

[154: Dr. Jill interviews Warren Phillips, Non-Toxic Dad - Tips to Keep you healthy & toxin-free](#)

Dr. Jill 0:12

Well, hello, everybody! I am live today on Dr. Jill Live—another episode with Warren Phillips! I'm going to introduce him in just a moment. He's also known as the Non-Toxic Dad. Today you're in for a real treat because we're going to dive into really practical ways that you can live your life, build your home, and protect your family from the toxins that we all encounter. I think often when we talk about this topic, it's just doom and gloom, and it can be completely overwhelming. But we're going to actually share practical tips from our lives. What do we do? What do we actually take into practice and play?—from the expert, the dad, that is the Non-Toxic Dad. I was featured on his podcast, which was such an honor. And now you are here. So welcome, Warren. Thanks so much for joining us!

Warren Phillips 0:56

Dr. Jill, I absolutely love talking to you! We're so much on the same page, and we really understand the impact of toxins on the world's health in general and how they affect the outcomes of our lives, our history, our future, and our legacy. As a dad, man, [for] the next generation coming up, we've got to get a hold of this stuff so that we can really have that impact that we need. If we're bound up with all these toxins, we're done. So pioneers like you—I mean, I've been doing this for 20 years as well, and we've suffered with all the symptomology—we're both on fire to educate the world to live a non-toxic lifestyle. So I couldn't be happier speaking to the right crowd and sharing any of the tips, tricks, and things that I do that can make their lives better, to help them make decisions and choices that are going to take them incrementally better in their lives. So I'm so excited. Thank you.

Dr. Jill 1:47

You are so welcome. I love your energy. It's the same for me because it's so exciting to know there are solutions. Let me just do a brief intro so people know who you are. Warren, also known as the Non-Toxic Dad, is a scientist and a dad who's dedicated his life to promoting a toxin-free lifestyle. And like I said today, we're going to get really practical and give you some tips and tricks that you can probably put into place right away. He completed his master's in geology. Then he worked as a scientist for several years, but his focus shifted as he started struggling with unusual health issues and noticing the harmful effects of toxins on his health. Me

too, Warren. It sparked his passion in researching and proponenting a toxin-free lifestyle.

Dr. Jill 2:24

What I love is that your mission is just to help others keep healthy and [maintain] toxin-free living. And what's really, really precious is [you're doing it] as a dad. As a family, often people out there are like, "What do we do for our children?"

Dr. Jill 2:35

And one of the things I'll just start with, and then we can jump right in, is that in 2001 when I was diagnosed with breast cancer, in the same year there was a study in Canada—I think we talked about this—[of the] cord blood of infants, meaning coming right out of the womb. Over 200 chemicals were found in the cord blood. I think it was in Canada, but it was no different from the US. And that was 20-plus years ago. So what was happening was that we realized that babies being born into this world that should have beautiful, sterile, healthy immune systems were coming into this world disadvantaged. So that's 21, 22, and 23-year-olds right now. And how much more toxic load are our babies nowadays coming into the world [with]?

Dr. Jill 3:11

So let's start with preconception. You're out there; you want to be a mom or a dad. And we can talk about practical tips if you have children. What do you do if you want to be a parent and you want to decrease [your] toxic load? Where do we start?

Warren Phillips 3:24

Yes. I'd like to say, really prepare a couple of years ahead of time. You want to detox your home first. Remove the sources of toxicity. Reduce your personal toxic exposure. And then start doing things supplementally and definitely diet-wise to start extracting the toxins out of your cells in your body so they don't go into babies. As we prepared for each child, each time we got better. We wanted to have kids. We did the right thing—the best we could at the time—with the timing. And then we also took a break from detoxification, especially the mom's detoxification, at least for six months. [She was] still eating healthy and doing all that, but not pushing pathways and doing some of the natural methods of detoxification [such as] taking zeolites, DMSA, or the harder deep heavy metal detox.

Warren Phillips 4:15

Boosting your glutathione or your methylation pathways, supporting the liver and kidneys, and just really starting to flush toxins through your lymphatic [system] through your gut and your colon [are beneficial] because those things circulate. And circulation is going to lead to that [toxin] getting into the blood, into the system, and then into the baby. So there's this process of stirring up the pot. And it's getting better as technologies get better. So that's what we did. We really looked at reducing our toxic exposure. Looking at the areas, especially in the home where that baby is going to come in, that's also decreasing the toxic load coming into mom. I always say [to] start in your bedroom.

Warren Phillips 4:53

I started with a really small home. Before we conceived, I was living in a 750-square-foot, two-bedroom apartment. That was great. I still had to start in the bedroom because we didn't have much money then. So I had to use a fan instead of an air exchanger or a special filter on my HVAC unit—my heating, ventilation, and air conditioning. So I used a fan and a dehumidifier to keep the humidity down. We didn't grow mold in my bedroom, but I had fresh air blasting in because it was a newer condo that was putting off a lot of volatile organic compounds. If you'd measure it in there, it was three, four, or five thousand; I think it's parts per billion [is what] the meters measure with. So I had to get that down.

Warren Phillips 5:38

I had to do something for not only me, so I could sleep at night at the time, because it would really race me and I didn't sleep well... But we just controlled our bedroom and removed all magazines from there. We didn't have money for a nice bed frame, especially organic wool, natural, and all the [other] wonderful things. We just took an organic mattress and threw it on the floor, or we got just the metal frame and threw it on that eventually. But we just really thought about the long-term consequences for our own health, for the mama, and for the baby. So we just did the best we could and removed all sources of toxicity.

Warren Phillips 6:14

The solid wood furniture that we got, a hand-me-down, [we] wiped it all down. But this one was actually made from non-toxic paint already, so that was great. But it was blue and yellow, with little blue and yellow knobs. I mean, this was kid stuff. But I was so concerned about not only our health as parents but that [of the] future generation because those studies were out in 2001. We knew that the cord blood was full of these toxins, triggering genes, altering the microbiome, and passing on all this toxicity to a little baby. And their buckets are so small. And that's why kids

are getting sick today in their 20s. Honestly, on Non-Toxic Dad, my followers, the group, and the team that's around me cheering this all on and wanting this information—25 to 45—are sick. Mostly women.

Dr. Jill 7:07

Yes. Love framing that. And just to reiterate, basically, if you're a mom, whether you have children, want to have more children, or are brand new and haven't had children yet, it is really important if you are going to detox: Start 18 months prior to conception. And six months or so prior to you wanting to conceive or trying to conceive, you should not be doing any intense detox practices because that comes out in the breast milk; it comes out through the placenta. So we're actually saying: Don't detox if you're right before conception or if you have conceived and you have a baby that's ready to be born. Please don't detox, because you're going to actually do more harm than good. But think about this beforehand. Now, if you have children... Let's move on to that because you're obviously a dad. How many children do you have, Warren?

Warren Phillips 3:24

I have three little girls.

Dr. Jill 7:52

Awesome. Oh my gosh, girls, and the endocrine-disrupting effects of chemicals! Let's talk about girls specifically. You know a little bit about my history, but I grew up on a farm, and at 25 years old, I got breast cancer. So clearly, there was an endocrine-disrupting effect on my own health as a child. And when you get cancer at 25, the insult to the DNA probably happened 10 or 20 years [earlier]—so maybe when I was five or ten years old, or even a little girl. For little girls, what things might have endocrine-disrupting effects? And what can we do to protect our little girls, especially? Boys too. But especially girls with breast tissue, the endometrium, and those hormone-related tissues are, I think, even more affected.

Warren Phillips 8:29

Yes. So even preconception, if you can't get pregnant, detoxification can really help, especially removing toxins because they're endocrine disruptors. So that's huge. Why would you put endocrine-disrupting chemicals in your body when you want to get pregnant? And there are a lot of them. We're talking about your fragrances. Get rid of your perfumes and shampoos that have fragrances. Anything with a fragrance, [such as] plugins or car air fresheners. Get rid of all massive endocrine disruptors—neurotoxic, inflammatory hormone-disrupting [products]. Get rid of

that stuff. Try that stuff first. And I know a lot of moms have [had] and are still having trouble. I'm not pointing the finger or [saying] you did something wrong. This is just life, guys, and I get it. I have lots of friends who have trouble even getting pregnant. But if you are blessed—

Dr. Jill 9:14

[inaudible] are like parabens. If you have methylparaben, ethylparaben, a bath or a body product, anything you put on your skin goes into your body. When I got breast cancer, after the next several years of cleaning up... You start with: What do you put on your body? What do you put in your body? And for women and men, we use a ton of hair care, makeup, and [other] products. And all those things should really be looked at to see if there's toxicity involved.

Warren Phillips 9:38

Yes. The phthalates—all of it. So EWG. I know that you have tons of resources—your book, all that stuff. So you do need to take that journey. When you have an issue, [like] if your kid is misbehaving, there's always a cause. What am I doing? Self-responsibility as a parent, right? If I'm not getting pregnant, what can I take that's my responsibility?—not take on the things I'm not responsible for that have been put on me. But what can I do? I always look at it as responsibility. And it's work, and it's hard. And a lot of the time, our emotional energy isn't there to make those decisions. So I know that it's tough. That's why you get on podcasts like this to get encouraged, because we've been there.

Warren Phillips 10:16

It took me eight years to get functional enough to ask my wife out. I wind up getting married three months later; that should make you laugh. But it took me a long time, and it was hard work. It was painful. It took a lot of great people in my life to encourage me to get there. So I want you to be encouraged. First of all, I always do that with you, Dr. Jill, because I know that this can be very overwhelming. And I know the people who follow you trust you and know that we're not putting fear here; we're just getting to what the literature says. This is not conspiracy. This is not BS. It's a fact that this stuff affects your life, wrecks your hormones, and makes you sick, fat—you name it. We can throw all the nasty buzzwords that marketing uses out there, but this is not marketing. This is fact; it's truth. And you can take control of your life.

Warren Phillips 11:04

So, kids, what do you want to avoid? Absolutely get rid of the toxic makeup. I have a video that has 9.4 million views. Why? Because it is such a big deal. These little kids are putting on all these chemicals, makeup, and perfumes to smell pretty, to be like mom, [or to have] shiny hair like mom. And at the end of the day, that's setting themselves up for failure, right? It's setting them up for a lifetime of medication. It's setting them up for the inability to get pregnant because it's a fact that they're endocrine disrupting. It's a fact that they lead to cancer.

Warren Phillips 11:39

"Just a little bit. It passed the test, Jill. It's fine in the safety studies." Okay, add that with the next one: The phthalate, the paraben, and the pharmaceutical chemicals that are in your water. You add that all up—you don't have a chance. You are not going to win this fight unless you give your body a chance. Give your kids a chance by removing these toxins. So you definitely need to [do so] with your kids, who have little buckets.

Warren Phillips 12:05

And maybe you didn't know about this stuff before—before you had your first—and you see the consequences. "My kids are just struggling with their health" or "immune system" because they're immunosuppressive toxins, right? Especially heavy metals.

Warren Phillips 12:17

If you're a mom with amalgam fillings, the amount of mercury in mom's mouth is directly proportional to the amount of mercury that's going to show up in all the endocrine organs, tissues, brain—you name it. That stuff goes in. So amalgam removal is another great, huge thing. Now, if you have a baby or are pregnant, run away from touching your amalgam fillings. You will put so much mercury into your bloodstream and body. It would definitely hurt your child, in my opinion. I'm not a medical doctor. I'm not Dr. Jill. But the research shows that that's a whole bunch of mercury that's coming out. And based on my experience—I mean, we taught thousands of doctors for 15 years, and we've taught them detoxification—we've seen the horror stories of moms making that mistake. But it's a great move. After your amalgam is out, I would give it a year before getting pregnant because that's a big one. So that was free. But that's a huge source that goes into the baby.

Warren Phillips 13:14

When you have a child, you really need to make sure they're eating clean and not eating the chemicals that are literally banned in Europe, like Skittles. I have some

junk food over here that I'm going to shoot a video on. This stuff is all going to be banned in California because of the ingredients in it. It'll probably be banned in New York. You know, we don't like New York and California, depending on what side of the line you're on. But the fact is, they're getting this stuff removed. And Europe has banned this stuff, right? And there's a good reason for it: It's poisonous to your children. There are chemicals in there that aren't safe.

Warren Phillips 13:48

As moms and dads, we think: "They care about our kids"—we don't even think for a minute, half the time, but now the world's waking up to this—"Oh, they wouldn't give us something that would be hard on our kid" or cause behavioral disorders or that might make them sick or unhappy or give them low energy or fatigue in school or [make them] unable to pay attention. These chemicals in these foods will 100% affect your child's outcomes in life and their behavior. So you're truly investing in your legacy for your family and theirs as they grow. And their genetics will change based on the foods that you're putting into their bodies and how they affect their microbiome, which is the fingerprint of whether they're going to be healthy or not. So be very careful.

Warren Phillips 14:34

So we talked about the makeup that we're putting on our kids. Get rid of that stuff, guys. Be so careful with that. Don't let them put on perfumes. Jill, some other ones that you find.

Dr. Jill 14:46

Yes. So let's talk about phthalates and fragrance. Fragrance is a universal term that can include some really toxic things. So if someone puts 'fragrance' on a label, you don't want to assume it's okay. It's probably not okay. So assume that.

Warren Phillips 14:59

Fragrance or perfume—you're done, unless it says essential oils, of which too many can also be endocrine disrupting.

Dr. Jill (pre-recording) 15:08

Hey, everybody. I just stopped by to let you know that my new book, *Unexpected: Finding Resilience through Functional Medicine, Science, and Faith*, is now available for order wherever you purchase books. In this book, I share my own journey of overcoming a life-threatening illness and the tools, tips, tricks, hope, and resilience

I found along the way. This book includes practical advice for things like cancer and Crohn's disease and other autoimmune conditions, infections like Lyme or Epstein-Barr, and mold- and biotoxin-related illnesses. What I really hope is that as you read this book, you find transformational wisdom for health and healing. If you want to get your own copy, stop by ReadUnexpected.com. There, you can also collect your free bonuses. So grab your copy today and begin your own transformational journey through functional medicine in finding resilience.

Dr. Jill 16:04

Yes. Well, I'll tell you really practically: I do my own testing in the urine for toxic chemicals every year. And I had been—for years after breast cancer—using only essential oils for perfumes. But I still have a collection of designer perfumes from the day, and I've never gotten rid of all of them.

Warren Phillips 16:21

It's hard.

Dr. Jill 16:22

Yes. But months ago, I was like: "Oh, can it really be that bad? I'm going to try just a little bit." And I still try to put on my clothing, not my skin, and not very often. But I retested my phthalates the following year. It was off the charts, and I was like, "Wow, I just showed in my own N of 1 self that this really, really..." And this was like, maybe once a month or twice a month, wearing the perfumes. It wasn't that often. But it jumped up so high. I realized, "Okay, I can't even cheat a little bit. Why not just get rid of them?" They're gone now. I just use essential oils, and I love them.

Dr. Jill 16:51

That's phthalates and fragrance. The other thing you mentioned is parabens, which are methyl or ethyl parabens. And if you want a guide, if this is all foreign to you, as you mentioned, Warren: Environmental Working Group, EWG.org, has free [information]. It's a non-profit that does toxic research and helps us know what products we can do for clean. And they have a Skin Deep database where you can actually search your shampoo and your products. I will tell you, if you go to Walgreens, Walmart, Target, or any of those names—I'm not putting anyone on the spot—and you just get commercial products for hair, body, or bath, you're probably buying something toxic. You literally have to search out the health food stores in the specific kinds of places that literally say... So the labels—you want to start reading labels and looking for these words.

Dr. Jill 17:31

Something else is non-stick cookware. Let's talk about PFAOs. We just—in our state of Colorado, which you're not far away [from] in Utah—tested all the water supplies, all the general drinking and public water supplies. Every one of them last summer showed toxic levels of PFAOs. These are 'forever chemicals'. We can't even calculate the half-life. So our generation and generations past are going to forever have this in the water supply, and it's toxic; it's carcinogenic. You can filter it with carbon filtration or reverse osmosis. So you need to drink filtered water, [which] is the bottom line. In the house, like with water, air, and EMFs, what do you do with your family?

Warren Phillips 18:14

Yes. And I want to touch on a few other things to create healthy children. Definitely, I like to go RO because it's 99% carbon. It doesn't take out heavy metals. People say that it does; it doesn't. [It will take out] a little bit of chlorine, [but] no fluoride. It'll take out some volatile organic compounds. And carbon-based chemicals—it'll pull some of that stuff, so petroleum-based stuff, organic toxin. So it works. But there's a mineral thing. But put some minerals back in. Someone said to me the other day: "You're going to rob all these minerals from your body." Well, if you're eating healthy, you have plenty of minerals to go around. There are so many more minerals in your food.

Warren Phillips 18:55

Still, even though I eat super healthy, local [food] from regenerative farms, where the plants are actually able to uptake the minerals because of the microbiota in the soil. So it's not a mineral deficiency in our soil. It's a living soil deficiency, [which] is why we don't get our minerals. So there's dead organic food that you're eating if they're not on a regenerative farm and they're using organic fertilizers. They need to get it from the bugs. Anyway, as a side note. An RO system is so important.

Warren Phillips 19:23

Don't let your kids eat things that are going to be sprayed with glyphosate. So if you're out to dinner, ask the question, "Hey, is this non-GMO or organic corn?" I would say organic. And if it's not, don't eat it. Those are big ones when you go out. Ask about the canola oil. I know that people defend that. It's not defensible. That stuff is toxic and sick. Look at how it's made, and then tell me that's safe. It's not. So get the bad fats [out], because your kids' cells, their cell membrane, and the very foundation of their cells are made of these fats. And if you're not putting good fats

in, they're not able to have a healthy cell where they can get food and fluid through the cellular membrane, the lipid bilayer. And if you can't get good things in and bad stuff out because you've inflamed that cell with bad fats, you're done.

Warren Phillips 20:13

And canola oil and other nasty seed oils—the bad seed oils—canola oil being the one, but soybean oil and things like that... Sunflower oil is better because it doesn't degrade. It's not perfect, but I would still eat something with sunflower oil in it. That's just me. But I avoid those other ones because your kids—

Dr. Jill 20:30

And then the trans and the saturated. Saturated fat isn't as bad, but trans, yes.

Warren Phillips 20:32

Yes, trans and saturated fats. Not saturated, but trans fats, right? We like saturated fats for our hormones. Cholesterol is good for your child's hormones, so we have this young, rapidly developing child. My daughter grew a foot in the last year, so she needs the building blocks for a healthy cell. I think it's 7 billion cells a day, or billions of cells a day, that we recreate. And if you recreate a healthy cell over, say, 7 to 10 years, you're going to have a healthy life because you're doing the right things to reproduce healthy cells. The opposite would be cancer, having DNA damage, disruption, and chemicals causing problems. So you're replicating unhealthy cells, trying to build cells out of the fats you can't even make good, healthy cells out of.

Warren Phillips 21:27

It's the old saying: Good things in, good things out, and bad things in, bad things out. Healthy foods in. Good fats. No glyphosate to destroy your gut microbiome, so your genes aren't triggered and you don't have inflammation. You don't have a leaky gut. So your kids don't have eczema and all these issues from leaky gut and autoimmune conditions going on. So you're eliminating those sources. Say your kid's seven years old; by the time they're 14, it could be a whole different child. And brain cells, they said, didn't reproduce and heal. They do—if you do the right things. So make sure your kids are eating right. Get rid of the GMOs. Get rid of the glyphosate, which you had a ton of, Dr. Jill. That's part of your history and your story, right? [Get rid of] the bad fats; get in the healthy fats. Raise healthy kids that have the building blocks to grow and be amazing in this world. And we need amazing kids.

Dr. Jill 22:20

Yes. And I love what you said: It's never too late to start. So if you're listening to this and you have a seven-year-old or 14-year-old and you're like, "Oh, I haven't really done the best job," you can start now and make a huge difference. It's never too late. Even for me, it wasn't until [I was] 25. I thought I ate clean. I did pretty well. But after my breast cancer at 25, I said, "I'm going to take this so seriously." I went through all my bath and body cleaning products and everything I used in my house.

Dr. Jill 22:45

I also want to say that when you first start looking at this, it is overwhelming and kind of expensive. It took me maybe 18 to 24 months to really go through everything. So this is not an overnight thing. It's just bit by bit by bit. And every little change that you can make is worth it. And it's okay to take your time. But start by looking at: What are you putting in and on your body?

Warren Phillips 23:07

Yes. Think about it, Dr. Jill: You kept your perfume. I remember keeping my cologne because I was like, "I bought that." But when I first found out about this stuff and tried it, it made my brain foggy, and I wasn't feeling well. I'm like, "I'm getting rid of it now." But you bought this stuff; you invested. "I'll just use it up." No!

Warren Phillips 23:23

I had this one client, and I did see clients, you know, need a knee. This was this woman who had a really sick daughter, and I gave her [advice on] what to do. She was on food stamps and was funding from this. She was from the rough downtown area. But this mom was monster to see her daughter get well. Like, I was so inspired by this lady. She didn't wait. She ripped everything out of her closet, got rid of everything, and just started over. She started simple. She used a bar of soap for everything—a clean bar of soap. We didn't need any of this fancy stuff. Not only did her daughter's fissure—and they wanted to take it out and put a bag on her—heal, her son's heart condition [was] fixed, and she lost like 50 pounds. So when you do the right thing, you get results.

Warren Phillips 24:08

You can do it slowly. Or if you're that type, like I am, the all-American athlete, and might have just held on to my Joop Joop baby, or my Drakkar Noir, or whatever because I'm dating myself, I'm 48 years old... I didn't want to leave that stuff—I left it—because it's hard to let go of the past. It's hard sometimes to believe that this

stuff is really toxic. But we've done the research. There's no BS here. So if you can get anything from this conversation, be aware and know that it's going to take time for you to do it. And make it fun. Make it exciting. It's like: "I'm going to make this change. This is fun!" People will think you're nuts. But the world between when we got sick... I got sick when I was 25 as well—weird. How old are you?

Dr. Jill 24:49

I was 25, and I think we're about the same age too.

Warren Phillips 24:52

Yes. So we got sick at the same time. But there was no information out there. The science backs us up now, right? We're not crazy. You're not crazy. Listen to yourself. Listen to your gut. You know this stuff is bad for you. You know it's bothering you. You feel it, right? So these are the things we're encouraging you with. Great advice, Dr. Jill.

Dr. Jill 25:12

Oh, thank you. So we don't have much more than a minute or two, but I want to just briefly touch on EMFs. What do you do? What do you think? Briefly touch on that. And then I want to have a takeaway to leave everybody with. So let's start with EMFs quickly—in 90 seconds or less.

Warren Phillips 25:25

EMF is an umbrella, right? And this is one of its misnomers. It's electric fields, magnetic fields, and radio frequencies. They all have an impact on our cells by vibrating them in different directions, which affects our endocrine system, specifically melatonin and sleep, which is where a lot of the research is at. And then [they are] also highly probable—or something like that; I don't know the exact language—of causing cancer. But we know these are sleep disruptors. We know they cause cellular inflammation. We also know that electric fields are donors of negative electrons, which fill up this capacitor in our body. Our body needs to be connected to the earth grounded. That's why grounding is so important. There's tons of research out there. Why? Because we're discharging the negative electrons we're getting from the electric fields in our homes. You can buy a cheap meter that will say 'electric field and magnetic field meter.'

Dr. Jill 26:20

I've got a really expensive meter here.

Warren Phillips 26:22

Yes. You can get the really expensive ones that'll do them all too, right?

Dr. Jill 26:26

Yes, I totally agree with you. I just want to show that I literally have it right here in my room. That's a radio frequency meter you can get for your own home.

Warren Phillips 26:33

So if you have it in your bedroom, what I would do is look for magnetic and electric fields. If they're high, say 50 volts per meter for electric fields, you want them down below 1.3 at best. That's what the building biologist says. I think for magnetic fields, it's 0.5 milligauss. You're throwing me into this; I'm not a building biologist, but throw it down there, and if it's high, bottom line, go to your switches in your room. Have your kid yell at you; start switching off the switches on your box. And you're going to get the best night's sleep of your life because when you lower to zero, if you can in your room...

Warren Phillips 27:12

You can buy a little battery to charge stuff. DC current doesn't bother you. Battery current doesn't bother you. It's the alternating current that goes back and forth that creates those fields. That's a huge thing you can do. And you can just go right down to your switch box and shut those things down at night until you can afford to buy a switch where you can hit a button. That's what I do before bed. Also, you can go underneath your desk: Put the meter; unplug stuff; move stuff around.

Warren Phillips 27:38

I had 176 volts per meter on my desk. I knew it was frying me. I always felt fatigued and crappy at my desk. But like you, I'm busy. I'm like, "This is the only time I do this." I got it down to like 18, just by moving stuff around underneath my desk. I had a guy help me with that just the other day. The science of it is crazy. One wire is going this way, and then you have another wire going this way. Waves cancel each other [out], right? So you could cancel the electric field, the waves. It's like a sound wave—noise-canceling headphones. So I think it's a big deal, and it's becoming a bigger deal. It's not cool to talk about it because people don't want to believe it. They understand the toxicity issue. That is now at the forefront. But I believe electric fields have made a massive difference in my sleep and my well-being, and I think it's something we need to address.

Dr. Jill 28:34

I love it. That was brilliant. And just like you said, you can get a meter. Building biologists are the kind of people who, if you're looking for someone who's an expert, are usually trained in this. I've had someone come to my house. So have you, Warren. So you can actually have an expert. But you can do some of this yourself. Okay, I've got to let you go because I know you have a deadline with your daughter. But just last 30 seconds: What would be your takeaway?—encouragement to the listeners from the Non-Toxic Dad.

Warren Phillips 28:59

If you can look at all my videos and all the different toxins that I talk about, I cancel things. I cancel the toxin to create awareness. I do it in a funny way. I do it in a light way. I do it in an entertaining way because I just want to educate the world so they can make informed choices. The fact of the matter is that if you don't know well, you won't do well. So get educated, but never get into fear. Realize that your body is tough, Dr. Jill, and I talk about this: You can recover from a lot, but you're not so tough that this stuff isn't affecting you. You're going to survive. You're going to be fine. But get educated. Get educated about the sources of toxicity in your home.

Warren Phillips 29:42

Start in your bedroom—getting that clean. And your personal care products, your bathroom—get that area clean. Get fresh air coming in. Start there so you can get the energy. Get the free brain space. Get rid of some of the anxiety from the toxins that are in your life that are stopping your decision-making and decreasing your testosterone, so you're not full of energy and vigor for life, and your life can absolutely transform.

Warren Phillips 30:09

But get educated, and slowly—there's my daughter, she's coming in; come on in—toxin by toxin, you can get a better life and heal those cells. You're going to have a cellular turnover of billions of cells a day. And know that you're getting better each day with every decision that you make. Invest in your health. It's the best investment.

Warren Phillips 30:33

I'll end with this: When I didn't have any money and was living in a small apartment, everything that I owned was donated or [from a] garage sale. I invested in the things

that mattered first. And I knew if I had my health because I lost my health—I told my wife, "We are never going to skimp on food and living a non-toxic lifestyle." And we didn't have all the fancy stuff. I didn't have fancy meters and building biologists coming to my house. I couldn't afford any of that. But I got my life back. It took me eight years. But I got there because I knew that it was the foundation of what was going to be the weak link to everything else in my life. Friendships, finances, vacations, family—all that was linked to one thing: My health. And if I didn't get that back...

Warren Phillips 31:16

And I guarantee you, if you looked at every area of your life, looked at the weaknesses in your life, and looked at the outcomes that you want in your life and the legacy for your life, your health is going to be the weak link. And that weak link can be strengthened by [making] easy decisions, getting educated, and making good decisions for you and your family.

Dr. Jill 31:36

Brilliant! Warren, thank you so much! Where can people find you? And then we'll let you be on your way.

Warren Phillips 31:41

Just on social. Go to any social. TikTok, Instagram—that's the most active.

Dr. Jill 31:51

I will link up to all of your places and go enjoy time with your family. Thank you for your time today, Warren!

Warren Phillips 31:56

Blessings, all. Thank you. Thank you, Dr. Jill. You're amazing!

Dr. Jill 31:58

You're welcome.