THE MODEL HEALTH SHOW

EPISODE 882

The Most Toxic Things in Your Home to Swap Out TODAY

With Guests: Dr. Vivian Chen, Dr. Christian Gonzalez, Dr. Yvonne Burkart & Darin Olien

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SHAWN STEVENSON: Toxins are now rapidly accumulating in human fat tissue. This is according to a recent study published in comprehensive physiology titled Adipose Tissue as Site of toxin Accumulation. The researchers know the now widespread presence of obesogens and obesogens are defined as molecules that inappropriately regulate lipid metabolism and adipogenesis to promote obesity. So these are compounds that promote obesity outside of the calorie consumption. These alter as the research states inappropriately. The function of our fat cells and our energy metabolism leading to the accumulation of more body fat. What is going on? What is it about our environment and our fat cells that have this magnetic attraction?

Well, according to that study, it's the lipophilic nature of these newly invented chemicals that leads to the bioaccumulation of them in our tissue. So there's lipophilic. That means fat loving. It's mclovin fat. So lipo meaning fat and fillic meaning loving, versus if something would be lipo, meaning that would be trying to run away from, it would repel. But in nature right now, the way that the system is constructed, our environment and these newly invented chemicals. Are created. They're lipo phobic, many of them in nature, and today we've got to be aware of this because it's literally altering our metabolism. The researchers also noted in particular that things like PCBs, pbs, and other industrial chemicals are incredibly resistant to biodegradation, meaning that they are not breaking down and they are readily finding home in our fat cells leading to our fat cells expanding.

The scientist stated, "bioaccumulation and expanded adipose tissue mass of obese subjects can exert inflammatory actions that can 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." This is crazy. This is crazy. To hear that chemical exposures in our environment today can lead to diabetes, can lead to insulin resistance. No one is talking about this. Yes, our food is a major problem. Movement sedentary behavior is a major problem, but the environment itself, we are unknowingly stacking conditions against ourselves or allowing conditions to be stacked against us and we've gotta stand up.

We've gotta say enough is enough. And it starts with what we do in our homes because it's estimated that nearly 90,000 newly invented chemicals are now being regulated under the Toxic Substances Control Act. All right? And these are just the ones they're accounting for. The EPA is regulating stuff separately, but they're only acknowledging or regulating somewhere around 30,000. Alright? So there are tens of thousands more that the EPA doesn't even have an eye on. And the majority of these chemicals aren't being studied. If they are being studied in isolation. It's not looking at what happens when they're combined. And most of us are experiencing these things combined. And to put the red dye number four, infused cherry on top.

A recent study published in the Journal, frontiers and Ecology and the Environment states that the research community is falling woefully behind in studying the chemicals, pesticides, pharmaceuticals, and other novel concoctions discharging into our air, our oceans, waterways, soil, and food chain. Most alarmingly, these new chemicals are showing up in dangerous quantities in our homes. And so this is where our power really resides, is what's happening within our own homes. Let's be intentional about creating a healthy microculture where our bodies can just start to stack conditions in our favor, where we're not battling against the environment, we're not battling against the toxic exposures that so many of us are just inundated with in our homes today.

And so for this, I wanted to provide you with some of the most incredible experts in the world in understanding the science of toxic substances and also the signs of detoxification. What are some of the most common products in our homes that most people are utilizing on a daily basis that are causing us harm? And what are some simple science-backed swaps that we can make to detox our home and to create a healthier environment for ourselves and our families?

And to kick things off in this very special compilation of experts, you're gonna hear from Dr. Vivian Chen. She's a medical doctor, integrative physician and detoxification specialist, and she's gonna be sharing how some of the most common and normalized kitchen items are anything but normal and their use has skyrocketed the amounts of harmful compounds making their way into our bodies and contributing to higher rates of issues ranging from

dementia to heart disease. Plus she's gonna share some simple, healthy swaps to reduce your family's toxic load and improve your health for years to come. Check out this first segment from the incredible Dr. Vivian Chen.

DR. VIVIAN CHEN: Studies have shown that if you use aluminum in your kitchen, so for example, utensils, cookware, aluminum foil, you are walking around with double the amount of aluminum in your blood compared to someone who doesn't. And when they look at white blood cells in the same sample where they kind of tested for aluminum, the white blood cells are showing oxidative damage, DNA damage. We don't really know what that translates to in terms of hard outcomes yet in terms of diseases. But for me as a doctor, I don't think that's a good thing. Right. Oxidative dam, oxidative stress or oxidative damage is kind of like rust, right? It's the creation of these free radicals, these chemicals that now can damage our cells and cause DNA damage, that's not a good thing.

SHAWN STEVENSON: Yeah. We don't really think about, I know that I didn't. I didn't think about aluminum foil. Of course I know a ton about cookware and all that stuff, but aluminum foil seems so, it seems so harmless and just like, you know, non-threatening, you know, it's just like this sheet of thi, it doesn't seem like it can be damaged or like end up in my food or in the environment.

DR. VIVIAN CHEN: Yeah.

SHAWN STEVENSON: But with that being said, we know that aluminum has significantly tons of studies with neurodegenerative conditions.

DR. VIVIAN CHEN: Yes.

SHAWN STEVENSON: Right. So this isn't just something to just like ignore.

DR. VIVIAN CHEN: Mm-hmm.

SHAWN STEVENSON: But with that being said. If aluminum foil for using that for cooking purposes, is there something better that we can be using?

DR. VIVIAN CHEN: I think it depends on what you're using your aluminum foil for, right? So studies show that if it's wrapped around meat or anything acidic or anything with salt, or if you're combining your foil with another metal, so for example, you have your steak sitting on a stainless steel tray and then you cover it with aluminum foil that all of that increases the leaching of aluminum into your food. They've shown that the content of aluminum in food cooked, wrapped in aluminum foil can be up to 40 times higher than food not wrapped in aluminum. So ask yourself, do you really need to use aluminum first of all. What are you trying to, what does that actually achieve? Is it, are you trying to wrap in moisture or is it you just don't want to clean up?

Right. If you, if it's because you don't want to clean up, may maybe rethink that because the impact on your health could be long term is cumulative. Now, if that's your only exposure, you're not exposed to aluminum anywhere else, it's probably not a big deal. But I think the WHO limit, save limit for aluminum per day is two milligrams per kilogram per day. And CDC estimates that Americans are exposed to about 10 milligrams per kilogram per day. So we're exceeding what we should be exposed to every day. And over the long term, if we're, if that's not coming out of our bodies, that could then lead to downstream condition. You know, issues we don't know about yet.

SHAWN STEVENSON: So what are some other options that we can use? So I. For example, if somebody's aluminum foil makes stuff easy, like if somebody's trying to slap some bacon, you know, into the air fryer or into the oven or something like that. And, you know, putting on a dish, you know, a tray.

DR. VIVIAN CHEN: Mm-hmm.

SHAWN STEVENSON: What could they use instead?

DR. VIVIAN CHEN: I would say unbleached parchment paper is probably a better choice. So there's no heavy metal there. It is, there is a layer of silicone on those usually. But as long as the contact is not, you know, for a long time or you're not putting it extremely high heat, above 400, you are usually Okay.

SHAWN STEVENSON: Got it. Okay. So parchment paper, but again, being mindful of. The type of parchment paper that you're using as well.

DR. VIVIAN CHEN: Exactly. But you could just also just put it straight on a stainless steel tray, right. And then I know the cleanup, but spray it with some good non-toxic or purpose and let it soak and, you know, should all come out.

SHAWN STEVENSON: Yeah. That's the, the convenience factor. You just said it too. It's like that's one of the things that really gets us a lot of times.

DR. VIVIAN CHEN: Yes.

SHAWN STEVENSON: You know what this reminds me too. My wife was actually upset because, somebody broke, she's got this little, somebody gifted it to us, a little wooden cut, wooden cutting board. And so, you know, she was putting the dishes away and saw that it was broken. And she was like, who broke? Who broke my cutting bone? But then we also had this plastic cutting board that was there. It's kind of the alternative because we didn't get rid of it yet. And of course after having this conversation, I'm gonna send it to her. Let's talk about plastic cutting boards and other kitchen favorite.

DR. VIVIAN CHEN: Yeah, most people think that plastic cutting boards are better because they're advertised as antimicrobial, and you can put it in the dishwasher, but that's probably one of the worst things you can do because when it's advertised as antimicrobial, it's of often coated with something called microban. So that's a solution of antimicrobials that can contain endocrine disruptors like benzalkonium, corium pro products. And then secondly, studies have shown if you put plastic into a dishwasher, your increasing the likelihood of leaching of microplastic into your food. So you are increasing the ingestion of microplastic when you're putting the food on that plastic cutting board and cutting it.

And thirdly, a study just published last year showed that if you are using a plastic cutting board, you can be ingesting anywhere up to 50 grams of microplastic per year. So that's about 12 credit cards worth of plastic, up to that. So it depends on what type of cutting

boards, what you're doing with your boards, what you're cutting. That all kind of contributes to how much ingestion. But you know, that's a pretty crazy amount.

SHAWN STEVENSON: Holy moly. Alright, so the alternative for the plastic cutting boards, which again, it's very just kind of integrate into our culture, what should we be using?

DR. VIVIAN CHEN: So studies have shown that wooden cutting board is actually more antimicrobial, just naturally compared to plastic. So you don't need to be coating it with Microban or anything, just wood, straightforward wood is naturally anti-microbial. And what I suggest people do, because the first question people ask me is, well, I cut meat on my cutting board, like how do I disinfect it? Keep a board for me and one for your veggies and fruits. And I would suggest wooden for both. But if you really don't like the idea of wood and you must use a plastic, then don't put it in a dishwasher. Hand wash it. And don't cut so hard. So in this study they showed that if you're cutting carrots on the plastic board, you are generating more microplastic. And that makes sense because if you're cutting something really hard, you are making deeper cuts, right? Like if you hold up a plastic cutting board, you see all the scratch marks. That's all the microplastic that's now. Yeah. In you, in your stomach.

SHAWN STEVENSON: Yeah. We think if we're not seeing like a bunch of shredded pieces of plastic, it's not there, you know? But in reality, when we're cutting into that, that cutting board, that plastic cutting board, it's absolutely getting into our feet.

DR. VIVIAN CHEN: Yeah. So it's the nanoplastics that you can't even see that's 1,000, one thousand of a millimeter. You, you can't see that. You can maybe see the microplastics that's, you know, less than five millimeters. But most of it you are just not seeing.

SHAWN STEVENSON: So again, you know, this is about being informed and next time you buy a cutting board, get yourself a wooden cutting board, you know? Just phase, I'm a big fan of phasing out because we still have like a larger plastic cutting board and a small one. But we also have multiple wood ones too. You know, minus the, her favorite one that got broke.

DR. VIVIAN CHEN: Oh.

SHAWN STEVENSON: Because it was like a little one that she cuts like fruit on for my son.

DR. VIVIAN CHEN: Well, I'm very attached to my cutting board, so I know how she feels. Yeah.

SHAWN STEVENSON: All right. Let's talk about another very common kitchen favorite and just leaning more into these plastics is plastic storage wear. So I saw recently there's some data that came out about microwaving our food in these plastic containers and how much microplastics was getting into our food.

DR. VIVIAN CHEN: Yeah. Pretty mind blowing how much is released during microwaving because you'll see on the bottom of these plastic balls or boxes, it says microwave safe, but what it means that it just won't melt in a microwave. But in that particular study you are referring to, they showed that per cubic centimeter. The box is releasing millions of microplastic and billions of nanoplastics per cubic centimeters. So how, how big is your box? Usually much bigger than that. So, and that's for microwaving three minutes only.

SHAWN STEVENSON: Right.

DR. VIVIAN CHEN: It's not even that long. So whatever you do, if you have to store your food in plastic, then transfer it out onto a plate before you microwave it.

SHAWN STEVENSON: And also this study found too, even storing it in plastic at extreme, even at cold temperatures.

DR. VIVIAN CHEN: Yes.

SHAWN STEVENSON: Like putting it in the freezer, for example. There's gonna be leaching of that plastic into your food over time. But again, we, and this is a thing too, plastics are just there everywhere, right. So integrated into our culture and there are smarter ways to interact with plastics. But you know, just being mindful, especially of heating them, you know, especially heating up food, putting hot food in directly into plastics.

DR. VIVIAN CHEN: 100%.

SHAWN STEVENSON: You want to avoid that.

DR. VIVIAN CHEN: Yes.

SHAWN STEVENSON: But there are also so many cool alternatives now, and we've just been phasing out over time. We still got some plastic containers.

DR. VIVIAN CHEN: Yeah.

SHAWN STEVENSON: But we've got, I'm a big fan of these stainless steel containers that we use a lot, and they've got like silicone lids. So I'm a big fan of those.

DR. VIVIAN CHEN: Yeah. I love those. I love glass as well. It's heavy. I know. Plastic is convenient. I know. But that convenience is costing us. I think last year they published a study that showed the chemicals that are released from plastic is costing us in healthcare cost to the tune of $250 billion in one year.

SHAWN STEVENSON: Wait, say that again?

DR. VIVIAN CHEN: So the chemicals that can leach from plastic is costing us in health cost $250 billion a year in one year.

SHAWN STEVENSON: This is ridiculous. This is, and.

DR. VIVIAN CHEN: It's, it goes back to the obesogens we're talking about. So we, we're seeing increase in obesity rate, diabetes, insulin resistance, fertility issues. People are brain fogged, they're fatigued, they're, the list goes on and on. Increased risk of cancer, autoimmune diseases. All of these added together is what we're experiencing ex, but nobody's putting the pieces back together.

SHAWN STEVENSON: Alright, I hope that you enjoyed that first segment with Dr. Vivian Chen. Up next, we've got one of my most trusted advisors when it comes to low tox items. I've sought out his advice many times for things that I've gotten from my own home. And next up

we have Dr. Christian Gonzalez. He's a physician with expertise in cancer treatment and prevention, and he's also an expert in detoxification. And he's gonna be sharing some shocking facts about our indoor air quality, what some of the biggest home pollutants are, and some simple upgrades for your home environment. Check out this next segment from the incredible Dr. Christian Gonzalez.

DR. CHRISTIAN GONZALEZ: But then when you start really looking at what is a major driver of chronic disease and cancer has a lot to do with what we're exposed to at home, right? That's the environmental toxins. One of the major things is air quality, right? Particularly, not just we're under this false pretense that outside air is more polluted than indoor air, and maybe sometimes, especially if there's wildfires, but on average, right? And this is from the EPA, on average, 10 to a hundred times more polluted is the air indoors than outdoors, which is wild 'cause then you're like, well, why? Well, there's different reasons why. One, because we don't always open our windows, but two, because we use cleaning products in there, bleach, Lysol, all those nasties, right? There is part, it's partly connected to cooking, especially with Teflon. All of those particles released in the air, couches, rugs, beds.

Not to overwhelm anyone, but just to bring that attention that there's the concept of offgassing. It's, it's actually a phenomenon that happens. And that offgassing those chemicals get into the air, we breathe them in. Children, dogs, us, we're all exposed to these things. So for me, I don't care if you live in LA or not, it's essential that you have something purifying in your air throughout the day. And, I have three air purifiers in my home, you know, and one, because I suffered with mold a few years ago, and I got really, really sick, like my mental cognitive health was a mess. My brain was inflamed. I couldn't remember words. It was bad. And moving into this new place, I could tell there was some musty, moldy smell in one of the closets.

So I put an air purifier in there and I put a dehumidifier. Never felt the, the issues again, symptomatically, but that's why it's important. It's not just the offgassing chemicals. It's not just pollution from wildfires coming in, particulate matter. It's also the mold aspect. The home is a living environment. We have to not think about it any other way, right? It's always, it's dynamic. There's mold growing, it's going away. There's, there's offgassing, there's pesticides

being tracked in from your dog or your children. And we have resiliency, but something that's really gonna help is something like an air purifier.

That's why it's important, especially in the room that you're in the most. So I would assume that's a bedroom, or if you're working from home, maybe an office, keep those air purifies in there. They're not all created equal. There's different branches of them, but the one that I recommended you is for bang for buck. It's really one of the, do the best stuff out there. But the HEPA is the big bread and butter for that, right? That's catching all of them. That's why you have to change the filter, the HEPA filter, but it's catching all that particulate matter, right? Which is really, really, really important.

Particularly if you're not good about cleaning your home and you're accumulating dust. That's where all those toxins sit, right? Not only the off gassing chemicals, but also things like mold spores. They're in the toxins. So what I tell people is if you have a child who suffers with allergies or asthma or anything, skin issues, or you do, or, or you or someone's sick, and you can't, no one, no doctor can put their finger on it. They go, I, I, uh, you know, we can't find it. You have to look at indoor air quality. You have to, there's no way around it because it's likely that there's something in the home that is exacerbating symptoms and causing inflammation in your child or you or your dog, something.

SHAWN STEVENSON: Even beyond that. So there, there are many other air purifiers and filters, but you mentioned just simply opening a window because of the dramatic difference in indoor air quality versus outdoor air quality. Open a window. Get the air circulating. So let's talk about some simple things that people can do, like simply opening a window. What about turning a fan on? Can they help?

DR. CHRISTIAN GONZALEZ: Yeah, exactly. So there's some cheap mechanisms out there where you can put 'em on your window and it'll, it'll have the negative pressure bringing air out from the inside, which will be really helpful. Maybe you can have that running for 45 minutes to an hour in your home or something, right? But opening the windows is so important, right? Because the air is gonna be able to circulate, it's gonna be able to blow out.

And a lot of us, man, I, I had this friend and she was telling me her parents never opened the windows.

And like, I'm like, we're talking about for years, that's just always closed and there's no airflow and there's absolutely mold in the home or you know, it's, it's for me, I don't understand. Even in the winter, like when I was back in Jersey and I was like learning about this, it was cold. And I remember when I was, it was in college, my mom used to get mad 'cause I used to open the windows and talking about how messing up the heat. But I just let, for like 40 minutes, I just let the air flow and then close 'em all up. But we, we can do that. That's a simple intervention. Another one is, especially when you're cooking, open up the window or turn on your air purifier. I dunno if you've used yours when you're cooking, a red light will go on when it's exposed to toxins at a higher load than it, it wants.

So almost every time you cook, it'll sense it, right? Because the combustion particles are going in the air and it's sensing it going, whoa, whoa, okay, I gotta clean up, I gotta go on on elevation mode. I gotta go on four outta four. And, so making sure that you're opening a window, putting on your air purifier. Also, getting away from non-stick. Non-stick is a really nasty chemical called PFAS. Those are the forever chemicals. And they're, if you watch, do you ever see the movie Dark Waters with Mark Ruffalo? It is fantastic. And it talks about Teflon and how DuPont had pushed PFAS into the non-stick, but it made a whole town in, I believe, West Virginia really sick.

And how they tried to cover it up and how they tried to pay off people and how they elevated lawyer fees and just, you know, drew out the whole court, the whole court case. But those PFAS are nasty and they're in non-stick pan. So if you have Teflon, I would highly, highly recommend throwing that away. And then, and then simple things like utilizing non-toxic cleaners, right? If you're using bleach. Stop. Right? Because that can cause asthma in your children, not exacerbate, literally create and cause asthma in your child. If your child has asthma, you have to throw the bleach away and get a non-toxic cleaner. You can literally make 'em at home and you can use castile soap, baking soda, right?

There's borax, there's lemon formulas, there's essential oils. There's so many things you can use. So you don't need to spend a million dollars to do this. You can just make simple interventions and the home air is gonna be elevated by exponential amounts.

SHAWN STEVENSON: Alright, I hope that you enjoyed that segment with the incredible Dr. Christian Gonzalez. We've got so much more in store for you. This is such an important topic because even with over 20 years as a nutritionist, coach, and research scientist, the impact of our air quality was something I simply glossed over with very general knowledge. But the recent LA fires changed all that. Not only did I learn about the ramifications of wildfires better described as chemical fires when manmade buildings, cars, and other structures are involved. I also learned how our air quality affects us in our day-to-day lives, regardless of where we live in the world. The impact that our air quality has on our sleep, our cognitive function immune system function, and more have completely blown my mind.

For instance, a recent study in collaboration with MIT found that even minor reductions in our air quality creates reductions in our brain function and negatively impacts our decision making. Specifically, the researchers noted that it was the buildup of particulate matter in our indoor environment that leads to worse brain function. I've made a habit of opening windows when the outside air and environment is viable to do so, but the most effective thing I've done that is supporting my air quality all of the time is utilizing the number one air purifier in the world for my home. And for my office, the Jaspr Air Purifier eliminates and filters, chemicals, mold, volatile organic compounds, bacteria, viruses, pet dander, and even harmful cooking particulates that fill our home when cooking.

Jaspr has a unique three stage filter with air scrubber technology, all in one pre-filter, HEPA and carbon filter. And this is why Jaspr's able to capture 99.97% of dust allergens and dander with its powerful filtration. And that's the thing, it's incredibly powerful, but whisper, quiet. You need several standard air purifiers blasting at their highest setting to even get close to what Jaspr can do quietly and more effectively. In most home spaces, jaspr's been proven to reduce more than 99% of the fine particulate matter like smoke, pollen and dust in just 20 minutes. The amazing thing about it is that getting your air quality right is something that

you can pretty much set and forget and let the benefits happen automatically while living your life as you normally would.

I'm sleeping even better, experiencing more energy and little weird things like an occasional headache that I attributed to. Other things have vanished, and the solution was in the air all along. My wife will tell you that I'm a little bit obsessed with this now. I'm running different experiments, constantly analyzing studies, and I'm working to share this knowledge with everyone. And right now you can get a new Jaspr for your home, your office, or any space that you want, cleaner air. For $200 off when you go to Jaspr.com/model. Now, Jaspr is spelled a little bit differently. It's JASPR.com/model, and it's definitely an investment that's worthy of your family's health. And the cool thing is that when you buy more Jasprs, you'll save even more money.

I keep my Jasprs at home with my family here at the studio, which is actually running right now, and it's there in my sleep sanctuary every single night. So whether you've been impacted by the fires or you simply want to improve and protect your family's health, I highly encourage you to head over to Jaspr.com/model right now. That's JASP r.com/model right now.

Moving on in our special detoxer home compilation. We have one of my favorite people who actually text me right before the show, Dr. Yvonne Burkart. She's a board certified toxicologist, and I've learned so much from her over the years of being connected with her. She's so insightful, so helpful, and she just knows so much. She was in the industry, all right. She worked in the flavors and fragrances industry in conglomeration with like the NIH and just learning what's going on behind the scenes. And so that world is bonkers to say the least, and all these different chemical complexes that are being created and intentionally, again, to get people addicted to certain qualities with foods and fragrances, and also looking at.

The carcinogenic aspects of these things, the obesogenic aspect as well, and so many other things that we're seeing the fallout from, you know, the impacts on our cardiovascular system, our brain, and more, and a lot of this stuff. Again, it takes time for the truth to come out, and so she's been working hard to share what she's learned and also, again, giving us

simple upgrades so that we don't have to completely eliminate some of the things that we enjoy from our environment, from our homes, from our lifestyle.

But also, again, this is just about being aware because ignorance is not bliss. Alright? There's these situations where it can be so like everything is toxic now. Well, I promise you that you do not wanna be blindsided with not being aware of these things and having these different issues show up. And also realizing how many things that we're experiencing, the struggles that we're experiencing, are attributed to this toxic load. Again, this can range from cognitive issues to issues with our metabolism to issues with our skin health and our thyroid function, and the list goes on and on. Being able to check off these boxes to make sure that we are eliminating or dramatically reducing our toxic exposure in our environment, because this is where we spend so much of our lives, and in particular in our bedrooms and our kitchens, especially if you're about that health life.

We wanna make sure that our kitchen is a health giving affirmative environment. And so in this segment, she's gonna be sharing some of the most common and potent household products that are harming your air quality. And she's gonna share specifically why what you breathe has the biggest impact on your health. Enjoy this next segment from the incredible Dr. Yvonne Burkart.

DR. YVONNE BURKART: Indoor air quality is much worse than outdoor air quality. So the EPA actually estimates that it could be three to five times worse indoor air quality than outdoor air quality.

SHAWN STEVENSON: Five times worse?

DR. YVONNE BURKART: Yeah, up to five times worse.

SHAWN STEVENSON: Why?

DR. YVONNE BURKART: People are not opening the windows.

There's just not enough ventilation going on in the house. There's excess moisture leading to mold formation, mold growth and things like that. All of these things are being kicked up into the air that we breathe.

SHAWN STEVENSON: Hmm. Yeah. There is a lot of smells going on in the average house. So what are, what are some of the most pervasive things? You mentioned plugins earlier. Plug it in. Plug in. Yeah, let's talk about that.

DR. YVONNE BURKART: Scented plugins. Okay. Well these are of course usually made out of synthetic undisclosed fragrances. And the term fragrance on a label can be an umbrella. It is an umbrella term because companies by law can use this as proprietary protection for their fragrance formulation. The International Fragrance Association, or IFA, actually publishes a list of all of the possible chemicals that could be in that word fragrance. There's nearly 4,000 of them right now on that list. There's known carcinogens, there's endocrine disruptors, and fragrance chemicals are some of the most potent allergens known to man.

These are all within this umbrella term of fragrance. So think of how many products that you're using that have fragrance in it. If you have these continuous release products like scented plugins, and then you're using the fabric or O deodorizing spray, then you've got your scented laundry detergent and you're not opening your windows. All of these volatile organic compounds, this is what the fragrance chemicals are. They have to volatilize volatilize for you to be able to smell them. They're being trapped in your house, if you don't open your windows. And you're breathing them in, they attach the house dust and you recirculate them over and over and over.

SHAWN STEVENSON: So I'm already hearing one of the solutions is to open your damn window.

DR. YVONNE BURKART: That's the one of the easiest things that you can do is open your windows. Of course, there's caveats to that nuances. If your outdoor air quality is not favorable, of course you don't wanna let more pollution in, but it really depends where you live. If you live near a busy highway, you know, maybe consider getting an air purifier or you

know, you can DIYA HEPA box fan filter. That can help too. But you really don't wanna create, you wanna minimize creating the pollutants in the first place.

SHAWN STEVENSON: I'm curious about this air quality thing, because again, we're oftentimes just kind of boxed in with all this stuff, and you mentioned things like plugins. What about like when we're cooking as well, like is there anything there for us to be aware of?

DR. YVONNE BURKART: Yeah, cooking is actually one of the main sources of pollutants too, because anytime you're creating smoke, those are particles that you don't wanna breathe in. So smoke contains carcinogens that are created just in the process of cooking. So it's not necessarily something to be alarmed about, but if you have a vent over your stove, top that vents outside, make sure that happens, 'cause I lived in a place where it vented back inside, which was completely worthless. It was open a window, maybe blow a fan so that the fumes go outside. And of course, try not to burn your food.

SHAWN STEVENSON: Yeah. We just shouldn't be burning your food anyways.

DR. YVONNE BURKART: Right.

SHAWN STEVENSON: But also, again, just if we can get in the habit of just, again, cracking a window open. And as you mentioned, being able to use that little fan, which a lot of us, a lot of modern ovens have a setting to turn the fan on. But again, making sure that it's not pulling stuff in, which is crazy. So, and in particular also, there's some certain things, we were talking about this a little bit before we got started. In the journal inhalation toxicology, they specifically identified vegetable oil and that smoke point once, it's when the fumes start happening, when you're cooking it. And they found that it was damaging to DNA for to human DNA, which is crazy. Like we don't think about a smell causing harm literally at the level of our DNA, but inhalation is like a big, like that's how we interact with our environment and in such a profound way, right?

DR. YVONNE BURKART: Yeah. Inhalation is actually the most sensitive route of human exposure through daily life. It's only second to IV injection.

Inhalation, you can very quickly, you can die if you breathe in the wrong stuff very quickly, as opposed to putting something on your skin or eating something. Inhalation is the easiest way to increase your toxic load. If you are inhaling, polluted air, your body is polluted because these gases and these particles are very fine. They can penetrate very deeply into the lungs where the alveo are. Some are even just one cell layer thick. These chemicals and these particles can enter your bloodstream and they go everywhere in your body.

SHAWN STEVENSON: All right, so the mission today is for us to take our breathing seriously. All right. Shout out to Tony Braxton. We wanna breathe again, but we wanna breathe again better. And just again, it's just, this is about getting educated and looking at what are some of the cost-effective things that we can do. You know, for right now, for the vast majority of us just even opening a window occasionally, even if it's, you know, a winter month.

Like if you can crack the window, let, let a bit, a little bit of air in, at least sometime throughout the day. You know, that's one of the things that we would do. Even, you know, I live in Missouri and there were some pretty strong winters, but just like even cracking the window open, you know, for 20 minutes a day or something like that, just to let in some fresh air and let some of that kind of the toxicity that's built up in the household to be able to dissipate a little bit. So, I gotta ask you about this. When my, my oldest son, he's into candles right now. Let's talk about candles.

DR. YVONNE BURKART: Ah, candles. Everybody loves candles. Especially around this time of the year, it starts to cool down. People are into the pumpkin spice. The apple baked apple pie scented candles. I used to be into that too, so I totally get it. The problem is that most of these candles can tra contain these undisclosed fragrance chemicals. Like I mentioned, the carcinogens, the endocrine disruptors, the allergens. Not to mention the paraffin wax that they're made of. That comes from the crude oil, the petroleum. Burning these creates toluene, benzene, formaldehyde, and ultra fine particles. You don't wanna be breathing any of these in. Those are all carcinogens through the route of inhalation.

SHAWN STEVENSON: Alright, so the sexy vibe. We gotta be more mindful of this with the candles. Are there any candles that are not toxic to us like that?

DR. YVONNE BURKART: Yeah, I did a lot of research on this and it was not easy to find information, but. I looked into various plant waxes and beeswax. So based on my research, beeswax contains the least amount of pollutants, even though any type of combustion technically is creating pollutants, but beeswax created the least. So that's a good thing to know, right?

SHAWN STEVENSON: Yeah.

DR. YVONNE BURKART: It's, it's really about taking it back to what our ancestors used to do. Like all this new stuff. I've even seen these clear jelly candles. Very odd. I'm positive they're made out of some petroleum ingredient that you don't want to be inhaling either. Just keep it simple. Go back to the basics. You know, beeswax candles. I think people were hand dipping those for like centuries now, you know, it's, it's not that hard.

SHAWN STEVENSON: Yeah. Mind your beeswax.

DR. YVONNE BURKART: That's right.

SHAWN STEVENSON: I don't know if you remember this. It's got me thinking about the toxic avenger from back in the day. And I don't know if, have you seen this before?

DR. YVONNE BURKART: Oh, I don't think I've seen that guy, but I've heard of the name of the name Talk. Toxic Avenger.

SHAWN STEVENSON: Yeah, he's pretty me. He's, he was exposed to a lot of toxins, you know, so he's pretty messed up. He's going around beating people up with a mop. But anyways, but then we've got on the other end, we've got Captain Planet. Do you remember Captain Planet?

DR. YVONNE BURKART: Oh yeah. I loved Captain Planet

SHAWN STEVENSON: Loki. That's why you got involved in toxicology.

DR. YVONNE BURKART: He's our hero.

SHAWN STEVENSON: There's like, there's a parody of, of Captain Planet is played by Don Cheadle, the guy, do you know Don Cheadle?

DR. YVONNE BURKART: Yeah, yeah. The actor.

SHAWN STEVENSON: Yeah. So yeah, we'll put that in show notes for people if it's appropriate. But anyways, so it's just, again, like these things are kind of put into our culture of avoiding toxins and looking out for the environment, but we forget that we are a part of the environment and our regulatory bodies are, what's the best word to describe them right now? They're far behind. They're far behind where we are as far as what's getting utilized. And a lot of things are grass, you know, like generally regarded as safe and they get a free pass into our food supply, into our environment. And we've gotta be our own avenger, our own toxic avenger in a way, and stack conditions for ourselves. So glutathione is one of those things we could support in our bodies, make sure that we're exercising. And also I would imagine just the process of moving and sweating occasionally would be helpful as well.

DR. YVONNE BURKART: Yeah, definitely. Sweating is a known detox pathway. So environmental chemicals, like I mentioned, the phthalates, some heavy metals, they've all been detected in sweat.

SHAWN STEVENSON: Sweat it out.

DR. YVONNE BURKART: So sweat it out.

SHAWN STEVENSON: Keith Sweat.

Up next in this special compilation on detoxing your home is a really good friend of mine, researcher New York Times bestselling author, Darin Olien. Darin has been in the health and wellness space for decades. He's had a huge impact on the nutrition world long before he rose to kind of blatant, here I am fame, which happened as a result of him being on the show down to Earth with Zac Efron.

All right, so he's the co-star of that show. He was Zac Efron's, really his, his coach and mentor when it comes to health and wellness. And so he's out there big time right now and he's somebody that we check in with each other on a pretty consistent basis. One of our favorite people. And in this segment, he's gonna be sharing why small exposures to toxins are not the issue. Our bodies are resilient at handling these small interactions, but he's going to share why it's the cumulative effect that's causing so much harm. He's going to explain what our overall toxic load is. And why we need to take action to reduce it today. Check out this next segment from the one and only Darin Olien.

DARIN OLIEN: 60 to 80,000 chemicals are created every year manmade by us, blasting us in our environment, right? Our homes, our cars, our clothing, our bathroom, our environment, our offices, you name it. So of those, about a thousand to 1500 are tested at all and they're, and they're then trying to figure out what is the safety limits? And that's already precarious because real world is massively different than trying to figure out some safety in these things. So think about that. Blasting all of these chemicals out, they're only testing about 1500. No agency, N-I-H, C-D-C. Uh, F-C-C, E-P-A, no agency has ever done any cross reactions of any of those. 60 to 80,000. Hmm. None. Zero, zilch.

SHAWN STEVENSON: Even when they study and they're studying them in isolation.

DARIN OLIEN: In isolation.

SHAWN STEVENSON: Not combined with the other tens of thousands of chemicals.

DARIN OLIEN: Right. Right. So then on top of it, when you're creating products, there is reactions that happen as a result. Dioxins 1 1 4 dioxin, like these kind of tri triose and like these kind of things can happen as a result of chemicals interacting, and then it's actually in the product. But since they didn't put it there, it's not on any label. So it's these reactions that's just a tiny example that we are thrust into, Hey man, I just want to eat some whole food. So, you know, you know, Shawn, I, I wrote Super Life. I want people to eat whole food. I would all that, that stuff. But the, the, the elephant in my room was that, well, we have all of

this exposure that's undermining some of the greatest engines of our, of our bodies, our hormones, our endocrine system.

How, how are we supposed to thrive if we're, if we're limited at what it is that we're talking about and not aware that these chemicals are blasting us. And then you ask yourself, come on Darin, how could they possibly. Put chemicals and products that would cause us harm. Well, that's called plausible deniability. Right? You know this very well. So like if, if a company or person running a company, if they don't test it in their product, they don't know that it's dangerous, right?

SHAWN STEVENSON: Yeah.

DARIN OLIEN: And then, but if you look at other research and other studies, you're going, no, it's dangerous. Right? Yeah, no, it's absolutely endocrine disrupting. No, it's showing carcinogenic activity. No, it's showing a hijacked if you're endocrine system. Oh, it's showing connections to breast cancer. Oh, it's showing connections to endometriosis. Oh, it's showing connections to asthma and respiratory. So, so they get this pass. I mean this, the sum of the whole damn thing, dude is like we're gonna put these products out there, and when it's overwhelming, if it ever comes to that, we'll then take, we will, we'll then test it, we'll then take it out or maybe do something about that. And, you know, one of that. So it's this massive experiment and one of the gnarly ones that we tried to do something for was going back to the pesticides, was DDT, right?

So in 1972, they shut down DDD use. Guess what's in 98.6% of all adolescents today, DDT in the blood of 98.6% of all adolescents today. So it's a, it's, it's a shining example of a forever chemical, right? So that Forever Chemical goes into 9,000 different PFAS chemicals and, and PFAS is per flu, floral alkali substances or pro floral alkali substances. And these are cousins of Teflon, which was created by DuPont and Scotchguard and all of this stuff. And so that pan that you've been keeping around, that doesn't stick, that's the, the mother load of, of what Teflon was originally used for. And now those are being phased out, but now it shows up in all of these other areas.

So all of this stuff, yeah, it's just nuts. And, and, and, you know, you and I, before we, you know, came on here, we're ch chatting that, you know, when you do your research and you do it so well and you present it. I, I can tell when you're reading it back that you are e you're emotionally, what the fuck? Right? And it's all over in my book too, and I kind of didn't wanna hide that. So I'm just going, is this a good idea people? Is it like, and then when I'm recording 'em, I, I, I can't help it. It comes outta me going. So everyone listening, it's really hard to understand this level of the matrix that a product, most of them that is in your personal care aisles, in a cleaning product in your home, the clothing that you're putting on, the laundry detergent, the fragrance in it, the lotion, all of that stuff, and a whole lot more.

It's hard to wrap your head around that there's harmful. Knowingly harmful chemicals that are undermining the quality of your life. And are they acute? Are they ionizing, DNA damaging acute, like a x-ray? No, but the persistence of them, and like phthalates, bisphenols, they have half-lifes of a couple hours. But the problem is we keep getting exposed to them over and over and over again because they show up. Parabens another one, right? We keep reapplying, well, we start out with lotion in the morning, and then we put sunscreen on in the afternoon like paraben, paraben, paren, ethyl parabens, and like all these different stuff.

So the, so our body is getting like, like it would be like. How would it be if I just slowly just punched you in the nose? Just not hard, but I'm just gonna tap you in the nose, but I'm not gonna stop for 24 hours and then the next 24 I'm gonna just gonna keep doing it. So these things persist.

SHAWN STEVENSON: Yeah.

DARIN OLIEN: And, and the accumulated body burden that they start using now, in terms of trying to understand it, it moves into this, this category and I like these terms that are now coming up, the allostatic kind of pressure of the body.And that is that the issue with all of this is, and the 25 researchers I had and the thousands, what feels like probably pretty close to it, thousands of articles and research I had to read to, to kind of some summarize what I, each chapter's gonna be. The, the, the, the astonishing thing is that number one, this is allowed at all to happen.

And I think that matrix moment is where the data just says it, but that we have this overwhelming pressure of this allostatic, pressure of all of these things all the time. That there's not a place that we can go, oh, it's that. Oh, it's, Hey Darin, what? You know, it's just, you know, I'm just wearing these nice little, you know, Lycra underwear.

How is that gonna kill me? It's not, it's not. But that Lycra, that plastic plasticizer, elastain, petroleum endocrine disrupting. Coupled with the lotion that you just put on, coupled with the cologne that you just put on, coupled with the shampoo and the conditioner and the, and the fire retardant you just laid down on on your, on your sofa. All of those have endocrine disrupting compounds in them. So all of them are adding up to going stop punching me in the nose, man. Right? Yeah, because if I kept popping you in the nose, your nose is gonna be sore after 24 hours. You know what I mean?

SHAWN STEVENSON: After months and years. Yeah. I'm looking like a bulldog out here.

Alright, we're at our final segment in this powerful detox, your home compilation, and in this next segment, you're gonna be hearing from someone. You know him, you love him. The streets say he's the most handsome and brilliant research scientist. Out there right now, and I'm talking about the one and only Shawn Stevenson. All right. Okay. That's what the streets are saying. I didn't say that the streets said it. But in all seriousness, in this powerful segment, this was just a joy to do this episode of the research. I spent actually a couple of months in the research to put this information together, and we'll put the full episode for you, by the way, on this topic for you in the show notes.

But in this segment, I'm gonna be diving in and sharing the science behind the number one toxin that's lurking in the average kitchen today. And we really need to know this because it has a huge impact, especially again, if we are about that health life and we have a value attached to cooking real food and wholesome nutrition for our families, we can be counteracting so much of the goodness that we're trying to do if we're not aware of this again, number one, danger lurking in the average kitchen. So enjoy this final segment and our powerful detoxer home compilation.

For many years, conventional quote, non-stick cookware has been used by families under the assumption that they were safe. Conventional, non-stick cookware is coated with a material called polytetrafluoroethylene or PTFE, commonly known as Teflon. Some of the powerful chemicals used to make Teflon provide its remarkable qualities. It's non-stick, it's oil repellent and it's water repellent. It essentially provides a potent chemical shield. One of the most notorious compounds used to make Teflon cookware is a chemical known as perfluorooctanic acid, or PFOA. The makers of the massively popular Teflon cookware is the company DuPont, and they refer to PFOA as C-8. Now, whether it's referred to as PFOA or C-8, this chemical is a part of an ever expanding list of PFAS chemicals, or as scientists are referring to them as forever chemicals.

After many years of evading public knowledge and sidestepping government oversight, finally, in 2013, about just 10 years ago, PFOA was cycled out from use in making cookware. One of the deflection points that DuPont had used for years when it comes to cookware is that this only happens when Teflon pans are heated at high temperatures for long periods of time. You don't have to worry. If it's not done under those circumstances, the truth is those variables change depending upon which dish someone is cooking, but that should have never given p FOAs a free pass in cookware in the first place. More recently, data cited in the journal, environmental Science and Pollution Research International stated that even at normal temperatures, "PTFE coated cookware releases various gases and chemicals that present mild to severe toxicity."

they might've taken PFOA out, but is clearly not the only concern with this toxic cookware. The study goes on to state, "due to toxicity concerns. PFOA has been replaced with other chemicals such as Gen X, but these new alternatives are also suspected to have similar toxicity." you don't say in an EP, A report with data directly from DuPont Gen X, their solution to PFOA, their replacement.

Gen X was found to be nearly as toxic as the chemicals it was proposed to replace, including being a strong carcinogen, being a strong cancer causing agent. Now, the question is, do you think that this is just an anomaly? This situation with DuPont is just a once in a lifetime

occurrence, or is it just this one category of chemicals and this one category of consumer goods being cookware that this company was able to sidestep?

Public awareness and sidestep government regulation and continue to harm and literally kill citizens, global citizens. Is this just an anomaly? Well, tens of thousands of newly invented chemicals are created and released into our environment each and every year. A recent study published in the Journal, frontiers in Ecology and the Environment states "that the research community is falling woefully behind in studying the chemicals, pesticides, pharmaceuticals, and other novel concoctions discharging into our air, our oceans, waterways, soil, and food chain."

Again, the scientific community can't even keep up with all of the newly invented chemicals that these corporations are coming up with and not to mention their entourage effect. What happens when these chemicals are combined, whether it's in our food, whether it's in our soil? Our, our water system or in our consumer products, a lot of times these chemicals are studied in isolation.

They're not studied with one another. And so this speaks to the importance of us being proactive and not waiting around for these companies and government regulation to get it right for us to make sure that we're investing in our own health and looking out for our own families. And making sure, doing to the best of our ability, getting products, especially consumer products and our food, making sure that we're getting our food from great sources, making sure we're getting our consumer products from great sources.

And in particular, one of the most impactful changes that we can make is swapping out our toxic cookware and really upgrading our kitchen environment. And I wanted to provide you with some insights, some tips and tools. For us to do this work to swap out some of these toxic cookware items that a lot of times we simply don't even know that these are toxic, that these are utilizing these chemicals, whether it's from some old stuff. Because if your family's like mine, we tended to keep pots and pans around for years and years and years long after they're all chipped up and scraped up. And the era of p FOAs, that cookware is still in

circulation, but again, non-stick cookware has been changed. That compound is now actually going to be outlawed in some parts of the world.

But the attempts to make non-stick cookware simply led to more toxic compounds being used because they're using that same train of thought, using newly invented compounds to try to trick nature. Whereas we have time-tested cookware options that have been utilized for centuries by humans that are proven to be safe. And they can do a lot of the dynamic things that we wanna do in the kitchen because also we want to enjoy the process of cooking when, when it all boils down to it. That's why non-stick cooking was so attractive, it's so seductive, easier to make the dishes easier to clean, who doesn't want that? And so with that said, let's dive into some simple, smart, time tested upgrades that can do different things into the different things that we want to do in the kitchen.

And so to upgrade your cookware, let's start off with one of the most time tested forms of cookware. And again, this is not for every cooking purpose, but we're gonna start off with a great option in the form of stainless steel. Stainless steel is time tested, incredibly durable and relatively inexpensive. Stainless steel pots and pans are great for sauteing and browning. Our food while stainless steel baking pans are easy and dependable for popping a variety of foods into the oven. Selecting stainless steel based pressure cookers are a good option as well. By the way, a lot of pressure cookers are utilizing some of those non-stick chemicals that off gas and get these chemicals into our environment and into our food.

So stainless steel cookware is scratch resistant, long lasting, and a staple for any healthy kitchen. Now to be clear, no one said that stainless steel is effectively non-stick or easy to cook with coming out of the gate, you know, if you're a beginner or even a novice. Stainless steel does require some finesse to be able to cook with it and to do the things we wanna do in the kitchen. But there are some other options that are much easier to work with and one of those being cast iron cookware. When a cast iron pan is seasoned properly, it makes a great upgrade for non-stick cooking purposes. It's perfect for high heat cooking and can easily go from stove top cooking to being placed into the oven.

If cared for, a cast iron pan can last for generations. So this is obviously a staple in any health-minded kitchen. And for me personally, I'm very attached to my cast iron pan, so I wasn't really willing or skeptical to utilize anything else. But to take it a step further for non-stick cooking purposes, for easy cleanup, and also adding beauty to our kitchen, I've gotta tell you, my family's been utilizing the beautiful ceramic coated cookware from our place, and we love it.

Oh my goodness. My wife, and this is her direct quote, she said that. "I don't think you understand what lengths I'll go to for a non-stick pan." That's a direct quote from Anne Stevenson. She was just saying that in the kitchen one day and I was like, what lengths will you go through, you know? But anyways, because she knew that I was skeptical on trying anything else and you know, adding this layer of beauty to our kitchen. Also the diversity. You've got all these different types of pots and pans, whether it's their amazing always pan that we use literally every single day or their perfect pots and they've got pans and pots of all sizes. So that really help for us to swap out the old kitchen cookware that we're using and just kind of hanging on to and really just upgrading things with this non-toxic ceramic option is so amazing.

And again, there's so many beautiful options. Our place is an absolutely amazing company, and they've really been leading the change. They've always been PFAS free and offers the most durable toxin-free ceramic coatings, ensuring a healthy, safe cooking experience. And if you wanna check them out, they've got over 75,005 star reviews and their award-winning products have been featured in the New York Times, Bon Appetit, and many other places. I'm telling you right now, I was so happy about utilizing these and the fact that my wife loved them as well. And also just adding the beauty to the kitchen, that dynamic, which I didn't even realize how much more brightness this added to our kitchen. I connected with them and I wanted to see if there was some kind of discount that we can get for our audience.

And fortunately, they were able to hook us up with 10% off storewide. So if you go to themodelhealthshow.com/ourplace and use the code model at checkout. They're going to get you 10% off all of their incredible cookware and also they got some great appliances as well. One of those other things that I wanted to make sure that you know about where we have

this. Plasticized coating is air fryers. Alright? Air fryers are popping out here and they're awesome. All right? But again, you can just be air frying and polluting the air in your kitchen substantially. And also these compounds are getting into your food. If you're not utilizing an air fryer, that's free of these compounds.

And our place has recovered there as well because they've got an incredible air fryer that does other jobs as well, called the Wonder Oven. So again, so many great things. Check them out. Go to themodelhealthshow.com/ourplace. All right? This is where you're gonna get your hookup. When you're at checkout, use the code model. Use the code model for 10% off. And one other word, we just decided to get an entire cookware set. And so they also have deeper discounts on those things that are already there. And so you'll be able to take advantage of those deeper discounts again when you go to themodelhealthshow.com/ourplace.

Now, keep in mind this episode is very, very important, very, very powerful because we're exposing one of the most nefarious acts that have taken place in modern human society. We had a corporation knowingly poisoning our citizens with this newly invented chemical, promising all these great benefits and knowing how much it was going to cost them to pull that chemical out. And that's what it was really about. Skating by doing whatever they could as long as they could to make as much money as they could by avoiding changing out something that they knew was dangerous. And I'm telling you, DuPont is not the only company that has done that. We've got to do better. But one of the most important things that we can do is to vote with our dollar.

When we find out that these organizations are practicing business like this, we have to stand up. We have to say no, and we have to invest our dollars in companies that are doing the right thing. And also we have to stay educated and we have to start seeing through different eyes, seeing through different lenses because we live in a world right now that is radically different from just a century ago.

I mean, radically different, right? So now if we're born into this world, unfortunately, but this is, it is what it is. We are born into a very toxic environment, but the good news is we are resilient. Humans are so powerful to be able to adapt, to become stronger when faced with

adversity, but that means we have to take care to, let's limit our exposure to the best of our ability to these toxins that are coming through our food.

Mainly, we're going to find the vast majority of newly invented chemicals in ultra processed foods, so eating real food. Eating more real food, nutrient-dense food. Doing our best to eat organic when we can. Using non-toxic cookware, using to the best of our ability, non-toxic personal care and cleaning products. Again, really taking control of our own home environment. That's where we have the most power. Once we step foot outside of our doors, it becomes a little bit more complicated. But we know that we can create a movement. You know, there's a tipping point. As this information gets out to more people, to more families, and our demand and our standards is elevated.

Right now, we're in a transitionary phase, but the great news is we have access to information like this that's directly right there with us all the time. All you gotta do is click play and you can get educated and you can make healthier decisions. But we've gotta share this information. But tipping point to where health is normalized, where we stop allowing companies to self-regulate and create all these dangerous chemical compounds, and then releasing them into our environment that's causing our citizens harm. That change, that tipping point, us reaching that is going to be accelerated by you making an impact.

Number one, within your own household, but then impacting one family, one family member, maybe your community, maybe your neighborhood, maybe an online community, but just sharing your voice, sharing your experience, sharing this information. So please share this information out. Send this episode to somebody that you care about. Get this education into more people's hands. So it's said that when we know better, we do better. And knowledge is not power in and of itself. Knowledge is potential power. When we apply that knowledge, when knowledge is activated, that's where the real power is. So take this information that you learned today and do something. Take action, make an upgrade.

SHAWN STEVENSON: Thank you so much for tuning into this episode today. I hope that you got a lot of value outta this, and I hope you learned a lot. And also, this is not about being inundated, it's about being informed, making some small decisions, start stacking conditions

in your favor. We do not want to walk around and be in fear. It's not about that. We are resilient, we are powerful, and we're living at a different time right now at an age and environment that has never existed before in human history that our ancestors were not exposed to. And as we started off at the beginning of this show, we know that the accumulation of these newly invented compounds are happening.

In our fat tissue in particular, leading to inflammation, leading to insulin resistance. And we know they have an impact on our cardiovascular system, our reproductive system. The list goes on and on. There isn't an aspect of humanity that's not being impacted by this stuff, and so making some smart decisions to reduce our toxic loads that conditions in our favor, but also remember how powerful we are in leading with confidence and courage and love, because fear is not the energy that we need to go into with this. It's remembering how powerful we are and remembering how powerful we are to create changes in our own microenvironment, because that is what it's really all about, because that microenvironment change will begin to filter its way out. It filters a really great word to use in this, but filter its way out to the broader macro environment, but it starts with us.

If you've got a lot of value outta this, please share it out with somebody that you care about. You can send this directly from the podcast app that you're listening on, or of course, take a screenshot of the episode, share it out on social media, and you can tag me. Of course, I'm @Shawnmodel on Instagram. And I am on X, I guess it's called X now. All right. I pop in there from time to time, so you can tag me there as well, I'm @ @Shawnmodelhere. And listen, we've got some amazing masterclasses and world class guests coming your way very, very soon. So make sure to stay tuned.

Take care, have an amazing day and I'll talk with you soon. And for more after the show, make sure to head over to the model health show.com. That's where you can find all of the show notes. You can find transcription videos for each episode. And if you've got a comment, you can leave me a comment there as well. And please make sure to head over to iTunes and leave us a rating to let everybody know that the show is awesome and I appreciate that so much and take care. I promise to keep giving you more powerful, empowering, great content to help you transform your life. Thanks for tuning in.