



#582 PFAS (Forever Chemicals) in Non-Stick Pans: How They Harm Your Heart with David Barrett

Dr. Wendy Myers

Hello, welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical toxicity and the health issues caused by these toxins. It's every imaginable health issue and symptom, which is why I do this show. I want to make the connections for you between your health habits and the products you're choosing, the foods you're eating, and the air that you're breathing so that you can make those connections between the toxins you're ingesting and some of the symptoms and health issues that you're dealing with today. I really wanna help you make those connections. And then on the show we also talk about anti-aging. We talk about bioenergetics, which is one of my favorite topics, and using bioenergetics to heal your health. On this show today, we're gonna be talking about how the PFAS forever chemicals in cookware affect heart health. This is a really interesting show.

We're gonna be talking about why you want to avoid Teflon in case you haven't gotten that memo yet. You wanna avoid other non-stick cookware because they can contain PFAS forever chemicals, and these forever chemicals and non-stick cookware increase the risk of cardiovascular disease. They raise cholesterol, promote high blood pressure, cause weight gain, metabolic issues, thyroid issues, and many other symptoms and health problems. It's really shocking. Some of these

symptoms, they call it the Teflon flu, include headache, fatigue, sore throat, shortness of breath, and even muscle aches. There's a longer list than that, but just to touch on it. PFAS chemicals and pesticides are some of the most difficult toxins to remove.

That's why they call them forever chemicals and they're stored in your fat. So, we'll touch on that. There's a reason these forever chemicals cause metabolic issues and weight gain. They're stored in that fat and you don't have the ability to excrete them because you're not doing detox protocols. You're not taking supplements or detox supplements to help remove those. They're just going to stay there in your fat no matter what you're doing short of starving yourself.

We'll also talk about how even one scratch on a non-stick surface can release 9,000 particles, but heavy scratching during chipping of the non-stick can release 2 million particles into your food. It was based on some research. We'll also talk on the show about safe cookware options, including ceramic. It's non-stick and long lasting if cared for properly, but a hundred percent ceramic can break really easily. We'll talk about how stainless steel is very safe. It's durable, but avoid pans with any nickel or lead content in them. We talk about cast iron as also safe, but there are iron toxicity concerns personally. So, I can't personally recommend those, but they are one of the safer options out there. I think a lot of people have iron toxicity issues, and even if they have low ferritin or low iron on their blood test, you can still be iron toxic. That's a whole other podcast that I did with Morley Robbins if you want to dig into that.

We also talk about some cookware do's and don'ts. So, you wanna avoid heavily scratched or chipped non-stick cookware or any type of cookware, no scratched or chipped cookware at all, no matter what kind it is. You also wanna avoid greenwash non-stick. That's actually toxic. That actually has PFAS forever chemicals in it. It doesn't matter if it says no Teflon. It can still have the toxic particles that are in Teflon, even if it doesn't have the Teflon trademark on it. You also wanna avoid enamel-coated pans. There are a lot of enamel-coated cast iron out there. Those can chip and they can contain lead, cadmium and other chemicals in the enamel glaze, especially if they're brightly colored. So you just want to be aware that they're toxic as well.

Our guest today, David Barrett, is the proud owner of Chef's Foundry. He is the renowned non-toxic cookware brand, and with a passion for safe cookware and kitchenware. David has established Chef's Foundry as a trusted name in the industry. The mission of Chef's Foundry is to provide home cooks with the tools they need to create delicious meals without compromising their health. Through his leadership, Chef's Foundry continues to set new standards for excellence in cookware, inspiring chefs of all levels to cook with confidence and peace of mind. You can learn more about David and his line of cookware at chefsfoundry.com/wendy. David, thank you so much for joining the show.

David Barrett

Thank you for having me back

Dr. Wendy Myers

Why don't you tell us a little bit about yourself and why you started a cookware company?

David Barrett

Yeah, sure. My brother and I started Chef's Foundry about seven years ago now. Around about that time, my father actually got diagnosed with mesothelioma, which is a rare form of cancer. And as you can imagine, we were trying to look online to see what we could do to help him and just do a bit of research into what exactly this is. As we were doing that, we came across forever chemicals. During that research, we also discovered the DuPont scandal. DuPont are the manufacturers of Teflon. What happened was they were narrowly producing non-stick cookware using these forever chemicals and also dumping these chemicals into the surrounding areas where they were producing. A huge lawsuit was filed against them. At the time we were selling bar and kitchen utensils. We really wanted to bring products to market that could help people's health. That's what led us to create the pieces on our cookware range.

Dr. Wendy Myers

Why don't we talk about some of the toxins that are typically found in cookware? I don't think people realize how many toxins enter their body just from the cookware

that they're using, and there's a lot of misinformation out there. So, can you break that down for us?

David Barrett

Yeah, of course. Generally speaking, you're gonna find a lot of forever chemicals and aluminum lead and cadmium can also be found in there. You wanna avoid any companies that are being stamped out, but you are still gonna find them in certain ones. So, you do have to do a little bit of research yourself. But these forever chemicals technically fall under a group of about 10,000 chemicals. I think they're constantly adding new chemicals to the Forever Chemical group. You really do need to avoid any cookware that has this in them. But it's not just cookware. They can be found in clothing, cosmetics, and tap water like I mentioned before. You need to find out exactly what it is you are buying, whatever that is.

Dr. Wendy Myers

PFAS chemicals are some of the most difficult to remove from your body. Pesticides and the PFAS forever chemicals are really the most resistant and they get stored in your fat. It's one of the reasons why people can do everything to lose weight and not lose weight. The body's not gonna let that fat go anywhere because it's essentially a storage receptacle for all of these different chemicals.

David Barrett

Yeah, exactly. It's impossible to break them down. You are just putting these chemicals into your body and your body's trying to feel them out. We'll struggle to do something but like you said, it affects pretty much every aspect of your body.

Dr. Wendy Myers

Let's talk about how these PFAS chemicals can affect cardiovascular disease. I think this is a connection that many people really don't think about and they know the forever chemicals are bad for us. Can you break that down a little bit?

David Barrett

One out of every five deaths in the US is caused by heart disease, and these forever chemicals can increase your cholesterol and blood pressure. They can mess up your

thyroid, slow your metabolism and even cause clots into cell membranes, which can increase the risk of blood clots and cardiovascular events. There's a huge range of health implications of ingesting these chemicals. You really want to avoid them at all costs.

Ads 09:32

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

Heavy metals also contribute to heart disease as well that we can get from our cookware. It's the number one way that people are dying from heart disease. So, you really want to think about every potential source where you're getting these forever chemicals. I'm glad there's so much more awareness about this, but people still want to use their non-stick pans and they have their non-stick rice cooker and they've got their non-stick air fryer and non-stick utensils and whatnot. I think people just don't realize how many different areas in our kitchen where they're ingesting these forever chemicals.

David Barrett

Even before I knew about this, I'd obviously heard about this, but before I really dived into this, I was probably guilty of using some Teflon pans. I'm sure my parents had them years ago. They just weren't educated on this. So, it is quite shocking. You think you're eating healthy and putting the right stuff into your body, but then it destroys your thought of what you're actually doing there.

Dr. Wendy Myers

I recently saw a meme that was saying that if there's one little scratch on the non-stick coating, that can release 9,000 particles into your food, but if there are a lot of scratches or there's even chipping going on, which a lot of people use, they just use their pans until they're just at death's door. They have tons of scratches on them.

You don't wanna use that. Those scratches can release up to 2 million different particles and all the toxins in those particles into your food. So, you don't wanna use any sharp utensils on your non-stick or you don't wanna use non-stick at all. But if you have some that don't, you do not wanna use any that has any scratches on it and you avoid the scratches. You don't want to use metal utensils in your rice cooker or whatever you're doing. I don't want you to use those things. A lot of people still have this stuff in their kitchen and they don't really have any idea what they're doing.

David Barrett

Yeah, I couldn't agree more

Dr. Wendy Myers

Let's talk about how people can mitigate the exposure to Teflon. What are some things, if they are using these types of pans, what are some tips you can give people if their mother has them or they're staying at a rental place that has them, or they don't have any choice? Give us some tips on Teflon.

David Barrett

I wouldn't use them personally and I feel like it is easy to say that. But once you look at what they were doing, I lose faith in companies like that. Going back to how my dad got ill, when he got diagnosed and all the stuff that came out after that was shocking, like how certain things happened where he knew where he actually got this form of cancer. It came from somewhere he was working at. After it came up, certain things were covered up by the government. It's shocking. After I learned about DuPont and the scandal, I was like, well, I'm never gonna use Teflon again. Even if they say that it's free from these forever chemicals, which I believe they do, I just wouldn't trust a company that's happy to do something like that. I just lose faith and I would say avoid Teflon at all costs. We know it can make you quite sick.

If you heat it above 500 degrees Fahrenheit, it can cause Teflon flu, which is very similar to the flu because of the headaches, shortness of breath and muscle aches. It's not very pleasant. So, avoid Teflon, and if you are looking to buy a new pan, just do some research on the company. Find out exactly who it is you're buying from. Speak to support staff, check FAQs, ask for documents to see exactly what they are made

of. After doing that, you should get a clearer picture of who you're buying from and what it is you're actually buying.

Dr. Wendy Myers

I think people don't realize when they're heating up the pan, they're getting ready to cook and they don't realize, especially if sometimes people forget or they just leave the pan on there too long, you're getting all these fumes from the heated-up Teflon. There's also a problem with greenwashing because people know about the dangers of Teflon. So, there's pans that say, oh, they're safe non-stick. I think there's a lot of products out there that are still Teflon, but they just have them under a different name. It's still made with the forever chemicals, and it may not be the Teflon trademark, um, but there's a greenwashing going on in the whole non-stick cookware industry as well.

David Barrett

I think a lot of the store-bought cookware, you can see exactly what the coatings are made of. I was in the store the other day and you can see if they've got a special eye coating or another company eye. I think they're the forerunners of the coating industry at the minute. I think they're at the forefront of developing the best non-stick coatings. They're one I would suggest you look for if you are looking for a special non-stick cookware. But, you are right. I think a lot of people could say, oh, it's safe, but it's technically not.

Dr. Wendy Myers

There's probably not any regulation on cookware. The marketers can say whatever they want on the box, right?

David Barrett

Well, I think that's pretty much the whole marketing industry. You see how people get around stuff like that in the stores and I don't think there's a huge amount of regulation on what people can claim.

Dr. Wendy Myers

There are a lot of individuals and fit soldiers out there. They're doing testing on different types of cookware. Go out and find those people like Blood Safe Mama. There are other people out there that are doing all kinds of testing on cookware. What cookware do you recommend that people use? There are a lot of safe cookware options out there, but what do you recommend to people?

David Barrett

There are three types that I personally like and that are safe. Obviously the first one is ceramic. Generally, it's non-toxic and lasts for years if you look after it properly. It also has a special baked on glaze, which is made from silica and obviously free from forever chemicals. The glaze is what provides the non-stick elements. So, it is great for cooking. You can cook on it without oil and with just a little bit of oil if you need it.

Dr. Wendy Myers

I'll be honest, I don't love ceramic cookware. I know it's safe, but I had a big ceramic pot and I found it really didn't conduct heat very well. It took a long time to cook the food and then I set it down too hard and it broke in half because ceramic is very fragile. So I'm just not a big fan. I know it's safe though. I'm not the hugest fan of that.

David Barrett

Fair enough, everybody's got their own preferences. It is just a different type of cooking. Then you have stainless steel, which is considered pretty safe. It doesn't come with a coating. You are cooking directly onto the pan and it won't react or leach any harmful chemicals into what you're cooking with. It's pretty durable at higher temperatures. The third one you've got is cast iron.

Dr. Wendy Myers

Oh, I just wanna make one comment. I'm gonna add a few little comments here. I think one thing also with stainless, I think you have to be careful about getting ones that don't have nickel in them because nickel will make them shiny. So, anything that's super shiny typically has nickel in it. So you wanna find a nickel and lead-free stainless steel because I think some of the cheaper brands can be problematic and if the pot's really old and it has a lot of pockmarks in it, a lot of scratches and things like that, you might wanna invest in getting a high quality new product, like a name

brand that it's tried and true and look for the nickel and lead free because there's some shady manufacturers out there in China and whatnot. A lot of stuff is made in China, but some people are really cutting corners. You have to be careful what amalgam is and what metals are in that amalgam of the stainless steel

David Barrett

Exactly, it all comes down to your style of cooking. I think that's what you need to really decide on what works best for you when looking for cookware to purchase.

Ads 19:15

This episode is brought to you today by Purity Woods Skin Care. If you care about your health and longevity, which let's face it, if you are listening to this show right now you probably do, then I assume you know to watch what you eat, get plenty of exercise and prioritize sleep. But where I noticed many of my health-conscious peers can drop the ball so to speak is when it comes to their personal care products. Truly folks, we all need to be reading the ingredients list on any product that we are putting on our skin and absorbs directly into our bloodstream. But, how often do you buy skin care products because they're labelled as clean or organic or they have organic in the name of the product or they say paraben-free only to find out that there's a ton of toxic ingredients in them that are damaging to your skin, body, and hormones?

Why is it so hard to find skin care products that are truly 100% USDA organic certified? That's why I use and recommend Purity Woods Skin Care. Purity Woods' mission is to provide people with the cleanest and most effective healthy aging and longevity products available. All of their products are USDA certified organic non-GMO, free of anything artificial, free of toxic preservatives and additives like pesticides, chemical fertilizers, dyes, parabens, and of course, it's cruelty-free and never tested on animals. Purity Woods' best-selling products the age-defying Dream Cream has been flying off the shelves for a reason. This formulation includes red maple leaf extracts along with collagen-boosting ingredients like organic mango seed butter, organic gooseberry, which if you don't know is the most antioxidant-rich food on earth. As you know, I am a big research geek and in recent years, there has been

some generally fascinating science coming out of the University of Rhode Island about red maple leaf extract for the skin.

So, this little-known skin care ingredient has been shown to block the breakdown of elastin, the key protein in your skin that allows it to stretch and remain firm. Some researchers are even calling this ingredient a potential plant-based Botox so to speak. So, if you are ready to detox your skin routine of all those hormone-disrupting synthetic chemicals that plague 99% of the skin care industry but you don't want to compromise on the results, I highly recommend that you try out Purity Woods age-defying Dream Cream. If you do not agree that that is the best skin care you've ever used, your purchase is protected by their really generous 60-day happiness guarantee. But honestly, I've never seen a skin care product of this quality at this reasonable price point. Thankfully, the good people at Purity Woods have a special discount code specifically for my listeners. You can try yourself, for 27% off today, just go to puritywoods.com/wendy or enter Wendy at check out

Dr. Wendy Myers

What about cast iron? This is another one. People love their cast iron, especially our grandmas. My mom loves to cook with her cast iron. We have cast iron pots in my family that we've had for probably a hundred years that her grandmother used to use that have been passed down. But can you talk about those?

David Barrett

Well, I think cast iron, you have to develop the non-stick surface. You have to coat it yourself from what I understand. I wouldn't want to have to do that. I prefer convenient cooking, like having the pans ready to go straight away. So, if it has to be coated for a reason, I wouldn't want to use something like that. But again, they are a safe option to use.

Dr. Wendy Myers

I don't like spraining my wrist when I'm cooking. The cast iron is way too heavy for me. My wrists are just like these floppy, weak things. They don't work for me. They're too heavy. But yeah, you have to season the pot. That happens over time and some people love that, but I get concerned about the iron toxicity that can come from cast

iron pans. The reason we eat cows and they've got lots of iron in them is because they're eating grass that has lots of iron. They turn that form of the iron into a form that's more absorbable and easy to metabolize. Now people are getting iron from non-stick pans. A lot of people are very iron-toxic. They don't realize it even when they have low ferritin. You can have low ferritin on your blood test and still be iron toxic. Iron is very toxic to the brain and body for various reasons. I have articles on my website and podcasts about iron toxicity, but with the iron from the pan, you're only absorbing maybe 20 to 30% of that. So you are getting some benefit from that, say if you do absolutely need iron

Many people that are diagnosed as anemic are actually iron-toxic. It's a very complex subject to explain that whole biochemistry. We've done that on podcasts with Morley Robbins before if you wanna dig into that relationship between Iron Copper and Cillo Plasmin that's produced in part by cues from your adrenal glands. Out of a propensity of safety, I personally would not use cast iron cookware because of the iron toxicity danger. People eat so many iron fortified foods. Over our lifetime, we've eaten vitamins with iron, fortified cereals, flours, and things like that. Think about all these iron fortified foods, which are not a form of iron your body absorbs very well. Most people are dealing with iron toxicity, and it's not gonna be readily available on most tests you're getting at your doctor. I just want to throw that out there because I think that that's important for people to hear.

David Barrett

I could not agree more.

Dr. Wendy Myers

Let's talk about some other options. What's your favorite cookware?

David Barrett

What's my favorite cookware? It'd have to be ceramic cookware. It is definitely ceramic. I love ceramic pans. I love how the nonstick element is so good. It just makes cooking super easy for me, especially with having a young child and that I can't spend hours on the stove cooking food. So yeah, ceramic is my number one. Stainless steel I'd say is probably second. It's really easy to keep them quite clean

and tidy. And they're pretty durable. So yeah, I would say, they're my two types that I like cooking with.

Dr. Wendy Myers

I like stainless steel too, but I liked Europeans too and your P 600 cookware line. That's what I thought you were gonna say. I like mine the best. Can you tell us what yours are made of?

David Barrett

The P 600 cookware range, it's obviously ceramic and it has special, non-toxic, PFAS-free coating, which is manufactured by IAG, a Swiss company considered the leaders in the sector in development and production of high- performance non-stick cookware. So our three piece frying pan set retails at 1 99, but for the Myers Detox Podcast, we have a special offer at the moment where you can get the free piece frying pan set. You get the silicon utensils that you need to use with the cookware and you also get a free 12 inch griddle pan, which is worth \$99. That whole unit is, 1 7 9. 9 9, and that includes free USPS shipping in the US.

Dr. Wendy Myers

Oh, great. That's fantastic. You can go to chefsfoundry.com/wendy to get that deal. One thing I wanted to say was that when I was saying I don't like ceramic, what I meant was the pans that are completely ceramic. They're completely made out of clay. It's like a clay pot essentially. You drop it or you set it down too hard and it's broken, just like the one that I had just broke in half and I was like, oh my God, I literally had used it three times and it broke. So that's what I was talking about. Yours have a metal component and then it's lined with ceramics. They're very light and very durable because of that. I just wanna make that clarification.

David Barrett

Yeah, they're pretty light. We also have detachable handles as well, pretty convenient for storage as well if you're lacking space in the kitchen.

Dr. Wendy Myers

Okay, great. They're great pans. I really enjoy using them because I love non-stick pans. Who doesn't like non-stick pans? Your pans, like I said, are very light. They're very durable. I've been using them for probably over a year and they don't have any scratches on them. They have lasted and I think they're really good quality. I really enjoy using them. I was really surprised. I don't know why I was surprised, but I was surprised by how they held up over time. They're really inexpensive compared to some cookware sets out there. It's just really shocking how expensive buying new cookware can be.

David Barrett

We are pretty competitive in price. We pride ourselves in that. Cookware can get crazy expensive when you look at some of the designer cookware brands out there on big work, well-known names. So, we like to keep the cost as low as possible.

Dr. Wendy Myers

Can you talk about the company that makes the coating? You said it's ILAG, or IAG. It's a Swiss company.

David Barrett

Yeah, they're a Swiss company and they've been in the industry for like a long time. I don't know exactly how long, but they're pretty much leaders in producing non-stick coatings. If you look in storage, you can see quite a few of the pans now are using ILAG on the coatings. They're pretty well established in the industry. They also provide a lot to prove that their coatings are free from forever chemicals. We also test our cookware as well to ensure it is free from PFAS and just to make sure that it is 100% safe for our customers.

Dr. Wendy Myers

You have a very special offer for my listeners so they can get the three piece P600 frying pan set, so you get an egg dish and then a medium pan and then a larger frying pan, and then a free set of silicone utensils and a free 12-inch griddle pan word for \$99 value offer 179.99 and free shipping in the US as well, which is awesome. That's a fantastic deal. So like I said, go to chefsfoundry.com/wendy to take advantage of that deal.

What about enamel pans? I've had people, like someone left a comment on another podcast that we did a while ago about land pans that are enamel coated, cast iron. Can you talk a little bit about that and maybe some issues with enamel coatings?

David Barrett

For sure. I think one of the key components of the enamel coating is glass. Some enamel coats also can contain trace amounts of lead or cadmium. I think this is generally the ones that are quite bright colored. Exposure to these chemicals over a long time can cause a number of health issues. I would probably suggest avoiding enamel or do your research on it as well. When the enamel chemical chips, it's essentially like glass chipping off into your food, right? You don't really want to be ingesting glass into your stomach. I'm sure that's gonna cause a number of problems down the line. My personal opinion is be careful with enamel cookware, or just avoid it if you can.

Ads 32:23

I want to thank one of our podcast sponsors Bon Charge. They have this amazing red-light mask here that I absolutely love. I've been using this for about a month now and I'm really blown away by the results. It's time to step up your skincare this year with the redlight face mask by Bon Charge. I just spend like 10 minutes a day wearing this mask and it has so many different benefits. It really works. This face mask, essentially, the red LED lights penetrate really deeply into your skin. They boost collagen production, reduce inflammation, and ease the signs of aging. So, if you want plumper, younger looking skin, skin, if you want to significantly reduce or eliminate acne, blemishes, redness, and inflammation, if you want to reduce pigmentation, if you want to stimulate cellular repair and circulation, if you want to reduce puffiness and help to drain the lymphatics in your face and for you guys, you can use this advanced LED technology to revolutionize your skin care by tackling razor burn, dryness, and redness. It's amazing and really easy to use.

I only have to wear it 10 minutes a day. So, you can do it while you're watching TV. I just do it at the end of my day, right before I go to bed. You can do it while you're relaxing, while you're in your sauna, whatever you're doing. I really like it because it's totally portable, so I can take it with me wherever I go. You don't have to have it

plugged into anything. It's totally portable. I've seen a really big improvement in the tone and texture of my skin. I really feel like it's helped. I have a lot of sun damage just from worshipping the sun my whole life. I feel like it's really helped reduce the appearance of the pigmentation from the sun damage. I felt like it helped with the puffiness that we can get as well. I really like the results of this mask.

Bon Charge is a red light face mask. It's really easy to use to take care of your skin. It's totally painless and it's not going to heat up your skin or cause any kind of heat damage or anything like that. The red wavelength is 630 nanometers, which is used to reduce redness, inflammation, pigmentation and it prompts cellular repair and circulation. The near infrared in this is at 840 nanometers. It's the deeper fibroblast cells stimulating new collagen and elastin production, resulting in firmer, plumper, more youthful looking skin. So trust me, you want to get one of these. Try the Bon Charge red light face mask. You can get it at boncharge.com. That's B O N C H A R G E . com and use promo code WENDY to get 15 percent off.

Dr. Wendy Myers

At the very least, don't use metal or sharp utensils. Don't cut after you've cooked something in the pan. I think it's just with any pan or something like anyone that's using a fork or a knife, it's just like nails on a chalkboard for me. Any type of pan, no matter what pan you have, you don't wanna be scratching it, whether it's stainless steel or ceramic or what. You don't want to use the silicone utensils for flipping or whatever you're doing to your pancakes.

David Barrett

I think silicon or wood is generally okay, but obviously we get the silicon because that is the best. You can't scratch your pants with silicon. If you can, then there's something there that is seriously wrong.

Dr. Wendy Myers

You want to avoid like the black utensils also. Not the silicone ones, but there are a lot of people who use black plastic utensils in their cooking. You definitely wanna be avoiding those as well. Those have a lot of very toxic chemicals. I've written lots of

emails about those as well. But yeah, the silicone's the way to go. Anything else you want to add to the conversation? Any other advice for people in their toxic cookware?

David Barrett

No, just one piece of advice. Don't use Teflon anymore. Simply put. That's it.

Dr. Wendy Myers

It's beyond a shadow of a doubt. We have, unfortunately, the PFAS chemicals and all of our waterways and so much of our packaged foods and any kind of waterproof coating that's been put on clothes, a lot of fast food packaging, the PFAS just being found in everything. So again, this drives home my point, you can take all these different measures, but you can still be ingesting PFS in the water and other things we're exposed to and touching, ingesting on an everyday basis. So, you need to be doing daily detox, and that's what I help you do on this podcast. Go through every era of your home, thinking about everything that you're doing, and what kind of toxins might be lurking in your kitchen utensils and your beauty products. That's where we're going, one room at a time, one product at a time to try to give you better options. And like I said, I love the P 600 line of Chef's Foundry cookware. I think they're fantastic. I personally use them and so I highly recommend them and they're very reasonable as well. David, thanks so much for coming on the show.

David Barrett

Thank you for having me.

Dr. Wendy Myers

Everyone, thanks so much for tuning into the Myers Detox Podcast. I'm Dr. Wendy Myers and I just love doing this show every week to help you guys make those distinctions that you need to make so that you can live a non-toxic lifestyle. I want you to be healthy. I want you to feel good. I want to give you that information and arm you with knowledge so that you're able to live a long, healthy, disease-free, and medication-free life. That's what I want for you. So, thanks for tuning in.

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