanging fruit. I'm tired. Low hanging fruit. I don't feel good when I wake up. I need to sleep better. Okay, let's do sleep.

Let's focus on sleep. Let's tackle sleep. I didn't say buy an oil ring, right? I didn't say do some crazy expensive DIY, you know, or bio hack. I'd say go get a sleep test.

I said, get a bottle of lavender for 20 bucks. Get a diffuser, get some apple cider vinegar, get some Epsom salt. Try. Try something easy and simple. Low hanging fruit. And guess what?

Now this becomes part of you're like maybe a weekend spa at home getaway. Maybe this becomes a daily thing. I don't know, but once you got the sleep thing down.

Okay, cool. What's next? Cramps. Okay, let's tackle that. What's next? Headaches. What's next? And next thing you know, a little while later, you're like, I feel pretty good.

And you forget what feeling bands like, which is awesome because how you get really, really sensitive to things, which is a good thing. Now you become intolerant to the things that you just become desensitized to, because oftentimes people are just so toxic, overload burdened emotionally, mentally, spiritually, physically that they don't even know that they're being like, you should not be able to walk down the cleaning aisle and not get a headache.

You should get a headache. You should get nausea. Your nose should run. I literally can't even go down that aisle. I have to hold my breath to walk past the aisle.

And that's a good start to the perfume aisle. Yeah, you can't do it. It's toxic if you put your hand into a fire. Thank God for pain. If you don't feel pain, guess what?

Your hand's going to burn off. That's what's happened to our whole factory system. We've completely desensitized our sense of smell as a people. We got to get that back.

And next thing you know, you become tolerant of the good and intolerant of the bad. This is your metabolism starts the reset. Your body starts to regulate.

It's a wonderful experience, but it's embracing this. I just want to point this out and reiterate because I know we're out of time. We're embracing a lower toxic lifestyle.

Knowing this, and I guarantee you, I can promise you this from the literature, all the science years of life experience, and thousands of testimonials, you will put yourself at a dramatically decreased risk by embracing a lower toxic lifestyle, a dramatically decreased risk of developing every chronic disease, cancer, Alzheimer's, dementia, heart attack, stroke, obesity, diabetes, fatty liver all of them.

And if you embrace this lower tax lifestyle, you'll find yourself being healthier, getting sick less frequently. And when you do get sick, you get back up quicker.

Your quality of life is better. Your day to day experience is just more fruitful. And you find that a lot of these little symptoms that are been battling with, especially during menopause, just kind of are lessened a little bit and maybe completely gone.

And a lot of folks and I don't want to give you too much hope, but you might be able to get all this stuff away and be completely symptom free. And that's what we've seen completely.

Like, I live this life, I'm like, I'm back to normal. Hallelujah. And they're like, what happened? While your body's regulating and your body's figuring this thing out, your body's regenerated.

But at the very least, going from 810 out of ten cramps to a five out of ten, that's life changing. Like to put yourself in a position where now you could be present emotionally, spiritually for your children, your lover, your family, your friends, instead of being on edge all the time because your symptoms are just killing your quality of life, that right there is unmistakably life changing for everyone involved.

When we could just perform better at life, work, anything, personal development, how we interact with others. Abundant life. That's what we consider the abundant life. It's not perfect.

It's not symptom free. But if we embrace this lower tax lifestyle, the benefits are just infinite. I just want to give you a hug. The, you know, just just really and I mean, you know, and nuance.

So you may want to listen to this again because, you know, what I'm hearing is it's it's not only what you do, it's who you are while you're doing it.

And there's this balance of learning, right? Because we're not saying I'll just do anything because it doesn't matter. We're saying, no, it's really important to lower your toxic load.

It's just not to make yourself go crazy and stressed in the process, because that's counter productive. And, you know, the low hanging fruit doing, I mean, just all just brilliant.

I'm like, do you give these talks on Instagram every day because I'm going to tune in. You're starting to thank. So where can the ladies go to get more doctor Z?

Everyone needs to be in their life and you need my wife, my wife's to dry the DIY guru, all the recipes and stuff. Go to Natural Living family.com and it's just a combination of we call it doctor approved, mama tested stuff.

And we love it. And thank you again, doctor, who's been wonderful. Thanks for giving me the space to get some things off my chest and share with everybody.

My pleasure. Thank you for giving a really important, in my opinion, because I talk about this all the time. Like, we want the magic, what supplement, what you know, and that has a place but the the structure, what we're talking about today to me is the foundation of how we heal.

So thank you. Thank you. So ladies, this was this was gold. This was gold. And you even got a DIY. You know, you got your little bath which sounds lovely.

I'm going to try that. Even though I don't have problem sleeping I'm like I still want to do that because who doesn't want a spa day at home? So thank you, thank you, thank you for being here.

Go check him out. Really sit with this. Meditate with this, pray with this. Integrate this. There's just truth bomb and mic drop after mic drop in this talk that we just gave.

So thank you so much for being here and everyone. And we'll be back with another talk. And keep this talk. Hold this talk with you as you listen to all the other talks.

That's my that's my takeaway.