THE MODEL HEALTH SHOW

EPISODE 1018

Here's What's Hiding in Your Fat Cells (The Secret That's Suppressing Weight Loss!)

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SHAWN STEVENSON: Most people think that body fat is merely stored calories, but there is more going on inside of your fat cells than you can imagine. A shocking study cited in the journal Comprehensive Physiology has revealed that toxins are now rapidly accumulating in human fat tissue.

The study, titled Adipose Tissue as a Site of Toxin Accumulation, details how persistent organic pollutants, or POPs, including pesticides, industrial chemicals, flame retardants, and other fat-soluble compounds can accumulate in human fat tissue over time. And why is this so alarming? Well, it's the sheer amount that the average person is exposed to on a daily basis in our modern society.

Hundreds of billions of pounds of these newly invented chemicals are circulating in our environment every single year, and here's the rub. They love our fat cells. Let me ask you a question. You've probably heard of something called a phobia. A phobia is an intense and sometimes even irrational fear of something, but it's an intense fear of something.

So if somebody has, say, arachnophobia, they're intensely afraid of spiders, or acrophobia, which is an intense fear of heights. Now, this is when things are really extreme on one end, but on the other end of that spectrum, there's something called a philia. It's the opposite of a phobia. A philia is a deep, intense, sometimes irrational love of something.

So if somebody has arachnophilia, this means that they love spiders. All right? And there are some respectfully weird people out there that love their eight-legged critters. In the same vein, there can be acrophilia, which is a love of heights. Or I have Annephilia. I love my wife, Anne, sometimes irrationally.

Now, I'm saying all of this to say that a huge percentage of these newly invented chemicals that we're exposed to on a daily basis have something called lipophilia. They're lipophilic in nature. They are attracted to our fat cells literally like a magnet. And the issue that we all

need to understand today is that this situation is largely inescapable.

We're all living in this glorified snow globe together, and we've got to have a new approach because these things are definitely, as you're going to discover today, impacting our metabolism in ways that we're just now starting to discover. In that study published in Comprehensive Physiology, the researchers from the University of Kentucky stated, quote, "Bioaccumulation in expanded adipose tissue can exert inflammatory actions that could contribute to the development of insulin resistance, and low-level persistent organic pollutant exposures may contribute to the development of diabetes and other inflammatory related conditions."

unquote. Wait, this is crazy. Nobody is talking about the toxins, the chemical pollutants that we're exposed to on a day-to-day basis in our environment are contributing to our exceedingly high levels of insulin resistance, diabetes, and even obesity. It's not just about the calories in the food that we're eating.

These chemicals and this exposure interacting with our cells is changing the way that our metabolisms work, and we've got to do something about it. Again, most people are not educated about the fact that these toxins in our environment can contribute to diabetes and a host of chronic diseases, including obesity.

In fact, many of these toxins are well established to be obesogens. Obesogens are obesity causing agents that

increase our body fat independent of the amount of calories we consume In other words, obesogens supersede how our body processes caloric energy, making you gain weight faster and have a more challenging time losing weight, even in a caloric deficit. They are lying to us about weight loss today. It is different.

It is harder to lose weight today than it's ever been. It is easier to gain weight than it's ever been. And this is, again, independent of the calories that we're consuming. Yes, the calories matter, but there is a bigger picture that we need to pay attention to, and that's what today

is all about. Let's take phthalates, for example.

These chemicals are ubiquitous in our modern environment. Phthalates are chemicals used to make plastics more flexible and durable. And they're also used heavily in food packaging and in many personal care products as well. They're used in personal care products as solvents to help fragrances to last longer.

They also assist in allowing topical products like lotions and cosmetics to adhere and to penetrate the skin more effectively. So again, phthalates are pretty much ubiquitous in our environment today. Here is a crazy study that you need to know about. A multi-pollutant study titled Phthalate Exposure is Associated with More Rapid Body Fat Gain in Mid-Life Women was conducted by the University of Michigan School of Public Health, and it found that phthalates were explicitly associated with more rapid increases in body fat in women.

With this conversation around phthalates, and this is just one of these compounds, we've gotta understand that it's not just about the food that we eat, the personal care products that we use. It's also about the changes in the very air that we breathe. A study titled Exposure to Air Pollution and Gains in Body Weight and Waist Circumference Among Middle-Aged and Older Adults was recently published in the journal Science of the Total Environment.

The study tracked the air quality changes, weight changes, and waist measurement changes of nearly 14,000 people from 2011 to 2015. And after compiling all of the data, the scientists stated, quote, "We found positively robust associations of later life exposure to air pollutants with gains in weight and waist circumference."

Again, this should be putting up some major alarms in our awareness, some major WTFs going on here because this is not a part of the conversation revolving around our health, in particular our metabolic health, and the multi-level epidemics that we're experiencing when it comes to obesity and overweight.

And so looking at this piece can be a game changer. Much of the particulate matter and volatile organic compounds in our environment are also categorized as obesogens. These.

again, are obesity-causing agents that alter our biochemistry and make us far more susceptible to weight gain and far less efficient in burning it off.

The scientists in that study found that women have an even higher vulnerability to environmental pollutants. This is largely due to the differences in hormone function and body fat tissue that can become disrupted by inhalable compounds. All of the women who've been frustrated, who feel like, "No, things are different.

My body is not responding the same way to losing weight. I'm having a harder time. It's like my body is resistant to this process, and I'm gaining weight easier," it's not just about the hormone changes. It's also about the environment. So for the people who are frustrated, please know that you are understood, that there is nothing wrong with you.

You're not just making these things up. Things really are different. And I'm here today to help to provide some solutions because a lot of this stuff, again, is just happening around us and in the background and in our bodies, and we are not voting for this stuff to happen. We did not give permission for this stuff to happen.

But it is something that we have to take responsibility for in our own lives. Again, unfortunately, we did not choose to have this be the environment that we're living in, but we have the ability to make some intelligent changes and foster to bring about a greater change in our metabolic health for ourselves and for the people that we care about.

And so today, I'm going to deliver three science-backed solutions to support your healthy body fat function, reduce the toxic load in your fat cells, and even support sustainable weight loss. And to kick things off, it's very important to understand that when body fat is broken down and these toxins can be released into our system, we need to have healthy cells, organs, and organ systems to help our bodies to safely usher these things out of our system.

If you think about your body's primary programming and its design, it's to keep you safe. So it's not just holding onto these things in your fat cells for no good reason. It's not just because of this lipophilic nature. What about when the fat cells are broken down and these triglycerides are released to be used for fuel?

We have data affirming that these toxins can be released into your system as well. So why would your body enable rapid weight loss if it's going to be dangerous to your health, if it's going to make you sick. This is one of the reasons why haphazard rapid weight loss tactics can result in unwanted side effects like nausea and low energy.

It's not just the lack of calories, it's the increase in circulating toxins without an intelligent strategy to help to move them out. People want weight loss, but they don't often want to do the small things that are required to make weight loss healthy and sustainable. We were never meant to simply take a pill or to take a shot to eat less as a means to improve our health.

Losing weight is different from becoming healthier, so regardless of the methods that we take to get there with this weight loss, we must account for this toxic burden our body is carrying from our fat cells. And so we're going to start with tip number one, which is to support your body's detoxification systems.

One of the biggest misconceptions about, quote, detoxification is that it's something that we do to our bodies or that we make our bodies do. Physiologically, detoxification is something that our bodies are doing every microsecond of every day. The practical question isn't how do I detox? The question should be, how do I better support the systems that already detoxify me?

We have abundant cellular machinery that are performing detoxification processes every second of every day, and of course, we have major organs that do the heavy lifting in this process of detoxification and elimination. These include your liver, bile, kidneys, lungs, skin, and your GI tract, your gastrointestinal tract.

Yes, these systems can become overburdened and dysfunctional, and that's why we want to make it a must from this day forward to support these systems to the best of our ability. And one of the most valuable things to support several of these systems is an F word, fiber. Fiber has one of the strongest evidence bases, yet it gets almost no attention in detox conversations, and we're going to change that today.

Many fat-soluble compounds, including bile acids, cholesterol, hormones, and some environmental contaminants, leave our liver through bile. Unfortunately, they don't always leave the body. Instead, many of these can be reabsorbed farther down the intestine through what's called enterohepatic recirculation

This is where fiber becomes incredibly valuable. Certain fibers can bind bile acids or create a viscous gel that traps them, reducing their reabsorption and increasing fecal excretion, getting them literally out of there. Because some lipophilic pollutants hitch a ride with bile, interrupting this cycle may also increase elimination of at least some of these compounds.

So I want you to think about it like this. Your liver may package waste for disposal, but fiber helps to make sure the garbage truck actually leaves the neighborhood instead of just circling the block. In a fascinating study titled Persistent Organic Pollutants in Adipose Tissue Should Be Considered in Obesity Research, the scientists detailed how dietary fiber has the ability to absorb persistent organic pollutants in the bile and increase their excretion in the feces.

Now the question might be how much fiber? The standard RDA says somewhere around 30 grams a day, but that's a sliding scale that could go down a tiny bit or up significantly based on your unique microbial and metabolic fingerprint. The goal is to target more than you're at right now if you feel like stubborn fat is an issue for you.

But better yet, better than a cookie cutter trying to get this many grams of fiber, according to the best data we have, it isn't so much a question of how much, it's a question of how many. What I mean by that is targeting a variety of fiber types by targeting a variety of different plant foods. Geneticist and leading gut health expert Dr.

Tim Spector shared with me that we should be targeting eating about 30 different types of plants each week. 30 different types of plant foods each week. That's a more tactical and food-focused way to go about this that has a growing amount of data to affirm this because it's not just this superficial soluble, insoluble resistant starch.

All these things are important, but it's understanding that each and every different plant food has these dynamic intricacies that we are just now starting to understand. We're just now starting to discover their uniqueness when it comes to their fibers. And so when we're eating a different food, we're also eating that food's different structure, different chemical makeup, including different microbial makeup.

The microbial makeup of a blueberry is gonna be different from the microbial makeup of an avocado, and we're getting that data transfer. The same thing holds true for the fibers. Again, targeting about 30 different plant foods per week. You can get a lot of these in, blending up a high quality smoothie, something low glycemic.

We're not throwing in just a straight fruit smoothie, all right? We're doing maybe a green smoothie, getting some veggies in the mix, getting some different nuts and seeds in the mix or nut butters Or getting in, different protein sources, and there's so many different things that we can add in.

Just having, a, a smoothie or two each week can get a nice chunk of these plant foods in one go. But mostly we wanna make sure that we're eating a variety of foods, because I know that personally in my career, there are times when I've gotten stuck in eating much the same foods.

They're healthy choices, real whole foods, but much the same types of makeup on my plate every day again and again. And so this has been inspiring for me to target eating more variety. And so this is one of those things, again, it's backed by science to really help us along. In that particular study that we mentioned in targeting fiber for the elimination of more of these persistent organic pollutants, the study noted an emphasis with the value of whole grains, stating, quote, "Among the various dietary fibers, the binding effects of whole grains seems to be most effective because of their high content of lignans," unquote.

So there's debate about the whole grains, there's debate about the lignans as well, but there's value seen here when we're talking about eliminating toxins from our bodies. So it's keeping in mind what's best for us. Not all the fiber types are gonna jive with us, but that's okay. And

we also don't want to swear off a category of foods just because somebody says that they are apparently bad for you or bad for humans.

If it's real food, if humans have been eating it for centuries or thousands of years, we can probably trust that food a little bit more than Ding Dongs or Ho Hos or Little Suzies or the Cheetos. Oh my goodness, when I go to these basketball tournaments with my son, the Cheetos are out here heavy.

People are having the red fingers now. It's not even the straight cheese Cheetos, it's the Flamin' Hot ones that are just... They're ubiquitous too. Red fingertips. Caught you red-handed Anyways, so there's so many plant foods for us to choose from, but I wanna add in one more category that deserves a special note, and that's the cruciferous family.

Broccoli, kale, cabbage, and more have well-established benefits for supporting detoxification channels in our bodies. But there's one in this category of foods that deserves a little more spotlight. Okay, if the cruciferous family is the Jacksons, this one is definitely Lil Michael, and that food is broccoli sprouts.

Broccoli sprouts have the highest concentration of a powerful compound called sulforaphane. According to an analysis published in the journal Oxidative Medicine and Cellular Longevity, this remarkable compound is able to alter our gene expression and up-level glutathione production, antioxidant defense, and phase two detoxification pathways.

Now, that's awesome on paper and in the lab, but how does this show up for us in the real world? Well, a 2025 study published in the Journal of Nutritional Science demonstrated just how remarkable these broccoli sprouts are. Scientists conducted a 12-week randomized clinical trial using a broccoli sprout beverage rich in glucoraphanin and sulforaphane.

After analyzing the data at the end of the study, the participants drinking the broccoli sprout beverage experienced a 61% greater urinary excretion of benzene-derived compounds, and a 23% greater excretion of acrolein metabolites compared with the control group.

These compounds, acrolein and benzene, notably toxic, notably dangerous for human health, that broccoli sprout beverage was able to significantly increase the excretion of those compounds.

Now, this is remarkable because it doesn't merely show that helpful enzymes increased as a result of consuming that beverage of broccoli sprouts. It demonstrates greater elimination of real world airborne pollutants from the human body Now, just to be clear, the study wasn't saying broccoli sprouts removed all the toxins in the body.

Rather, broccoli sprouts enhanced the body's ability to process and excrete specific environmental pollutants. Now, I don't know about you. When I heard about a broccoli sprout beverage I was like, "Ew." I was like, "Not interested." And so I'm not saying that you need to drink broccoli sprout juice to get these benefits.

But broccoli sprouts have been something surprisingly that I've enjoyed for many years. My mother-in-law would actually sprout the broccoli sprouts, and we add them, on top of salads. We would add them in, roll them up into nori rolls. A little sushi, little... Or you could do a little faux sushi, put some broccoli sprouts in there.

All kinds of creative ways. And of course, you can add them to smoothies and things like that. Blend them up, hide them, but this is something that we can, of course, we can purchase at our grocery stores, or we can grow these ourselves with relative ease. And so we can get our little instead of being caught red-handed, we can be caught green-thumbed.

All right? So these tips will help with those big movers of detoxification, absolutely. But there's another channel of detoxification that does minor work that can make a major difference, and that's the elimination of waste through our skin via sweating. Multiple studies have affirmed that our skin can be a notable channel for eliminating heavy metals, but it might be especially helpful for getting microplastics out of our bodies.

A fascinating study cited in the Journal of Environmental and Public Health took 20 test subjects to analyze how plasticizers like BPA, bisphenol A, might be eliminated from our

bodies. The analysis found that even when blood and urine were negative for BPA, they still found BPA released in the participants' sweat in 16 out of 20 of the participants.

So sweat. Get your sweat on. Keith Sweat. "Sweatin' to the Oldies." All right? Yes, sauna. Yes, time in the sun and the warm weather. But don't forget about the power of exercise. A 2022 study found that study participants absolutely eliminated heavy metals from their skin via sitting in a sauna. But they found that there were even better results when the sweating activity was paired with physical activity.

So movement. Exercise is very similar to exorcise, to eliminate, to release, to get rid of. Very similar in their structure, and this is one of the most overlooked aspects of exercise. It is a powerful igniter. It is a powerful catalyst for the elimination of waste. It makes all of our systems just work better, gets everything moving quite literally.

So do not underlook the value of walking consistently. You know, this paradigm has taken over our society of ten thousand steps a day. It's not just about the direct calorie expenditure of fat loss. This is about the elimination of the things that could be blocking that process, slowing down, gumming up that process.

And so use your body to help to eliminate these wastes from our systems. We're moving our circulatory system. We're moving the lymphatic system. We are channeling incredible benefits when it comes to the release of certain hormonal hormones and neurotransmitters that all help in this process of making us better.

And so yes, we absolutely wanna check that box in a whole new way, a whole new perspective about why exercise matters, and it's not just about the superficial. And in addition to that, when it comes to utilizing the channel of our skin is a mighty channel when it comes to eliminating very specific contaminants in our environment today.

It's really remarkable that it's showing up like your body is using your skin as a channel to get rid of this stuff. There are now mountains of studies affirming the benefits of sauna use for overall health, so many aspects of human health. But that's not something, obviously, that's always accessible.

And so for me, when I found out about some of this data, and I would have to go outside of my environment when I lived in Ferguson, Missouri, to utilize a sauna. Maybe this might be a gym in a better part of St. Louis. But one of the things we used to do was to make this kind of DIY sauna literally in the living room.

And we would boil a pot of water, and we'd get something to cover up the floor with, to sit the pot on that was safe, and boil the pot of water, sit it down on, the surface of the pad so that it's safe, and just sit near it and put a big blanket over the top of the person and just kind of making this sweat lodge right there, DIY style.

So, there's so many ways to go about this, but now there are also incredible innovations that make it more accessible as well. And one of the things that so many of my friends and colleagues are utilizing now are sauna blankets. It's more cost-effective. It's easy to use virtually anywhere. And the sauna blanket that I recommend is from the incredible team at Bon Charge, and let me tell you why.

Their sauna blanket utilizes far-infrared heat to support deep relaxation and detoxification, and it also has this full body heat delivery that promotes even coverage of our bodies. With far-infrared heat reaching up to 176 degrees Fahrenheit, it provides deep soothing warmth to support relaxation, circulation, and recovery, all from the comfort of your own home.

But here's why Bon Charge is head and shoulders above the rest. It's made with non-toxic materials, and it has patented EMF shielding technology, plus a one-year warranty. Absolutely check them out. Go to boncharge.com/model right now, and you're going to get 15% off of their incredible sauna blanket. They've got a best-selling red light therapy blanket as well, in addition to their incredible red light therapy technologies, their panels, their red light therapy mask, and the list goes on and on.

You get all of this for 15% off when you go to boncharge.com/model. That's B-O-N-C-H-A-R-G-E.com/model to take advantage. And now let's move on to number two on this powerful list of ways to support healthy fat function, reduce the toxin load in your fat cells, and even support sustainable weight loss. And number two is to support autophagy.

Autophagy is one of the most critical processes in the body for maintaining overall cell homeostasis. This is the balance of things in our bodies, and we need... Unfortunately, because things are largely imbalanced, we need more support today than ever with achieving cell homeostasis. And again, autophagy is critical in this.

Now, autophagy is from the Greek root words auto meaning self, and phagy meaning eat. Self-eating, okay? So the Greek, Greek the freak, this is a whole new freaky meaning to it. It's freaky. But even though this seems freaky on the surface, I'm gonna break down why this is so valuable in this context for really making sure that we can get this stuff out of our bodies, out of our fat cells, and achieve better health.

Autophagy uplevels the recycling and replacing of damaged organelles, and organelles refer to all the parts of our cells from the mitochondria, to the ribosomes, to even the nucleus itself. And here's the key. All of these recycled cell parts can be used for energy Now, autophagy also helps to remove damaged or misfolded proteins.

Now, proteins are what largely make up our bodies. When you see yourself in the mirror, you're seeing a conglomeration largely of proteins. And of course, there's fat involved too, and some minerals, but the proteins are like the Lego building blocks that put us together. We wanna have nice Legos, and we wanna have a Lego set that's following the instructions.

But sometimes we can make a mistake and end up like, "Where did this piece come from?" Or like, "That piece isn't fitting in." Like, "I left a piece out." Or somebody can come in and mess up the whole Lego situation, mix your Legos all up with some other stuff, and you're not creating the thing that you intended to create.

All right? So I'm just giving a little analogy here with why it's important to get rid of the damaged or misfolded proteins, and autophagy is critical in that. But for our intents and purposes today, autophagy is well-established to assist in overall cellular cleanup. In fact, autophagy plays a critical role in maintaining healthy adipose tissue function and metabolic health.

Reduced autophagy is now associated with dysfunctional fat tissue and metabolic disease. So what do we do to get a little bit more of that autophagy in our lives? What do we do? I want more. I wanna make sure everything is spick and span and clean, and we got the right building blocks Well, one of the most notable things that's seen in clinical trials to increase autophagy is when we give our bodies a break from constant digestion.

Now, autophagy is happening at certain levels all the time, but there's definitely a ramping up or an increase in autophagy processes when the body is not dealing with the breakdown and utilization of food constantly. So we see an uptick in autophagy with intermittent fasting, with fasting in general, and with a notable decrease in caloric intake.

But most notably, it's the time span, right? Because just chronically having more food coming in that the body has to break down and utilize is turning that process down. It's just not as important to repair and rebuild. And so here's the key. In addition, having some time between meals also increases something called migrating motor complex activity.

This acts like a housekeeping crew that sweeps residual material through the digestive tract between our meals. And so to get the benefits of this plus autophagy, let's have a window where we're not putting food, constant food into our system. We're not talking about malnourishment. We're not talking about struggle and cravings and all.

Just a general time around when you go to bed, all right? According to some recent data, twelve-hour mark, the twelve-hour mark, there's a notable metabolic switch that takes place. And so this is relatively simple. If we finish our last meal by, say, eight PM, and then we don't have our first caloric intake until eight AM the next day, that's twelve hours.

It's just being a little bit more intentional about it. And not from a, "I'm trying to lose weight," fat loss type, but from a detoxification perspective, allowing our bodies to do some deeper cleaning. This is more important today than ever. So we stop looking at it through the lens of merely fat loss and weight loss.

It's not enough. It's looking at it through the lens of keeping my body safe, getting this toxic burden out of my system in a safe way, not doing anything that's just super aggressive as far

as detoxification. Our bodies are already doing that. Just supporting those channels, supporting its natural inclination to help your body to safely remove this stuff from our system so that our metabolisms do work better as a result.

So the encouragement here is sure, if you wanna do some kind of a structured fasting regimen, but make sure that you are ideally doing this with some education, maybe working with a provider. But something as simple as some intermittent fasting can be super helpful. It just, it literally 12 hours. Yes, there's the 14 hours and 16 hours and all that stuff.

That's fine, but just a simple 12 hours a day can be really helpful with helping our bodies to do these processes that they're always trying to do. And I wanna give you a little bonus tip when it comes to autophagy. Something else that we've now established that's helpful with ramping up autophagy is exercise.

It's physical activity, moving our bodies. Another, check another box off for why exercise is so valuable, especially in our world today. This isn't about the superficial. It's about helping our bodies to do the stuff that it's designed to do to keep us healthy, to keep us safe, to keep us functional, and to help our bodies to eliminate this toxic burden.

All right, so that was number two, and we're gonna move on to number three of these science-backed strategies to support the elimination of toxic buildup from our fat cells, to even support fat loss as a side effect Number three is to reduce the toxic load that we're exposed to that's coming into our bodies in the first place.

Some of the primary ways to go about this, if we just look at this through the lens of plasticizer chemicals, we mentioned bisphenol A earlier. This is the primary means that we are accumulating this microplastic and nanoplastic buildup that we're now finding in scary amounts throughout the human body.

Basically, everywhere that we're looking in the human body for the modern person, we're finding a buildup of nanoplastics and microplastics, and it is in fact having a negative effect.

A recent study titled Microplastics and Nanoplastics in Atheromas and Cardiovascular Events was published in the New England Journal of Medicine.

The researchers tracked the cardiovascular health of over two hundred and fifty patients, and polyethylene plastics were detected in the carotid artery plaque of one hundred and fifty of those patients. Now, there were multiple types of plastics that were found in their bodies as well, but the conclusion of the study, the researchers stated, "Patients with carotid artery plaque in which micro and nanoplastics were detected had a higher risk of composite of myocardial infarction, stroke, or death from any cause after thirty-four months of follow-up than those in whom micro and nanoplastics were not detected."

With all of this being said, plastics, microplastics, and nanoplastics are definitely an issue for human health, and it's an issue for our fat cells. Many of these compounds, these plasticizer chemicals like BPA are noted to be hormone disrupting as the kind of general term is, but basically fitting into receptor sites for things like estrogen and activating these reactions in our bodies as if we have produced or been exposed to this hormone.

And so keeping all this in context, what we wanna do here is do our best to not drink water out of plastic bottles. Get a nice RO system at home, or if you can, get more of your water bottled in glass. But just from a cost efficiency standpoint, an RO system can be super helpful. But we wanna make sure, and we talked about this multiple times here on the show for, what, 13 years now, that we want to bring some minerals back into the water.

That's how nature provides water throughout our evolution. It's going to have minerals in the water as well, and RO can just basically wipe the slate clean and you're not really getting the nutrients that really support our body and the aquaporin channels and the hydration of our cells with efficiency in bringing the stuff that water should be coming along with.

Because water doesn't exist as just H2O anywhere in nature. It's gonna be H2O with other things dissolved into it. And so this is a huge one when it comes to reducing the toxic load coming into our bodies, and is being more intentional about our water source. The same thing holds true with our food. This isn't a matter of is it better or not?

We've discussed multiple times here on The Model Health Show the prevailing research regarding the use of pesticides versus foods that are not using synthetic pesticides. And contrary to popular belief, yes, there is a difference. There is a difference. We have studies affirming a greater nutrient density when it comes to foods that are grown organically, and we're also looking at a reduced burden when it comes to that pesticide load that's making it into our bodies.

And so if you can, and I'm a huge advocate of farmers' markets. They might not necessarily have this stringent organic certification, but you can talk to the farmers and ask about their practices. And sometimes, a lot of these farmers also, they love to have people come out to their farms and to kinda experience and see where your food is coming from.

So there's local CSAs, and you can, of course, now like Save-A-Lots and Aldis and these more lower cost retailers have organic options as well. And it's not just about organic or not. Something... There's is... There are some sketchy things when it comes to the organic labeling, but just getting more in touch with your food and knowing where your food is coming from.

And also, feeding your family high-quality food doesn't have to break the bank. There's so many great companies that are stepping up to make things more affordable and accessible And one of the companies that we've been utilizing for years is Wild Pastures because they deliver 100% grass-fed and grass-finished beef, pasture-raised pork, pasture-raised chicken, and wild-caught seafood right to your door, all born, raised, and harvested entirely in the USA and raised on regenerative family farms, raised on pastures free from pesticides and other chemicals, no antibiotics, no added hormones, and no feedlots, and absolutely no GMOs as well.

Fast delivery from their farms right to your door. And with a Wild Pastures subscription, you actually get 20% off for life. Plus, you're gonna get free shipping and $15 off of your first order. So go to wildpastures.com/model to take advantage of this right now. That's W-I-L-D-P-A-S-T-U-R-E-S.com/model.

Check them out. So yes, we want to reduce the exposure to toxicants from our food system, and also we mentioned earlier the volatile organic chemicals merely in the air that we're breathing. So it would be a good idea, as we have here at the studio, to get an air purifier. If anything, though, simply opening our windows to our homes every now and then.

This does not mean to just keep the windows open all the time, but remembering that nature's solution to pollution is dilution. By trapping the buildup of volatile organic chemicals and the particulate matter indoors and sealing ourselves inside our homes and businesses, these compounds have nowhere to go but onto surfaces and into our bodies, and the solution is to simply open the windows and let the, quote, "fresh air" in at least once a day.

And of course, with that, spending more time in nature. The best that we can do. Getting to an environment where we can get a little bit fresher air is always going to be something that's ideal. And lastly, with reducing our exposure to toxicants, and there's many ways. We could do an entire episode just on this alone, but one of the most predominant ways that we can be more intentional about is our personal care products and investing in personal care products that are free of common contaminants like the phthalates that we talked about earlier, like the parabens.

And so these are some things that we could be more intentional about to reduce that toxic load because now we know that these toxicants are, in fact, a huge percentage of them, deeply infatuated and attracted to our fat cells, and we wanna say, "No more. You are not welcome. You do not have consent to get involved with my fat cells.

All right? So we're stacking conditions in our favor, and that's what it's all about. If you found this to be helpful, please share your voice. Leave a comment below this episode. If you're watching on YouTube or watching on Spotify, you can leave a comment, share your voice. What was your biggest aha moment from this episode?

What is the big thing that you're going to make a change in doing in your day-to-day life? And also, if you are listening on Apple or any other platform, please share your voice. Leave a

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We are dedicated to transforming the health of our world community, and we are making a difference, and we are just getting warmed up. I appreciate you so much for tuning in to today's episode. Share this out with somebody that you care about. Let's keep this wisdom, this insight, this empowerment going.

Share this on social media. Just help to get this information into the hearts and hands of more people. I truly do appreciate you. We've got some epic masterclasses and world-class guests coming your way very soon, so make sure to stay tuned. Take care, have an amazing day, and I'll talk with you soon