

*Stephanie
Dodier*

**The Beyond The Food Show
PODCAST TRANSCRIPT**



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

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Welcome to episode 47. I have a question for you. Do you ever wonder why we are seeing booming rates of health conditions just as obesity, diabetes ADHD ladies tired condition or a skin condition like exemptions psoriasis? Why is it exploding? And that is over the last 20 or 30 years. Maybe it has to do with toxicity. Now in this podcast we talk about going beyond food and talking about toxicity. Is that next step and how toxicity or toxin can affect your health but also prevent you from going to the next level which your health.

So, if you have been very diligent about the way you choose to eat and what type of food you're consuming and you've done all that transformation in your life but you're still sticking on certain part of your health. I highly invite you to listen to this show because it's going to teach you what is a toxin but most important, how it can impact your health.

And our guest today Dr. Pizzorno has got some fascinating stuff on one particular toxin in insulin sensitivity. So, highly recommend you stick through the show for this one.

I have a personal story with toxicity and I'm going to talk about it during the interview. But I smoked for 15 years. Among many other things that I've done to my body. Smoking led me to be toxic which lead cadmium and mercury which I had to go through on a very specific protocol to detox my body. That is about two and a half years ago.

So stick with us if you want to know more about this topic but before we go there I want to thank you, the listener for my support of the Keto Connector, both the book and the program. It has been amazing.

And just to give you a little sneak peek into the feedback I have been receiving for the Keto Connector. I just want to share a testimonial that came through Amazon.com. So, if I'm an American reader, and it's fascinating because this reader is actually a physician.

So let me read that to you very quickly. Stephanie's book is an elegant and simple way in which to reverse the arm created by years of eating sugar and refined and processed food. She helps you adopt a whole and real food lifestyle that will improve your health. Importantly though, Stephanie has personal experience and has a gift of addressing the emotional aspect of health and provides you with practical solution to overcome emotional craving. The videos that [00:03:00] the book and access to our online community are incredibly helpful and improve the chance of you being successful in your change.

Isn't it amazing? That's exactly what I was going for. So if you've read the book, you'd probably say, "Yeah, that's bang on. That's the book." If you have not yet read it or took part in the program that

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wraps it up in like six sentences. But what I'm mostly proud of it's a physician who's writing this. So a physician that recognize the connection between the mind and the body and recognizing that the book is delivering that which is exactly what I was looking for.

So the link to the Keto connector will be in the show note. I invite you to go check it. If you haven't yet and if you did and you're supporting my work. Thank you. I'm blowing a big kiss at you right now.

So are you ready to hear from our guests today Dr. Pizzorno about his most recent research on toxin and toxicity and how it affects your health. If you are let's do this.

A naturopathic physician is the author and co-author more than ten books including the internationally acclaimed *Textbook of Natural Medicine* which is now in its fourth edition and he is also the best-selling author of *The Encyclopedia of Natural Medicine*. Our guest today is convinced that lifelong good health rests on two key determinants. Your exposure to toxins and your ability to process them in your body. While lifestyle diet and genetic all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxin overload and our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequency, and pollution that are a byproduct of our modern lifestyle.

While the human body has an innate capacity to detoxify it cannot cope with the elevated level of toxin which we are exposed today. So welcome to the show, Dr. Pizzorno.

Dr. Pizzorno: Well thank you very much for the invitation to join you today.

Stephanie: It's a pleasure and I was telling Dr. Pizornno when we were chatting in the beginning that he's like my father of nutrition skills. I've been using his book for the YouTube audience *Encyclopedia of Natural Medicine* for five years now and the first two years of my practice with patients I was using it at every single protocol so I'm so honored to have you here in my podcast today.

Dr. Pizzorno: Well I'm honored that you found my work a value to you because you know that's why I write those books. I write those books so we can help improve people's health because so many people suffer unnecessarily because they don't know about the wisdom of natural medicine and the natural medicine being get nutrients in, get toxins out. It's very straightforward.

Stephanie: It's a simple formula. Right. And sometimes it's almost too simple for people to pay attention to.

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Dr. Pizzorno: It seems that way sometimes.

Stephanie: So in my research on your history and your background I found that you have more than 50 years of experience in various fields of specialty. Even you started in allopathic medicine research.

Dr. Pizzorno: Yes.

Stephanie: So what's the A-ha moment that got you over to the dark side of alternative and natural medicine?

Dr. Pizzorno: Well, that's actually a more interesting question than it may seem at the start. So way back 50 years ago, you know, half a century I was working in incremental medicine research and just loved it. I was work with MDs and PhDs to try to find a cure for arthritis. And I thought my career would be to go on to get a PhD in education. But then I learned an event occurred that actually changed my life. And that is the woman who married my roommate from college had suffered from juvenile rheumatoid arthritis since she was a teenager and that was an incurable disease. I knew it was incurable because we're trying to find a cure for it. And then she was cured. I said, "Whoa, whoa. What happened?"

So I was having dinner with her and her husband and she said, "Well [00:06:54] how to cure this incurable disease. She said, "Well, I went to a naturopathic doctor he cured me." I said, "What's that?" Because I didn't know there was anything other than MDs at that time. So, I went to this naturopathic doctor, I asked him, "So, what did you do for my friend?" And he said, Well, I detoxified her liver and taught her how to eat properly. So, what does liver had to do with her knees her hands being swollen? And then that started a journey. And the more I looked into it the more I realized that yes, conventional medicine is wonderful in many areas, but for the day-to-day health for prevention of chronic disease, for maintaining vitality, drugs don't give you that. You've got to take care of your body.

Stephanie: Absolutely. That's called the A-ha moment so good for you for being so open to the other side. And it obviously did very well. So, you have your new book and I'm just reaching over right now to get it. The Toxin Solution and where you talk about how those toxin, those hidden poison in our environment and what they can do to her health.

So, what made you write this book? Because we've all known about this in that field for years. But what occurred that made you write this book and what is a toxin for you?

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So go through is first off let me start with what is a toxin. And I would define as a toxin anything that poisons enzyme systems in human physiology. Because as you well know our bodies are basically enzyme machines and enzyme is basically a protein that determined by genetics and then a cofactor which is typically a vitamin or mineral which then makes the enzyme work. Well, the way many toxins work is by poisoning the enzymes so they don't work properly. So that's one definition as poison enzyme systems.

Another definition which Ashwell talk about a fair amount in our conversation today is that many of these toxins actually block the insulin receptor sites on the surface of our cells that also damage our DNA. So, the mechanism by which they cause trouble. So, anything that damages DNA blocks receptor sites on the cells poison enzyme systems. I call that a toxin. So, since I've been involved medicine now for a very long period of time I've had a chance to see why people are sick. And the reason is your sick have actually changed over the last 50 years. So, I was in private practice way back in the 70s. People were sick because of nutritional deficiencies from eating poorly from smoking or from not exercising and kind of that much of the active determinants of health. But then I started seeing the passive determinants of health changing. What I mean by that is that the air we breathe. You know that's passive. There's air.

Well now we pull toxins into the air the water we drink. Turns out that a lot toxins the water we drink and industrialization has released a lot more toxins into the environment. They end up in the water.

And then we got food. So not only are we creating food that is lower in nutrient content, we are also now adding to the foods things like organophosphate pesticides, organochlorine pesticides, cadmium, arsenic all these things that poison our bodies. And then I could continue on. But another big source is health and beauty. So put on healthy beauty to make his beauty beautiful and also makes it smell nice. OK. Well in order for them to smell nice that put in a class of chemicals called phthalates and phthalates stabilize these, I'd say, fragrances. And they also stabilize them. But the phthalates poison insulin receptor sites on the cells of our bodies.

So our cells have a lower receptor sites on the surface and insulin that comes from the pancreas tells the cells to absorb more sugar when there's too much sugar in the blood or the cells need more sugar. Well the problem is if you block those insulin receptor sites, the cells can respond to the message to take in more sugar. And what happens then is the pancreas has to overproduce insulin in order to get enough sugar into the cells. We do that for 20 or 30 years. You burn out your pancreas and now you've got diabetes.

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Stephanie: Wow. That is you're teaching me something because I knew the toxin were prevalent in the cause of our disease today but I had no idea there was a link between phthalate and insulin receptor because great majority of our audience have insulin sensitivity issue because the age what they are or different situation in their life, that's phenomenal. So, every time we push perfume on us, we are impacting that.

Dr. Pizzorno: Yes. So, it was diabetes that grabbed my attention. So, [00:11:09] medical school way back in the early 70s, Diabetes affected less than 1 percent of the population. And now it's 10 to 20 times more common. What happened? Well people say, "Well, everybody's obese now. So, of course, you get diabetes." And, yes, obese people get more diabetes. But obese people in the bottom 10 percent of the chemical exposure do not have increased risk for diabetes. So, it's not – I want to be clear. Not saying being obese is good for you. All I'm saying is a lot of problems with obesity is not the obesity. It's how you got to the obesity. And if you got to the obesity with chemicals they're going to get diabetes.

Stephanie: I always say that weight issue in general that we talk about the emotional component the physical is only a symptom. Treating just your weight with a diet will not get you to resolve your health issue.

Dr. Pizzorno: Yes.

Stephanie: Weight is just a byproduct of whatever the root issue is within you and in the case of this is toxicity. So, further than diabetes, how is toxin affecting our life?

Dr. Pizzorno: So I just finished writing an editorial for my journal. IMCJ, which is short for Integrated Medicine: A Clinician's Journal and we're a med journal. I just finished an editorial on arsenic. Okay. I was blown away by what I found.

So, I was focusing so much on food and health and beauty aids and such. And paying some attention to water but not as much as I should have. So, I started looking to the issue with arsenic I discovered things like in North America over 10 percent of the water supplies have high enough levels of arsenic to be known to induce disease. And there's some areas in the US which have arsenic levels in the water. This is well water. Water real people are drinking that is over 10 times higher than the amount necessary to increase risk of disease.

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So, as I've looked at the research cardiovascular disease as a common result of excess arsenic but the biggest one turns out to be cancer. So, research is showing that lung cancer, prostate cancer pancreatic cancer – all dramatically increase and people of higher levels of arsenic exposure.

Stephanie: Wow. And where does arsenic come from to be in our water?

Dr. Pizzorno: So, the worst source of water is from the water. There are some in the food, too, but it's not as damaging as one from the water. And the arsenic. The water comes from two sources. Number one, it's natural. And by that, I mean arsenic's in rock. Yeah. And if you have that be drinking water that's been in contact with arsenic it will absorb the arsenic.

So, most of the arsenic comes from that. But, also, we've released a huge amount of arsenic into the environment because it's been widely used in the past as a pesticide and insecticide. And the way they used in the past was they basically had arsenic lead compounds that are put in things like wood to preserve the wood. Their used sprays in various arsenic compounds are used as sprays, for example, for wine growing. And we we've released a huge amount of arsenic into the environment. I would say at this point it's probably about half natural and half industrial.

But the bottom line is we have lots of arsenic.

Stephanie: So, arsenic through natural sources but through pesticide comes into our water we drink this water we unknowingly drink arsenic. One thing we drink but I know there's many other toxin in water but we drink arsenic and how does it cause cancer? Like without being too technical. How does that get into the mechanism of the body to cause cancer?

So the underlying mechanism for every kind of cancer is damaged DNA because once your DNA becomes damaged then it starts functioning inappropriately you start losing [00:14:35] growth regulation and I got cancer.

So, basically almost anything that damages DNA will cause cancer. And it turns out that arsenic could damage this DNA, and, in particular, by methylation, homocysteine and things like that. You probably talk to your audience about it. Everybody knows that you have to have good methylation or you keep your homocysteine levels down because if you don't keep homocysteine levels down you get more heart disease, more Alzheimer's disease, you might – almost it's just terrible for us.

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So, it turns out that the primary way in which we detoxify arsenic is with methylation. So, a person is having trouble with methylation as measured by high homocysteine levels, they're going to be more toxic to arsenic. And we don't get rid of the arsenic, then, the arsenic damages the DNA.

Stephanie: Wow. So, the body can't rid itself of the arsenic because of the methylation issue. So, then the body stores the arsenic in our body. Is that how it does?

Dr. Pizzorno: It's all more complex than that. So, we're actually because water has often contained arsenic, as you evolve as a species we evolved to be pretty good to get rid of arsenic. Okay. Now I said pretty good, it doesn't mean we're perfect at it, but we're pretty good at it.

However, when you look at arsenic it has certain levels of toxicity such [00:15:47] no question about it. That's why people with unhappy spouses they poison their spouse with arsenic, right? So, arsenic is a poison.

Stephanie: Deadly dose of it.

Dr. Pizzorno: So, it turns out that we detoxify arsenic through a double methylation step. You have to double methylate arsenic before it's then relatively safe and easy for the body to get rid of. But the first step called MMA for the monomethylated arsenic is actually four to ten times more toxic than arsenic. So, if a person is having trouble with methylation, arsenic can get stuck in kind of like middle phase and there's much, much more toxic.

Stephanie: And that's how we that's how the toxicity of the arsenic will then affect the DNA of every one of our cells and can provoke cancer in a person. That's amazing.

Dr. Pizzorno: Cancer, heart disease are just a wide range of problems.

Stephanie: So methylation for those of you who maybe is the first show you're getting into, you've never heard of methylation, methylation is done in our body and it's we're using compounds found in food, for an example, to layer into this process and some of the vitamins and the minerals will activate this methylation process, so, if you're not nourishing yourself accordingly to what you should be, that could be a cause of poor methylation, correct?

Dr. Pizzorno: Absolutely. So, standard American diet is grossly deficient in B vitamins. I know that people have polymorphisms in their methylation enzymes. So, they have a genetics – they could have

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[00:17:12] it add to nutritional deficiencies. And by the way, there are toxins that will also damage the enzyme systems that produce the methyl groups. You put it all together and even though in the past as humans we've been pretty good at detoxifying arsenic, the diet we live with now we've made it harder to get rid of the arsenic.

Stephanie: Amazing. So, let's go into the path of detoxification. Because this is something that most people have heard on social media or in magazine when there's those detox cure and those cleanse packages and all of that. So, can you walk us through when the body does naturally to detox us and what are those detox like in the variation to what our body does?

Dr. Pizzorno: So let me kind of walk you through a little differently and talk about how I discuss in the book. So, what I do in the book is I start by saying okay here's how toxins are poisoned your body damaging your health. Here's like [00:18:06] disease tell people where they come from how to avoid them. But then I don't go into a detox program at this point. What I say instead you have to prepare your body's detoxification systems before you start stirring things up because you start releasing the toxins from your cells before you're able to get rid of them, they could become even more toxic.

So, first detoxification step is you got to get your gut cleaned up. That turns out that I hurt the wrong bacteria your gut. Or eating the wrong foods, will produce a lot of toxicity that goes into your body. So, you got to stop the gut from producing toxins and not only that, but a properly functioning gut will get rid of toxin.

For example, I mentioned arsenic. If you have the right kind of bacteria your gut, the bacteria to protect themselves will methylate the arsenic make it less toxic, okay. So, healthy gut helps us with detoxification in so many ways.

The next step is the liver. The liver is our primary way in which we neutralize chemicals. Well, if you're overloading the body with toxins, not only do they poison regular enzyme systems in the body, they also poison the detoxification systems in the body. We have too much toxins.

So I basically show people a process to walk through a process of how do you prepare the liver for detoxification, how do you clear out the excess bile, how do you get all right nutrients in there for the enzymes work properly. And if you have toxic exposure, what are some herbal medicines you can use to help make your liver function more effectively.

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And the final step and this is – how do you think about this a few years ago. We've got to get the kidneys working properly. We have an epidemic now of kidney failure. When I was an [00:19:39] the medical school half a century ago, kidney failure was incredibly rare. Now we have the dialysis centers all over the country. Yeah what happened? Well, these various toxins and over-the-counter non-steroidal anti-inflammatory drugs known so-called NSAIDs, they are very, very hard on the kidneys.

So, I walk people through a process of saying, “Here's the things that damage the kidney, stop doing it OK. And then there are some things that we can do to actually improve the blood supply to the kidneys. So now the kidneys can more efficiently get rid of these various toxins.

So, now, after you've done all of that, okay, now, your [bile 00:20:13] is ready, then I show people the intense detox program which is a combination of, number one, is lots of fiber because you have to have fiber in your gut. So, when the liver dumps the toxins into your gut there's something that bind to them to get them out of the body. Otherwise they get reabsorbed through something called enterohepatic circulation. So, I tell people fiber, I have them do saunas. I have them do alkalize in nutrients, because it turns out our bodies are very acid and that acidity makes it hard to get rid of nutrients so we alkalize the body help the nutrients more – get rid of the toxin more effectively. And after doing all that and I say to people now, “How do you live a toxin-free life?”

So, like we did in our family, my wife and I, we went through our house so we threw away everything plastic in our starch containers. We have now all our storage containers are glass and all starch containers even have glass lids. Now the edges of our still plastic can't get around that. But at least the majority of it is glass. So, we're doing everything we can to decrease our exposure to plastics and toxins.

Stephanie: I think that's a beautiful resume and you're hitting the point that I wanted to get to as we need to prepare our body before we jump into whatever detox or cleanse you're trying to get to.

You've got to prepare your body because a sick body and a body that's full of toxins will not be able to do what the detoxification is intending to do and you will get sicker.

Dr. Pizzorno: Yes. And that's one reason why when people who are overweight try to lose weight run to a lot of trouble because many of these toxins are fat soluble. So you start breaking down your fat. What happens. All these toxins come into your body including by way of PCBs and PCBs which by the way were banned 40 years ago. But because they're a class of toxins called persistent organic pollutants or, pops for short, they are actually designed to be difficult to break down.

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So, the PCBs have a half-life in the body. That's how long it takes for the body get rid of half of them, half-life is measured in over 10 years. So, once they get in your body they're really hard to get rid of. So, they're stored in the fat. And so, when you start losing fat all these PCBs starts circulating which are hard to get rid of. And the PCBs poison the thyroid. So now you start producing less thyroid hormone and you also start decreasing the conversion into cells of thyroid from T4 to the more active T-3 level. So, what's happened is you're feeling toxic from the toxins going back from the toxins and you're feeling tired because now your thyroid activity is going down. And so, it makes it really hard to lose weight.

Stephanie: And I want to say I don't want to tie in a little bit of my personal story in this. And Dr. Pizzorno may not be aware, but I have a personal journey of weight loss where when I got into the field of natural medicine I actually was for myself.

It wasn't to help the world. I was in the hospital panic attack and anxiety and pre-diabetic and cholesterol a whole bunch of issue and I found food. But I also found a health practitioner that helped me. So, when I lost the weight and the number one thing he did is put me on that super awesome multi-vitamin and a methyl factory to help me detox because he knew that I wasn't healthy to begin with and if I start losing weight and losing I would get sicker.

Dr. Pizzorno: Exactly right.

Stephanie: So, if you are on this journey and you're a listener, and you're trying to lose weight and you're not addressing what Dr. Pizzorno was saying, you may get exactly into the situation you describe and maybe the reason why you're not achieving your goal. Maybe you started very strong and then, all of a sudden, you're plateauing or you're not getting results at all because of that toxicity factor that's now being released in your body.

Dr. Pizzorno: Absolutely.

Stephanie: So now that we understand how to do this pathway and, again, I'm showing the book because you should refer to that as far as the protocol to do it and step by step he will take you through that. What can we do to prevent this in our day to day life the toxicity?

Yes, as I say may times in my book, I say the toxins are so hard to get rid of. The first thing you got to do is just not let them in. What I mean is looking at every, you might input into your body and make sure it's clean as possible. So, it starts with food. I would say probably about 70 percent of the toxins come from food and the packaging in which the food is stored. Critical factor.

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So organic foods. You have to eat organically grown foods. Now, if you can't afford to eat everything organic or grown, the Environmental Working Group on their Web site will give people advice on which foods are the most toxic and which are least toxic. So, the ones that are most toxic [00:24:41] has to be organic or don't eat them. I'm just I'll be blunt by if they're not organic don't eat them. Whereas the ones who have low toxin level if can't afford it, [so you can't eat 00:24:49] them regularly. So that's very important.

So, for example, a study was done here in Seattle where they looked at children who were eating primarily commercially grown foods and it looked at kids are eating primarily organically grown foods. And they compared them for organophosphate levels in their bodies. Now why are organophosphates important? Well because they poisoned neurological systems and the kids at the highest levels organophosphate pesticides have a lower IQ than the kids with the lowest levels. And they also have more ADHD.

So what was the ratio between the kids eating commercially grown foods versus organically grown foods kids eating conventional grown foods had 9 times higher levels organophosphate pesticides in their bodies. So right there, big, big factor in health.

But not only that is the how the foods are stored. A study was published recently where they looked at the amount of bisphenol A in canned food canned soup versus homemade soup. It looked at lentil soup and they looked at the amount of how much people's bisphenol-A levels went up in their body by consuming just one serving a day of canned soup for one week it increased by a factor of 12.

So, 12 times higher just from eating canned soup rather than making homemade soup. So, it didn't matter whether it was organic or not. If it's organic, you'll get the same problem if you're doing canned soup, it's lined in plastic and the plastic releases bisphenol-A into the body.

Stephanie: It's the real food.

Dr. Pizzorno: It's real food properly prepared and properly stored.

Stephanie: Exactly that's what I always say to people when you start your nutrition journey. Go to real food and right off the bat, that's going to reduce your sugar that's going to reduce toxicity. That's going to be all positive. So, first step is real food organic. And I will link in the show note for people the website that Dr. Pizzorno is talking about where you can get the dirty dozen lists of food you should be focusing on if you have financial restriction.



**TBTFS047—Dr. Joseph Pizzorno—
The Connection Between Toxins, Disease,
Weight, and Insulin Resistance**

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Dr. Pizzorno: Excellent. And another way to look at it is are you aware of the world's healthiest foods website?

Stephanie: Yes, I am, but I'll link to it.

Dr. Pizzorno: Okay. So, you may not know that my team actually created that website.

Stephanie: Are you?

Dr. Pizzorno: **[00:26:48]** Foundation. And what's wonderful about that website and still supports the work that you do is we have tens of thousands of letters from people saying, "I stopped eating junk food. I started eating real food and this that other disease went away including my weight going down. The testimonials as we have are just phenomenal. There's no substitute for eating healthy clean food.

Stephanie: And it's very simple. And for the people that are coming to this new because we have a portion of our listeners that are coming from the world of low carbohydrate and ketogenic world where commonly on many website it is portrayed as eat anything as long as it's low carb and have a big problem with that because, as you said, they end up eating junk food, am I correct?

Dr. Pizzorno: Yeah, they eat junk food. And also, another factor I think most people don't realize **[00:27:36]** should be emphasized not more when I'm talking about this is up until your age about 30 or 40. It doesn't matter a lot what you do. You know everybody knows you when you're 20 years old you can go out drinking all night and go to work the next morning. Well as you get older is not so easy anymore. But most importantly you may not see a lot of effects from toxins until about 40 years of age. But the research shows after age about 40 if you've not been taking care of self your body goes downhill really quickly. It's really quite scary.

Stephanie: And I explain that to people has your checking account and your savings accounts I don't know if you've never heard this analogy. As you get older your health savings account is decreasing. And if you're not replenishing it, the saving will go down to zero and you will live from paycheck to paycheck to paycheck and your checking account and that's when disease and symptoms arise.

Very well stated. Very well stated.

Stephanie: And a great way of sort of replenishing your saving account is through proper nutrition, real food and it's through organic food but also for the ladies, beauty products on your skin.

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Dr. Pizzorno: Yes. Let's talk about the beauty products. So, there's a cool app. And I have no commercial interest in these folks called Think Dirty. As you just take it with your smartphone take a little picture of the barcode on the side of the health and beauty aid and it'll tell you how toxic it is to tell you what the worst toxins are and how toxic it is.

So as conscious as we are of health, once we got that little app we went through our whole house took all our health and beauty aids and we threw out half the health and beauty aids we're using because it had a bunch of doctors in them and we didn't realize. We thought we were getting name brand good quality products. But, unfortunately, they were full of phthalates and other toxic elements.

Stephanie: Amazing and then the next step could also be the household products you use for cleaning.

Dr. Pizzorno: Yes, so that's another big issue. A lot of these chemicals are not good for us. So, my wife makes up our own household cleaning agents. I'm sure the commercial people are not happy to hear this but she basically gets it makes it's one-third white vinegar, two-thirds clean water and she puts in whatever aromatic herb that she feels good about for that day and most the time it's lavender. She loves to smell lavender. So, we have lavender in our cleaning solutions.

So, it's nice and clean doesn't damage your body.

Stephanie: Yeah and it's very easy to do and it's low-cost, people. It doesn't cost anything much cheaper than buying commercial products.

Dr. Pizzorno: Absolutely.

Stephanie: Now before we wrap up this interview, I want to get into the whole topic of water filter because tap water is a huge carrier of those toxins in our body that we cook with water or drink the water. So, do you have any recommendation on that part?

Dr. Pizzorno: Yes so there are simple and complex solutions. So, the simplest solution are the carbon block filters. Now when you use a carbon block filter obviously, you put that in your kitchen in your kitchen sink [00:30:14] use there but you need to put it in your showers as well. Because what happens is the hot water will evaporate a lot of these toxins and then you when you breathe them in, you actually breathe them in more efficiently through your lungs then you absorb this to your gastrointestinal tract. So, you need to clean up as much as possible.

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Stephanie: So, a commonly known carbon filter, don't want to interrupt that's Brita, correct? That's the common one. Okay.

Dr. Pizzorno: So, I haven't gone through and looked at each of the brands to see which is best, which is not. But I do know that there are independent groups that have surveyed this.

Now in general your carbon block filters are not good in getting rid of things like arsenic. Now if they're real arsenic it's in the form of an organic compound which it can be, but if it's typically an organic compound it's not going to get rid of that. So, at that point you're looking at more sophisticated solutions and rather than give you a kind of an answer right now because I don't think I can give a good answer for our population but I would say is if you've got high levels of arsenic in your supply you need to get it tested. And then if you do that you need to look for a local supplier to help you with fixing that problem. Not real easy but it is fixable.

Stephanie: So, a very simple carbon filter could be a great step for people wanting to detox their life beyond just food.

Dr. Pizzorno: Right. Yeah that's important. But let me be clear water near [00:31:23] the water for the average person is only about a five to 10 percent of the toxic load unless you're in an area with arsenic and then it's going to be a huge problem.

Stephanie: OK. Let me ask a question that I know some of our listeners are thinking in their head right now. You've got a lot of science in your book. It's facts it's demonstrated that this is what it is. Why are regular allopathic MDs are not concerned or do not talk about that to their patients?

Dr. Pizzorno: No, they have not been taught about the importance of nutrition environmental toxicity. They've been taught to dismiss it and ridicule it. For example, the typical medical school has very little education nutrition and the education they have in nutrition is more about meal replacement for people [00:32:05] nutrition virtually nothing about therapeutic nutrition.

Now you talk about toxicity. Well if you have industrial exposure it's a problem. But the average population is not a problem. Well unfortunately, average population is terribly toxic. For example, looking at just arsenic I would assert that between 10 and 25 percent of the population is having an arsenic toxicity problems because of water, poultry to which arsenic has been intentionally added. And rice because rice for some reason is very efficient at absorbing arsenic from the water, if there's arsenic

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in the water where it's grown. In addition, if you're cooking rice and water that has arsenic in it the rice [00:32:42] are efficiently absorbed the arsenic from the water that you're cooking in it as well.

Stephanie: So it's not because our doctor or our MD is never talking to us about that or denying the fact that it's not true. I mean if you are doubting and you want to have some facts please refer to the book because it's all sustained with scientific evidence.

Dr. Pizzorno: Everything I say in there I show the science behind it.

Stephanie: And correct me if I'm wrong, you have another book coming up right? That's going to be talking about this as well?

Dr. Pizzorno: Actually, I do. And it's going to be a textbook for doctors. So, one of my graduates Dr. Walter Crinnion and I are co-authoring a book entitled *Clinical Environmental Medicine*. It'll be published by Elsevier. Elsevier is the biggest publisher of medical textbooks and it will be coming out in spring 2018. Now I have to say it's been [00:33:24] and it's the research has been quite a revelation. I've known it's been a problem for quite some time but it's even worse problem than I thought it was.

Stephanie: That's amazing. But that's great because this is for people that are listening, the book, the average person and then you're putting a book out there that will talk the language of our MDs of our doctor, if they are interested, there will be a book out there for them to know about the toxicity of the world we live in and how it affects the disease that we're having today.

As I would estimate at this point we'll have about 5,000 references in the book. We're now on because we're not making this up. The research is very, very clear. We're exposed to a lot of toxins and the toxins are damaging our bodies, no question about it and I'm asserting that the primary cause of the increased incidence of disease the chronic disease epidemic we're experiencing is due primarily to toxins.

Stephanie: That's amazing. So, somebody is out there right now thinking that could be the reason why they're having chronic health issues that no matter what they're doing with their diet things are not getting better. What is the next step they can take to research or find out about this?

Dr. Pizzorno: So, they need to find a doctor knowledgeable about this because while there are some things you can do yourself at some point it's good to have professional help. But the professional help has to know what they're doing. So, naturopathic doctors, function medicine doctors many integrative

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medicine doctors have all been taught about how to think about toxicity how to measure people by a load of toxins and monitor make they're getting out the way we expect them to.

Stephanie: And for your listener knowledge, I have done one of those tests because prior to becoming a health practitioner I was a person who smoked for 15 years. So I did an analysis with a functional medicine doctor and I was polluted with lead absolutely polluted with lead.

Dr. Pizzorno: Yes. Yes. So, we look at cigarette smoking cigarettes typically have lead, cadmium, and arsenic. Now, usually, they're highest in cadmium. But dependent upon where this pack was grown will determine what's actually in it.

Stephanie: Yeah and we work through a protocol. We did some I.V. therapy and supplement and it worked wonderfully. So, and some great results.

Thank you very much for your time on my show today. It's been an honor to have you and to meet you and you personally but, also I know you thought a lot to our audience and I would highly suggest that you go and check out the book. All of the links we talked about will be referred in the show note and I thank you very much for your time today.

Dr. Pizzorno: Thank you for the invitation. Great meeting you.

Stephanie: Thank you.

There you have it. What a beautiful 35 minutes spent for Dr. Pizzorno. And I am sure that one of the listener got a huge A-ha moment listening to this. So, if you want to refer to anything that either myself or Dr. Pizzorno mentioned in the show you can head over to the show note at www.stephaniedodier.com/047, where you will find the link of everything we mention. And that's where you can also pick up the transcript and the link to join my community and I hope to see you there soon.