



Transcript: #348 Hidden Kitchen Toxins - Upgrade Your Cooking, Food Storage, and Cleaning with Aimee Carlson

Wendy Myers:

Hello, everyone. I'm Wendy Myers of Myersdetox.com. Welcome to the Meyer Detox podcast. Today we have my friend Aimee Carlson on the show and she's so fun. She's the toxin terminator and right on the same wavelength as I am talking about toxins and how they affect your health. We're going to be talking about doing a kitchen detox, how to upgrade your cooking, your storage, and your cleaning in the kitchen. So this is a really, really informative show. We talk about all your different cookware, utensils, the different heavy metals and toxins that can be in your cookware and your utensils and your flatware and everything that you're using and the surprising toxins that can be found there and how they affect your health. She has a lot of recommendations as well about what to buy instead. We talk a lot about nonstick pans.

Wendy Myers:

We talk about how to make your own cleanser, your own sanitizer to clean all of your dishes. We talk about different storage container ideas and getting rid of that toxic saran wrap and what to use instead. So just lots of really good tips in the show today. I know so many of you guys listening to this show are curious about the heavy metals that you have in your body. So I created a quiz at heavymetalsquiz.com so that you can go there, take this lifestyle quiz, answer the questions just takes a few minutes and then you'll get a result that will show you your relative levels of toxins in your body. And then after you get results, you get a free video series all about how to detox, where to begin, what are the best supplements to take, What is the best heavy metals testing to take, how long does it take to detox?

Wendy Myers:

All of your questions are answered in the totally free video series Following taking the quiz. Our guest today, Aimee Carlson, she's a lifelong entrepreneur working in the automotive industry and Aimee Carlson's environment and lifestyle took a huge, huge toll on her health. She overcame chronic health issues. So today it's her passion to share this hope with others of her recovery

that have lost all hope for improving their lives and their health. You can check out her upcoming book and podcast of the same name, Toxin Terminator. I love that. You can learn more about Aimee and her work at Aimeecarlson.com. Aimee, thank you much for joining the show.

Aimee Carlson: Oh, I'm glad to be here, Wendy. I'm excited.

Wendy Myers: **Yes. My fellow detox partner, my detox partner in crime. Yeah. I wanted to have you on because you want to talk about how to detox your kitchen and make better choices for cooking, storage and in cleaning as well. So tell me a little bit about your story and what surprised you the most as you walked into this toxin-free lifestyle.**

Aimee Carlson: You know, Wendy, that's such a great question because when I got into this, what I realized is that the products I was using every single day were not safe for me and they were actually making me sick. I lived in this little bubble, apparently that if I was able to buy it at the store, that somehow that equated to it meant it was safe for me to use in my home and with my family, with my children, with my pets. I was so far from the truth with that. That was probably the most alarming thing for me to learn is that manufacturers don't have to have safe products out here for us.

Wendy Myers: That was for me too. I always remember reading the labels of the different products I was using. Lotions and reading the ingredients that I just assumed that the government was checking these ingredients for safety before they'd be allowed to be used in consumer products. But no.

Aimee Carlson: No, it's not. I can't speak for you and why you do what I do, but it's certainly why I started my podcast because I was infuriated. Here we look to our government to be safe, to be providing safety for us and make us feel safe within our own country. Yet it's so far from the truth. What you find is you just have to follow the almighty dollar and that is what speaks volumes. That's why I wanted to give voice to this movement of realizing you have to be your own best advocate. You have to start learning how to read labels. You have to start learning what ingredients you need to avoid in order to have optimal health and also probably the fact that so many people are sick and we don't even realize it. Until you feel good, you don't realize what good feels like.

Wendy Myers: Exactly. That's such a huge statement because a lot of people don't realize how bad they feel until they feel better. I keep improving my life and my health and trying different things and EMF protection, blah, blah, blah, blah, blah, everything I do, I start feeling a little bit better and it's like, "Wow, I feel really good. I didn't realize I could feel better." But certainly there're a lot of people very, very ill and were yourself as well. A lot of people, they know deep down there's something wrong. They go to the doctor. The doctor never looks at toxins. They don't look at EMF. They're not looking at chemicals or giving any advice in that regard, no heavy metals testing for most doctors so people have no clue that this is an underlying contributing root cause to their symptoms.

Aimee Carlson: Right. Right. Doctors, I'm not saying doctors are bad. Please don't get that and don't send me the hate mail. There are good doctors out there, but what they're trained to do is treat your symptoms. That's their training. It doesn't mean they're a good doctor or a bad doctor, but that's what they're there to do. They're not going to look at your lifestyle. They're not going to look at the root cause of what is making the symptom happen in the first place. That's where we have to kind of become our own detectives and start working more with a homeopathic doctor or a natural functional doctor that will actually look to the whole body and how it's working and get down to the root cause and that's what I had to do.

Wendy Myers: Yes. Yeah. So let's talk about the kitchen.

Aimee Carlson: Yes.

Wendy Myers: **Yes because a lot of people have taxing kitchen utensils and cookware and storage containers. Let's talk about what's your first step in detoxing your kitchen?**

Aimee Carlson: Oh my goodness. So, I always love to talk about everyday products because that's going to have the biggest impact on our overall health. So let's start by saying that number one, and I gotta put my glasses back on, hey, age, love it, There's really not any safe coatings for our cookware. There really isn't. This goes along just like you know with toxins, we're going to be exposed to them every single day. We can minimize our exposure, but we're not going to get rid of them completely. So inevitably any kind of coating that gets put onto our cookware is going to wear down. Then what happens is the product that's not supposed to be in contact with food starts becoming in contact with food and then that's where we start getting our toxin buildups in the body. Does that make sense?

Wendy Myers: Yes.

Aimee Carlson: That kind of breaks it down. So our best options are going to be finding cast iron, stainless steel, some ceramics that aren't a coating and then rotate through those types of cookware so that we minimize our exposures. Don't just have one. Does that make sense?

Wendy Myers: Yes, absolutely.

Aimee Carlson: When those coatings reduce down, then we start getting the heavy metals. That's our biggest toxin coming from our cookware is the heavy metals leaching into the food that's coming into our body, it's getting deposited into our blood. It gets deposited in our tissues and heavy metals don't leave our bodies automatically. We have to physically do something to get the heavy metals out.

Wendy Myers: Yeah, absolutely.

Aimee Carlson: All right. Then also too if we're cooking with real acidic type foods, that's exacerbating the leaching process to happen. So those who are Italian and we were doing a lot of tomato sauces and that type of thing, we're going to have more leaching start occurring on our cookware. I wanted to show real quick. I don't know if we're going to actually see. Yeah, you can, with the light. See how there's scratches? This would be a Teflon type surface pan and even without trying, we're getting scratches on the surface. It just happens even as careful as we are.

Aimee Carlson: When that surface scratches, where is that going? It's going in our food and then we're eating it. We can look at others. I love to show this one when I do this. So this is like a plastic. How many people have plastic utensils that they cook with? It's so easy. It's the cheapest to buy. It's easy to use. And I don't know if you guys can see this, but see what happens? When it goes on to the heat exposure, we get these black flakes and you can just take your finger nail and just flake them off and where is that plastic going? In the food and we're digesting it. That's just nasty. I just can't do it. But that's what happens. I don't care how careful you are. Can you see what I'm pointing out? How that-

Wendy Myers: Yeah. I like the silicone spatulas. That's what I like.

Aimee Carlson: Now, silicone is good, but silicone still has as yet has not been tested for longterm safety, but it's certainly a better option for us.

Wendy Myers: Yeah. It's an upgrade. It's hard. There's only so many choices people have. Wood is good, but I don't see many wood spatulas, but yeah. There's also the stainless steel ones, the metal ones, and those have their problems. What do you like, like for a spatula?

Aimee Carlson: Bamboo. I really do like bamboo and this is a spoon. I didn't bring my spatula back to show a spatula, but you can buy bamboo. You can find many different companies with them. And I do, I love stainless steel, so I'm not going to lie the most times you're gonna see me using stainless steel.

Wendy Myers: I do too. I use stainless steel and it's like, sometimes if it's like a spatula, I don't want to use metal because it can be scraping your pans and things like that. But actually, I haven't seen a bamboo spatula. That's a new one for me.

Aimee Carlson: Yeah. Amazon is fantastic. Check that out. But silicone again, I do have silicone appliances, especially when it comes to spatulas, when it comes to it really wipes things out of a jar.

Wendy Myers: Yeah. The spatula.

Aimee Carlson: Yeah. Well, and then the flippers. I don't know my utensils. I just use them. But those are good. I do use silicone or cloth on my hands to pull a pan out with. They're just really easy to grab and use because sometimes the cloth ones I find

the heat transfers through that and you can still get a burn with the cloth heat pads to use. So again, you have to use your common sense in getting the best utensils to use.

Wendy Myers: **Yeah. What about pans? A lot of people use toxic frying pans, cooking pans. People love nonstick because it's just so easy to use. What are some of the problems with the typical nonstick and even the green nonstick that people are buying right now?**

Aimee Carlson: Right. So a big thing that we see in the industry, Wendy, I know your listeners are probably well aware of it is the term green washing. So what we want to know is what can we use, right? Things that we want to avoid are all of the heavy metals. So lead. Lead is a huge bioaccumulative that happens in our body. If we have lead based heavy metal pots that we're using, it's just going to keep biocumulating in the body. It was really, really hard to detox lead out of the body. So it causes all kinds of symptoms for us. PFAs. This is your Teflon. Teflon is a PFA that I showed earlier. That's your nonstick surfaces. PFAs are full of cancer causing agents and a lot of chronic disease causing issues because that flakes off with the heat, flakes off with the utensils that we're using and it builds up in the body. Cadmium we're hearing and seeing a lot of cookware that is infused with cadmium. C-A-D-M-I-U-M. That helps with the bright colors that are created with our ceramics. That's where we'll see cadmium used.

Wendy Myers: Yeah. Especially the red and orange ones. You're to have cadmium in those.

Aimee Carlson: Really, really, toxic to our kidneys. So a kidney again is another detox organ in our body and if we have our kidneys not functioning properly, then of course disease is going to set into our bodies. Nickel. Lots and lots because nickel is a much less expensive metal for manufacturers to use versus stainless steel. So you'll find nickel in a lot of our cookware. It's a more pliable metal. It's not as heavy duty of a metal and there's a lot of people who have nickel sensitivities. If you are someone who gets a lot of rashes on your skin, you might want to check your jewelry out because if you've got nickel in your jewelry, it can be creating some rashes on the body. Again, we would do the same thing.

Aimee Carlson: A lot of nickel is really an issue for young children, our babies and our young children. Chromium is another metal that's used in a lot of our cooking surfaces. That's very, very toxic to the kidney and liver and very, very toxic for developing children. So we want to make sure that you do not have chromium listed in the ingredients in any of your cookware and then nanoparticles. I hear a lot about nanoparticles with sunscreen. We're coming into summertime, but there's nanoparticles actually in cookware too. We want to make sure that they're non-nanoparticles. Look for that labeling. The biggest nanoparticle that probably most listeners have heard of is asbestos. We all know the problems with asbestos. Asbestos is a nanoparticle.

Wendy Myers: Where would we find that in cookware?

Aimee Carlson: Ceramic coatings. A lot of ceramic coatings have nanoparticles.

Wendy Myers: Yeah. Yeah. I think people don't realize that a lot of ceramic cookware, it's really expensive. It has underneath it will have the cast iron, like the Le Creuset and some of the other ceramic cookware looks really fancy and nice, but that coating will get you.

Aimee Carlson: Yes, absolutely. Absolutely. The nanoparticles are really going to affect our immune systems. So again, right now, and always, we want to be building that immune system. Not removing it.

Wendy Myers: Yeah and the glazes. It's the glazes also that when they heat up, all these different toxins and the glazes get into the food. Just Le Creuset and other similar type dishware is just not a good idea to use.

Aimee Carlson: It is not. I'll give you some kind of good brands and have you heard of Mamavation?

Wendy Myers: You know, I haven't.

Aimee Carlson: Okay. So in some of the brands that I went and picked from, came from her. She actually has, there's a website. She has done a ton of research on different subject matter. Not all of the stuff I agree with with her, but she does do a great diligence in saying, "Okay, here's some cookware. Here's the things you want to avoid, where you find them, why you want to avoid them and here's some good options for you in cookware to select," to give you an actual brand name.

Wendy Myers: Okay, great. What is that website again?

Aimee Carlson: Mamavation. M-A-M-A-V-A-T-I-O-N.

Wendy Myers: Fantastic. Fantastic.

Aimee Carlson: **Yep. So, again, once you start developing and you know more in the toxic realm, there's some things that I'm not real agreeable with her on, but there's a lot that's a good starting place. So aluminum is another one. Again, a cheap metal for manufacturers to get. It's a softer metal. We hear a lot about aluminum in our deodorant and it being a neurotoxin. It absolutely is. It's been tied to Alzheimer's and dementia and many other neurotoxicities. So definitely not something we want to have in our cookware.**

Wendy Myers: Yeah. I think people don't realize when you go out to eat at restaurants, they use this cheap disposable, aluminum cookware because they just wear out fast and it's really cheap. So a lot of the cheap restaurants you go to, you're getting a nice little dose of aluminum with your meal. So that's another risk of eating out.

Aimee Carlson: Well, and think about what do we use a lot of times for food storage or even food preparation coming into summertime when we're cooking on the grill? I used to wrap potatoes and carrots and onion with butter in tin foil and cook it on the grill. Oh my gosh, that's aluminum.

Wendy Myers: Yeah. It's really soft too. So that's getting into your food really easily. It's really pliable and soft and yeah, forget it

Aimee Carlson: Yeah. We're applying it right on the grill and that's just heating up to a high intensity heat and it's leaching right into our food. Here's a great test that you can do to check your pots and pans out for toxicity is take about a tablespoon of baking soda and add about a cup of water and bring it to a boil. So just take your pan, put that concoction in there, bring it to a boil and then taste it. Just take a little taste to it. If it's bitter, if it has a metal taste to it, get rid of that pan. If it's just water and baking soda, it should taste salty.

Wendy Myers: Yeah. Also if you have stainless steel and say you've had it for a really long time and it's kind of nicked in there, you might be leaching nickel and other metals into your food. So you want to get a good brand of stainless, but you might, if you've had cookware for a long time, like my mother's had her cookware for 40 years and she really likes it, but it has all kinds of nicks in it. So you want to be aware of that and replace that if that's the case.

Aimee Carlson: **Absolutely. Again, if you rotate and have several different, cast iron, stainless steel, there are some ceramics that are going to be okay. What we want to search for is them not having the nanoparticles and all the other glazing and the cadmium and all that stuff on it and manufacturers are required to label things now. So we can be looking for products without those issues in them and then rotate our cookware. So number one it's going to last longer for us. Then number two, we're not getting that constant exposure when we're using that cookware. So I think that helps people out a lot.**

Wendy Myers: Yeah, absolutely. I've been wanting to get a salad master set, which is a really good set. It's titanium and they use stainless steel also, and it's expensive, but they're supposed to be kind of one of the best and least toxic cookware out there.

Aimee Carlson: Yup. EWG gives a lot of recommendations for cookware as well which is the Environmental Working Group. So they have a whole team of researchers that are going out there and researching different topics as well. Titanium is one that EWG gives their kind of thumbs up for to say this is a good option of cookware that we can use. Stainless steel, titanium, glass. Obviously glass is a great one. Just want to make sure that it's not breaking into our food. Cast iron, season that cast iron. Grandma way back in the day had such a great idea with the cast iron again, rotating because cast iron does leach in some of those heavy metals into the food. That's not good to be absorbed by the body on an ongoing basis.

Wendy Myers: Yeah. Yeah. I think it's fine for occasional use. I avoid it, but I think it's people love their cast iron. It's fine for occasional use, but that iron causes dementia and a lot of people have iron toxicity and they're not aware of it. It was just another thing to consider. It's almost like trying to use the lesser of a few evils. They're all problematic in some way.

Aimee Carlson: They really are. One of the ones that actually gets the passing up, California has some of the most restrictive criteria in products in the whole entire United States. If you pass Prop 65 agenda and you get a thumbs up and you can pass that criteria, it's going to be a pretty good option for you to purchase. Is that your findings too, Wendy?

Wendy Myers: Yeah, absolutely.

Aimee Carlson: Yep. So there's a brand called Xtrema, X-T-R-E-M-A by Ceramcor is the company.

Wendy Myers: I have one of those. I have one of those.

Aimee Carlson: Okay. So that one is like, Mamavation, that's the only cookware that they'll recommend. That's the only one that gets the passage by that Prop 65 in California. So again, California requires all kinds of labeling on their products and has probably the most stringent policy in terms of what they allow and give the passing and thumbs up approval for. So that's the only cookware in their research that passed all of that.

Wendy Myers: Fantastic. Yeah. That's so important because I think people don't realize how much lead that they get, not just in their cookware, but in their glasses and in their plates and dishes and things like that. Lead Safe Mama is a great resource. She actually takes all these different brands. There's hundreds of things she's tested. It's really surprising. Especially grandma's antique dishes and China that people are using. It's crazy how much lead in cadmium and other metals are in those. Those are a good resource if you're buying new dishes or are using grandma's dishes for China that she gave you. Might want to reconsider that.

Aimee Carlson: Absolutely. The China, that's the whole glazing process is where we're getting all of that toxicity coming in. Again, these are things that weren't being tested 50 years ago, 100 years ago, there was just not the testing happening in order to help us make sure that this isn't affecting our overall body and our overall health. So let's also talk about food storage. So many times, we're talking about pots and pans and a lot of people know this is an area that we really need to look at and make sure that we're getting the proper cookware. So we've addressed that. We've talked a little bit about utensils. **We've talked about bamboo, we've talked about stainless steel and silicone, but how about storing our food? What are some great options there?** I would recommend number one, glass. I love Mason jars to store food in. It is such a great, easy option and so inexpensive. You can just go by canning jars of various different sizes, and you've got some great storage to store that food.

Wendy Myers: Yeah. I love glass too. I actually bought some, I forget the brand, but they're just glass kind of square storage things like a plastic top. I love them, but they were \$20 each and the Mason jars are super inexpensive. I've been using jars too. I love it.

Aimee Carlson: Yeah. Well, and sometimes you do need a square. I get that and I think Pyrex has a great storage option and I think they come in a set. So you'll get some larger pieces and they've got the ... They are a plastic lid because they need that seal on the top and then they've got the lock tabs that just pop down and lock on there. So that's a great option. Some other options for storage as well are things like beeswax wraps. So instead of using the saran wrap.

Wendy Myers: The saran wrap. Yeah.

Aimee Carlson: No, no, no, no, no. We don't want the phthalates and the BPAs. We don't want any of that stuff in there. Then most people take that plastic wrapped up food and pop it into the microwave and heat it up. Don't do that.

Wendy Myers: Yeah. I read it has cadmium in it also.

Aimee Carlson: Yes.

Wendy Myers: Then that goes in the trash and hurts the environment. It's a mess.

Aimee Carlson: Well, it's a cycle, it's just a vicious cycle that's going all the way and we don't need all the plastic, folks. Reuse, reuse, reuse. So beeswax wraps, cotton produce bags. You can use cotton produce bags to store your produce in instead of wrapping that up and into plastic. Again, the glass we talked about. There's stainless steel jars as well. If you don't like the glass, there's stainless steel. Now the one caveat I would say in using stainless steel and they have nice lids that come with them is don't put your acidic foods storage in there.

Aimee Carlson: So salads with the salad dressing already on it or your tomato based things or that type of thing. Don't put that into the stainless steel because it's going to leach off of there. Parchment paper. Again are good options to use for food storage. So get away from all that plastic and it's going to save you all kinds of money. Instead of buying the rolls of the aluminum foil and the saran wrap and those types of things.

Wendy Myers: Yeah. You can because you can reuse those things many times.

Aimee Carlson: Over and over and over again. Again, we're saving the environment as well. Part of living a toxin free lifestyle isn't just for ourselves, but it's for planet earth as well.

Wendy Myers: Yeah. Absolutely. Instead of using the aluminum foil, you can use the parchment paper instead to wrap stuff up or whatnot. So if you want to cook stuff in the oven or use a banana leaf like they did back in the day.

Aimee Carlson: Yes. I know when we cook, if I do corn, I just keep it in the husk to cook it. If you want to season it with different things, you can open it up, season it with some olive oil and some sea salt or whatever you want to put on there and then cover it back up in the husk. There's ways to get around using some of the toxic things for sure.

Wendy Myers: **So I had just one thing I wanted to say because I kind of was following the Lead Free Mama for a minute there and just because I was on the market to buy some dishes and I was just so shocked by how many different types of dishes have lead in them. So she has a big resource on her site, but also I bought these little lead swabs and these are really cool if you just want to check if your products you're using or bowls or CorningWare that your mom gave you or whatever have lead in them.**

Wendy Myers: They're called LeadCheck by 3M. You can get them on Amazon. Not cheap, but they just have this little tip on them. All you do is rub it on the plate or whatever and if it turns red, you have lead. You've detected lead. If it turns pink or red. Then you can also do that in your house. If you have paint and you're concerned about it chipping off. You have a baby, you can check if it has lead, especially before you renovate so you're not destroying your child's brain before you renovate. So lots of uses for these.

Aimee Carlson: That's wonderful and what a great resource to do. Super easy. If you don't want to do the baking soda concoction, you don't want to taste that too, that's a great avenue to do. I love that. 3M. I wrote that down so I can get some of that. You only have to check that out once, right?

Wendy Myers: Yes, exactly.

Aimee Carlson: Check your plates, check your pans and if it's bad, get rid of it and get a better, safer option. Again, those sources, the EWG has some great resources with products and then you said, what did you call her? Lead?

Wendy Myers: Oh, leadsafemama.com. She has a Facebook group too you can join.

Aimee Carlson: Perfect. So lots of great options to give you some safe options.

Wendy Myers: Yeah. If you want to really be on the edge of your seat and feeling bad about all of your kitchenware, dishes go on leadsafemama.com

Aimee Carlson: If you don't get the 3M test and do the baking soda test, I think it's just some good options there though. I love that. I love that. So now let's talk about how we clean up because if we're going to start using stuff then say bamboo and

wood, we get a lot of stuff that gets transferred inside that. **So how do we sanitize and clean those things? In light of the last couple of months too, and I'm not sure when this airs, cleanliness and sanitization and those types of things are high on our list right now. So what can we do?**

Aimee Carlson: General soap and water is going to clean everything. All right? If all we're wanting to do is clean, soap and water is fantastic. Now, if we are to disinfect where we're looking to make sure that things are disinfected, then we can start adding things like vinegar and baking soda. That's going to give us a good disinfection so we can combine that. In soaps, we want to make sure our soaps don't have sodium lauryl sulfate. That's what creates the sudsing action, but sodium lauryl sulfate, that one ingredient by itself has over 50,000 studies on PubMed of its toxicity. It's horrible for the body. Horrible. It's almost always the second ingredient listed.

Wendy Myers: Yeah. I mean, it's a majority of the product that you're buying and it makes it real sudsy like some of the dishwashing liquids are just sudsy and they keep sudsing and sudsing and sudsing. You did one tiny little drop. That's that sodium lauryl sulfate.

Aimee Carlson: Yep. It'll be labeled as sodium lauryl sulfate, sodium laureth, L-A-U-R-E-T-H sulfate or SLS. So that's how you'll know. Then also stay away from fragrance. Fragrance is a conglomerate of over 3000 different ingredients that they can possibly use inside there, but they don't have to tell you what all it is. So we just want to stay away from it and buy those products that are fragrance free. Not unscented, but fragrance free. So you can combine the baking soda, the vinegar in with it. Hydrogen peroxide is another great additive to put in with that. Some people don't like vinegar because they don't like the smell of it. You can add some fresh lemons, just squeeze some lemon in there and that helps take that vinegar smell away. So those are some great kind of DIY options.

Wendy Myers: Yeah. I was going to say that when I just put it in the dishwasher, it's such high heat and steam for an hour or two, that disinfects too.

Aimee Carlson: Just the heat alone. You don't even have to put anything in there. Right?

Wendy Myers: Yeah.

Aimee Carlson: Then sanitizing, we want to get alcohol. So alcohol is what creates the sanitization for us. So if we put vodka is a great option because there's not really any scent to it. We can add and we can mix stuff up in a bottle or we can add Everclear has one of the higher proofs. So whatever proof the alcohol is, half that. So if it's 80 proof, then it's going to have 40% alcohol in it. I think that's correct. And so we want to have at least 40 to 60% is what's good for sanitization. So alcohol is what creates the sanitization.

Wendy Myers: Isn't Everclear 180 proof? So it's like 90% alcohol.

Aimee Carlson: Yeah. So, add some Everclear. Don't you drink it, just put it into your ... That's truly what gets your sanitization. So we can add anything that we want to add sanitizing for. That's what we're going to do. I have a bamboo cutting board. So I'm using a cleaner that has some alcohol in it so that I'm making sure it's nice and sanitized. I have a different cutting board surface for meats versus produce and I highly encourage you to do that as well so there's no cross-contamination going on there.

Wendy Myers: Yeah. I also use bamboo cutting boards as well. They're really pretty. They're cheap. It's renewable. But I think people don't realize with plastic cutting boards, those actually harbor more bacteria than a bamboo or wooden cutting board. It's always interesting.

Aimee Carlson: You're cutting into the plastic and that plastic's leaching again into the food. We don't want the plastic. Plastics are full of phthalates. It's not just the BPAs. The BPAs are the phthalates and phthalates are just horrible inside of our body. Endocrine disrupting, they're damaging our immune system, they're damaging our internal organs. So it's just something that we want to avoid at all possible costs. Look at your dishwashing detergent as well. The two key factors I always tell people, sodium lauryl sulfate, and fragrance. If you can get those two biggies out of there. Parabens. Parabens are more in personal care products. But the sodium lauryl sulfate is just so bad and if you don't have that in it, you're probably not going to have many of the other bad ingredients in it as well.

Wendy Myers: Yeah. Lots of great green dishwashing detergents and dishwashing liquids if you're hand washing. Lots of great alternatives now.

Aimee Carlson: There really is. The company that I'm with, I have one I use for everything. I use it in the dishwasher. I use it for cleaning. It costs me less than a dollar per 20 ounce bottle that I make with it and I have an all purpose cleaner. I use it for laundry. I use it for dishwashing. It's everything. I used to have a caddy that had all my cleaning supplies in it and it was like you had to walk around because you needed a toilet bowl cleaner and you needed a glass cleaner and you needed all that stuff. I just have one bottle. It does it all.

Wendy Myers: Yeah. All that stuff, so much that when you're looking back on it, it's just marketing where you have to buy a product for every different room in your house or task and it's just marketing to get you buying more stuff.

Aimee Carlson: **Absolutely. Absolutely. So we talked about cooking, utensils to use, we talked about proper cleaning and we talked about some of the ingredients we want to avoid, but what about actual cooking appliances to use? Have you guys talked about that?**

Wendy Myers: No we haven't because a lot of them are plastics. A lot of the food processors and other products are made from plastic. So blenders, like I was going to buy a

blender and I couldn't find a glass one. Even the thousand dollar ones or whatever, they're made of plastic. I'm like, "I don't want plastic in my blender."

Aimee Carlson: I want glass, glass, glass. So yeah. So we want to look for glass products, stainless steel. Again, it's going to be kind of your higher end. When we make things that are good for us, it takes more to be able to do this. So know that you're investing into your overall health. But one of the appliances I would ask most people is to stop using the microwave. Microwaving is just such a poor choice. I know it's a matter of convenience, but there are so many easier ways to warm up food, warm up water, do things that we need to do and get rid of that convenience appliance because it's just changing the structure of our food.

Wendy Myers: Yeah. I had a great little Cuisinart. It's a small little oven. It heats up super fast. It was a really good quality one. It was a couple of hundred dollars, but I use it constantly and it does an amazing job roasting vegetables. You can roast a whole chicken in it and I heat up my food and it works great. Air fryers are also fantastic as well. They heat up your food super fast. Theoretically produce more advanced glycation end products and acrylamides because it's cooking so fast, but there's again, you have damage to your food any time that you heat it up.

Aimee Carlson: Right, right.

Wendy Myers: Destruction of nutrients. But yeah, there's the oven, air fryers lesser of two evils compared to the microwave.

Aimee Carlson: Absolutely. Tea kettles. Here's the other thing too, using a tea kettle, if you're like me and you like to decorate and have things look pretty, we can get so many really nice looking tea kettles and be able to have something that's pretty and functional to have in our kitchen. So that's one device I would say get rid of is the microwave and just look for a better option of being able to warm up food, prepare food in a way that's just less toxic to the body in terms of changing the format of the food.

Wendy Myers: Well, Aimee, thank you so much for coming on the show. I am so glad that I met you because you focus on detoxification too. I was like, "Oh my gosh. My girlfriend." So why don't you tell us where we can find you. You have a podcast too. Tell us all about that.

Aimee Carlson: You bet. So my podcast is The Toxin Terminator and I really focus on the things that we're doing every single day. So the products that we use every day are going to have the most effect on us in changing our overall health and wellness. And you can find me at my website is really kind of the best way and it's Aimeecarlson.com and it's A-I-M-E-E-C-A-R-L-S-O-N.com. You can get to the podcast through there. You can get to my Facebook group there. It's a free Facebook group. So if you're interested in the toxin free lifestyle, we just do a lot to support everybody in that journey, myself included. I'm seven years into it and always learning something new, doing something new.

Wendy Myers: There's a lot of toxins out there.

Aimee Carlson: There's a lot and oh gosh, it's a rabbit hole that most people you just don't want to go down. It can be scary, but we try to make it easy. Give you bite size pieces with it. I have my book coming out this year called The Toxin Terminator. So I walk people through the five pillars of living that toxin-free lifestyle.

Wendy Myers: Yeah. I love that name. I thought it was so funny when I saw your site. I love it. Well, Aimee, thanks so much for coming on the show and everyone, thanks so much for joining me on the Myers Detox podcast, where every week we explore different topics related to protecting your health from toxins and just lots of advice and protocols, biohacking tips to dramatically improve your life and getting your life back with detoxification.

Wendy Myers: Also right now, I created a series called the Coronavirus Support Series with my good friend, Dr. Eric Salinsky, and we have so many different supportive topics and speakers talking about finances, talking about parenting homeschooling, reducing stress. A lot of different protocols and techniques and tips for reducing stress. So please go check that out, totally free. You don't even have to give your email at coronavirussupportseries.com. I'm Wendy Myers of Myersdetox.com. Thanks for tuning in. Talk to you guys very soon.