

Warren Phillips (00:00:00):

I don't have a judgmental bone in my body at this point at 48. Like, I just, I just, I'm over it. Like, I completely just like, whatever, you know, let's just,

Caspar (00:00:08):

That's an amazing feat. I have to say, <laugh>, most people, even in their like seventies, have those judgmental bones and belief systems there and ingrained for such a long time.

Warren Phillips (00:00:17):

Yeah. I've gotten, well, I've gotten beat up enough and just a bunch of challenges in my life. Mm-Hmm.

Caspar (00:00:23):

<Affirmative>, just

Warren Phillips (00:00:24):

Things that really shouldn't have happened and people that really shouldn't have done the things they should have done to me. And just the level of deception and, and you have to come to reckoning with, with individuals and why they do that so that you can move forward and let go of those things. And through that pain, I can still feel it in my head a very slightly as a memory, but it forces you to really rewire your brain to just not give a rip even more. Right? Yeah. And just expect people to be who they are. And you can use all the cliché sayings that you want, but you have to get it deep within your psychology that you like. You can't change people expect people to be who they are. And, and most people do exactly what their program to do. Right?

Warren Phillips (00:01:13):

And this is how they live their life. This is what they believe. This is where they're raised. If they're raised in California, they're gonna have this belief structure and how, how do you know? And then you're gonna bash that person, but they're being exactly who they are. And you're gonna get mad about it. You're going to waste energy on it. Like, so between books, so energy management and understanding human psychology and reading a book, like you're not so smart and, you know, all these different things. It just makes you, your brain finally figures it out. The AI of your brain's. Like, not gonna waste time on that. Gonna put it into my family things. I can control my own personal growth and responsibility in life and just focus there and not worry about everybody else. Right. Yeah.

Caspar (00:01:51):

And

Warren Phillips (00:01:51):

It's so nice, and like most people I think, get it as they age. I think there's age has a lot to do with it. It's not, you know, 25 year old have a hard time figuring that out. Right. They're still trying to figure out, you know, who I am and what is my purpose, their hormones, you know, aren't, you know, waning. They're still full of testosterone, <laugh>, you know, <laugh>. They're ready to, to, to attack things. But I think at, at my age although my testosterone is naturally still pretty good and I don't have to, I, I choose not to do that. 'cause I figure it. Mm-Hmm, <affirmative>, I think it takes away life expectancy. Not to say I

wouldn't do it when I'm in my eighties or nineties. Who knows? I don't, I don't put brackets around what I currently believe to be true <laugh>. So

Caspar ([00:02:35](#)):

You can't

Warren Phillips ([00:02:36](#)):

That, that's kind of yeah. Maybe we can use a clip of that for something. I don't know.

Caspar ([00:02:40](#)):

I was gonna say, that's a great starting point. I was gonna do a longer intro or something for you, but I think that, you know, this is the story of non-toxic dad with Warren Phillips is like, you, you, you gave me so much of an intro point to a lot of what I wanna learn about you and your story, because that is part of it. You're not judgmental anymore. You've gone through a lot of stuff before. Talk about that as you're a former scientist. Now you're doing the non-toxic dad stuff. But what led you into this? Because you don't have that judgmental bone, because you've been through a lot. What was a lot?

Warren Phillips ([00:03:12](#)):

Well, a a lot of different things. I mean, we can go back to the, the sickness part, right? Yeah. Which is my, my first big learner of grace. You know, because I was more of a classic evangelical Christian, I would say while I was getting sick. And I remember even asking God at one point, I'm like, you know, if you think you've got life figured out, then get ready for a big shift in your life to grow. Right? And I remember it was a sermon, it was out church in the park, if you will. And the, and I was like the poster child for Christianity. Like I did. Like I had it all doubted in, you know? And now I look back and I'm like, those guys were still out drinking and having a good time. But I didn't do any of that.

Warren Phillips ([00:04:01](#)):

Like, I'm like, woo-hoo. Like, I'm gonna, I'm gonna nail this thing, right? I'm gonna be, you know, super Christian. You know, had a, a group of like 24. I had, like, I had a small group that was bigger in some of the, the small churches in Missoula. It's not a very churchy town. It's a very loving, kind town. But it wasn't a very churchy town. You know, people are out outside enjoying nature and connecting with God that way, which I kind of understood. But still, you need to be in church, right? You know, sort of thing. So I remember that happening. And something just like hit me in my gut, like, oh, I don't understand this. And as hard as I try to understand grace and people at the age of, I think at that point I was probably 28 or something, I'm like, I don't get it.

Warren Phillips ([00:04:45](#)):

I hear what you're saying intellectually about grace and not judging people, but how, you know, like, I just, I didn't get it. And so this thing happened. I'm like, oh, something's gonna happen. And it wasn't too long after that, probably six months that debilitating symptoms started happening. I also had a whiplash accident that triggered a bunch of NMDA receptors in my neck and inflammation. And on top of that I was doing a mercury McCarrick oxide cleanup at the time. Which is just, it's red powder. It's probably the same mercury they used to put in tattoos 'cause it's red. But they used to coat it on grains because, you know, I could ask you why would they put mercury on grains in in the eighties? Maybe, you know,

Caspar ([00:05:28](#)):

I don't,

Warren Phillips ([00:05:29](#)):

It, it was just an insecticide fungicide. It was just why they put it in vaccines, right? Yeah. You can triple and double stick and nothing grows, no bacteria, right? It, it just gets better harvest right. Money, right at the end of the day. So I was cleaning up an old grain facility and mercury there, and I obviously did a ton of abandoned mines work before that, cleaning up abandoned mines, which is arsenic led mercury again. So I was getting exposed to all this stuff, bad diet, whiplash, emotional changes, going back to church. I noticed that this church wasn't all it cracked up to be. The pastor was dying of cancer, drinking coke, and they tried to raise him from the dead. And it was like, man, that's not normal. Like, I get it. I, I see their heart in it. And I was like, but that's just weird.

Warren Phillips ([00:06:15](#)):

Like, you're like, I get trying that. No, no, no judgment. But at the same time, it was just like, you weren't doing any of the things in, in nature that, I mean, I even knew back then when I was drinking Mountain Dew. Like I even knew that that wasn't a good thing, right? I'm just like, come on guys, you're just gonna pray about it. Like, what are the actions? What do you do in the natural? Like even then I was like, as a scientist, I was like, I was, you know, I was published just in a few publications with the Montana beer mines and geology for some research I was doing on abandoned mines and the binding of heavy metals and how it affects the environment, how it gets bound in the soil, how it's released into the environment, and a bunch of other modalities of cleaning up heavy metals in the environment can do with beads and all kinds of different things.

Warren Phillips ([00:07:01](#)):

But anyway, long story short, so I'm like, this doesn't make sense. Like, my mom went through cancer. She didn't do chemo. She had a lumpectomy and she's been a survivor for 30 some plus years. She'd done chemo, she'd probably be dead, right? Mm-Hmm, <affirmative>. 'cause It would've just destroyed her immune system. But she, she was blessed enough to make that decision. It was the right decision. So going back to the logical side of it, I'm just like, a lot of this stuff thunder to unravel. And my little, like you said the psychology piece from our intro here is so important to healing, right? And people like lose their way when there's this, this group, this pastor that I looked up to, I'm like, there's this incongruency now. So it started to freak me out, you know? And, and the church was getting a little too, a little too out there, right?

Warren Phillips ([00:07:44](#)):

So that security of that church, which was wonderful for me at the time, like, it really gave me purpose. It really gave me a strong spirituality. I think I put in, in, in my show notes for you that actually got my degree in divinity, like I was in, I wanted to learn more. And I, and I love that I learned that stuff. I had some really good professors that, you know, had a really good approach and some that didn't, but a really good approach to spirituality and, and to, and God and the Old Testament, the New Testament Romans, and what we know on judgment and just some really good, not like, you know, just brilliant based on essentially the facts, right? The history, right? It was just wonderful. And when that unwound too, so I had that happen. It's like, wait a minute, my brain lost that security.

Warren Phillips ([00:08:33](#)):

It's almost like getting a divorce or some other trauma. So I had these emotional traumas, these physical traumas, and this toxic job of cleaning up hazardous waste. So I think all of that is what shut down. And a lot of, I've worked with sick patients in the past, sick clients, if you will. And a lot of their, their problems always started right around a trauma too. I mean, you've been in your clinic, I'm sure you see the same thing. It's not just the poor eating. It's not just the exposure of the amalgam fillings or whatever it may be. There's these traumas that happen as well, which cause massive inflammation, hormonal spikes and dis hormone dysregulation and loss of belief and hope and all of that. So I think, you know, I've never shared this on a podcast before, because I really haven't, because we started this just, just open conversation and really good job by just listening and let, letting, letting me go here.

Warren Phillips ([00:09:26](#)):

But it, it, it really was a really, really hard time. But that I've gone through a lot of more hard times. But so fast forwarding that that forced me to sell it. I was so sick, I couldn't function, weight gain, sound sensitivity. I couldn't go to church anymore. The small group ended because my phone ringing doorbell, like sound sensitivity, it, like it just all started to go downhill quickly. Stu stopped not sleeping at night. Like all of it, right? And I definitely had exposures. I remember hallucinating after a lead cleanup once. I mean, that's part of a acute exposure, right? And what we're getting today is chronic exposure. Small doses that build up in our cells. They may say it's safe, but it builds up inside of your body. It's safe, it's fine. It's only a little bit. I love addressing that because the exposure limits, the permissible exposure limit that we're allowed to expose.

Warren Phillips ([00:10:18](#)):

Even when you fill up your gasoline, the PELs matched at every, unless you have a vapor extraction unit on the, on the gasoline you're getting your maximum PEL permissible exposure limit for that day. And we're getting it everywhere, right? Yeah. And it's building up in our cells. It's causing inflammation. So it was nuts. So moved back home into a moldy basement, which you deal with in your clinic as well. Got sicker, more pain, more chronic issues, right? So the getting back to grace and understanding that I couldn't read my Bible. I couldn't go to church chemically sensitive, no sleep, miserable. Wearing donuts, trying pain meds. Doctors telling me, try Effexor. When I asked the question how it works, they don't even know. Like, so I was like, you can't help me. People are saying that you're crazy. And especially when I got sick at the peak of my sickness, 2005, like the symptoms I were having weren't even acceptable. Like it was, you are nuts. Was the, was the diagnosis something's wrong with you mentally, right? That was it. That's all they had. Fibromyalgia is a, is a crazy man's disease, right? It's chronic inflammation, it's pain, it's your nerve endings are sensitive. Like this isn't crazy, man. This is a physiological inflamma inflammatory response in your body, body. And it wasn't about mitochondrial dysfunction and all the, the, you know, the cascade of hormone problems in your hypothalamus pituitary, none of that was cool, right? It wasn't even around, there wasn't even really the internet, right? Yeah.

Warren Phillips ([00:11:47](#)):

To, to search for this stuff. So luckily, I, through through my sister my, my cousin, I found a doctor that, that had the same challenges. And that's what threw me into this. And when I started looking at the science and I start getting healing, I got very, very angry. I'm like, why isn't this being shared? Why are they still putting amalgam fillings in people's mouths? Why are they have all these toxins? So, and then, so I like, we gotta educate doctors about this. So we, we started a company and just start doing all this and start educating. And eventually through those protocols, traveling all over, seeing the best, going to clinics like yours, we found answers for the mold, the heavy metals and the chelation and natural

chelation and what works, what doesn't, what's what causes redistribution. And just went through that whole process.

Warren Phillips ([00:12:36](#)):

And the non-toxic dad part is I became so anal about my environment, if you will, right? Mm-Hmm, <affirmative>, especially in the beginning, because I was scared and I was scared for good reason that people start giving me stamps. Like, is that Warren approved? They literally bought me a stamp. I still have it in my drawer. Mm-Hmm. <Affirmative>. And everyone always said, Warren, why don't you do something like that? I'm like, ah, you know, I don't want to get on social media. That's not me. I just, you know, wanna enjoy life and not have to be, you know, looking in cameras. But the, so the reason I did it is I tested it. My team, my friends, some mentors said, Warren, why don't you just try it? Like, and if it, if it has an impact, if it feels right, just do it. But, you know, you're making all these excuses for failure instead of a test for success, if you will.

Warren Phillips ([00:13:27](#)):

So I gave myself all these excuses not to do something. Don't wanna be on social media, don't like my phone, don't like EMF, like, I can come up with thousands. But when you look at your life, you're like, where am I gonna have the most impact? How can I reach people? Like, 'cause I don't want people to go through the suffering that I did. I mean, yeah, it's created some great strong psychology. But not everybody is wired like me. Like I'm an all American athlete. I, I, I take direction well I can. You know, I've been coached a lot and beat down a lot <laugh>. So and I don't think that was great, but it really set me up to be tenacious enough to push through all this and not give up. And like I said, I mean, I was at the point where I didn't wanna live.

Warren Phillips ([00:14:06](#)):

Like it was that bad. Like, I don't want to get into it, but it was like, God, heal my body 'cause I'm effing pissed. And if you don't start moving on my behalf, like this is bull crap. Especially when you were super Christian before that, right? <Laugh>, it's like, you did everything right and God, you still punished me. You know, it's like those whole, those just that weird psychology that came from that, that, that place. So it's really neat to be able to come out of the over spiritualization, but still have the strong connection to God and spirituality and how that gives you superpowers and strength to push through things. But if it wasn't for that spirituality and that hope that it gave me, I probably would've done something stupid, right? But I knew in the back of my mind, like, Hmm, you know, God at this point hasn't failed me.

Warren Phillips ([00:14:54](#)):

And when you wait and when you're patient and you have the right attitude, it usually works out in the end. So, you know, there you have it, you know. And from there, we, you know, life just continued the learnings continue the challenges continue. Never thought I was gonna get married. Now I'm married and have three beautiful girls. I'm 48 and I have a 21 month year old. So on purpose, all three of my children, but very, very spaced, which is also part of decision making. To be able to maintain the, the, the belief structure and detoxing my wife and having her heal and having her body heal. So I know that my wife is safe. I'm not just, you say have kids. 'cause We love kids, but it's making sure she's healthy and happy. So not that just we have a healthy ha happy babies, like we have all home births, all of that fun stuff. But my wife is protected and that her heart and body were, were in the right spot to be able to handle. Again. That's a pretty serious pretty serious undertaking. <Laugh> having a baby,

Caspar ([00:15:57](#)):

A huge one. And I want to get on that topic, but I found it really interesting. As you were talking, you brought up two things that I've known to be true by just watching all the patients that come in here and seeing the results come out. Number one, the two patients that do the best are usually number one is athletes, because they take such good direction. And you gotta, you know, you gotta be compliant. This isn't conventional medicine. Just take the pill and keep eating as you want, and do whatever you want live in your toxic environment. We'll give you more pills as you start to break down more. So athletes get it. They're like, okay, I gotta cut out something I love, I'm cutting it out. That's it. And, you know, yeah, no question about it. Number two, are spiritually or religious, faith-based people, if you have faith that things are going to turn around for you, even though it looks so bleak.

Caspar ([00:16:43](#)):

I mean, the odds are there. I'm sure the researchers there as well will show that they have better outcomes and the same types of treatments and everything. So I found it really interesting that those two things, you know, came up for you and you were able to break through. You know, the, the latter part of what you just said there, and something that I feel is one of the biggest threats to humanity right now is this idea of infertility. This idea of we're not, you know, having children at the same pace we were. We have countries like Japan, even China and everything where, you know, it's, it's a, a slowing number of births and actually a declining number of people there. And a lot of that you have to say, at least what I'm seeing is you have heavily toxic people. And in a toxic environment in nature, usually it's incredibly hard to procreate to, to give birth. And so, are we missing that one piece of the infertility where everyone's saying, by 2050, 50% will need IVF regardless of their age? Are we, is that such a, like a big missing piece in this idea of infertility in having children and birthing children that are healthy? The toxic burdens we carry?

Warren Phillips ([00:17:58](#)):

Yeah. I, it's one of my biggest heart cries is that people wake up to that and I think OB-GYNs, there's some research that discusses like, hey, like they're starting to see this connection. Like it's becoming obvious. I I it is suppressed information for sure. Right? Because there's lots of, you know, I don't even, I don't want to get into the controversial side of it because I just want to have nice, clean, you know, <laugh> you know, conversations that people stay open to. 'cause I don't wanna shut people down Once you

Caspar ([00:18:30](#)):

Yeah.

Warren Phillips ([00:18:30](#)):

Push them too hard, they're gonna shut down and not listen to the truth that you have to share. But I, I really feel that, that this, I mean, there's so much science behind it, right? With childhood cancers going through the roof, you also see the epigenetic problem of these, these toxins triggering bad genes. And then the progeny has those bad genes. You're, you're producing a sicker progeny, right? You can reverse that, right? But it takes time. Like lead also takes generations to get out 'cause it gets passed on. So does mercury. But infertility is, is rampant. And we see it in, we see it in nature, like you said. Yes, we see it in the elk drinking the water from the downstream of the water treatment plant that has pharmaceuticals and pesticides and herbicides. You see them becoming coming sterile, right? We drink that same water.

Warren Phillips ([00:19:20](#)):

We're smaller than elk, I wonder. Right? you know, so it's, it happens to frogs and, you know, the, the gender changes and all kinds of things that, that happen inside of with elk, you, you're only birthing male or, you know, so it's just, there's all these hor downstream, hormonal unintended consequences of our actions. And I think one thing we can all agree on, right? Is that we are trashing our environment and we could make some really good decisions moving forward if we worked with nature. But we, we've created an economy, right? That doesn't work with nature. Right? And so that's what we're up against. We have this economic issue. I have my, my youngest in the background, if you can hear her, she's getting ready for a nap. So

Caspar ([00:20:07](#)):

All good. That's what makes this so natural of a conversation.

Warren Phillips ([00:20:10](#)):

Yeah. You have an economic engine, right? That's built on big ag, but regenerative farming has works great. And I've been to Africa where they do farming God's way, and this is where they, they do regenerative farming and they're like, they're getting these massive crops and these huge outcomes and they're feeding the, the starving, right? Yeah. Versus these dust bowls that they've created in the past because you're planting underneath and they're growing plants through, and you have companion planning and all this stuff. And it's makes so much sense. And the science makes so much sense because of the soil, the bugs. One of our biggest challenges and today is we're killing the mic, the microorganisms in the soil that release the minerals into the plant so that we get mineralized. So it's not a lack of minerals in the soil. There's tons of minerals and toxins.

Warren Phillips ([00:21:00](#)):

But it's the fact that, that the bugs aren't able to break that down. The nematode poop is essentially what we eat that gets uptaken by the, by the plants. And certain plants take out more minerals than other. We use those in remediation. Back in the day. We'd plant certain plants that are really good at grabbing lead and arsenic and stuff out of the soil. Then you would harvest those plants and then lower the, the heavy metal content in the soil. And then you take those dirty plants and put 'em up where no water and they want the, you know, kind of lock that in and then cover it, right? So it's, all of this is really connected. Nature is amazing. No matter what your belief structure is, it's beautiful. And if we start, every time we mess with it, we lose. Yeah.

Warren Phillips ([00:21:43](#)):

We an a species that's not adapted to this area, and we bring it in and it becomes evasive, right? The zebra mussels, the evasive toxic plants, and we bring it in for good reason. Well, we wanna do this to take care of this, and then we bring in this animal to eat that plant. And then it, it just, you, we think that we can outsmart nature and we think we're so brilliant and, you know, so I think the closer we get to understanding the algorithm of God, if you will, mm-hmm. The more we continue to screw up, and the more we try, the more we expose ourselves, the bigger and bigger risks, right? So, I mean, is AI toxic? I don't know, but it's definitely moving in a different unknown direction. What will it, you know, Elon Musk doesn't like it. I don't know. 'cause That's all like fodder for stuff that I can't focus on, nor do I care about. But what I do see is every time we mess with nature, it causes a major issue. You know? And so I, I think we can all agree on that. And I think we can all agree that toxicity is having a massive impact on

fertility and on our health of, of humanity. It's, it's like triggers cancer. Like there's all this stuff, right? Anyway, I'll

Caspar ([00:22:55](#)):

No, I'll go

Warren Phillips ([00:22:55](#)):

Back to back to you.

Caspar ([00:22:57](#)):

I mean, there, there, there is a certain arrogance of humanity to think that we're smarter than nature, that we can try and replicate it and make it, you know, more efficient in a sense. And as I had Darren Olien on and he was talking about fatal conveniences, it's like so convenient for us to just smell good all the time and do, but it's at a cost. It's literally killing us.

Warren Phillips ([00:23:19](#)):

I love that that name of his book. Like, that's a great name. It's like, when I saw that, because I, I see his stuff and it's really good. We actually have a lot in common. I need

Caspar ([00:23:28](#)):

To, yeah.

Warren Phillips ([00:23:28](#)):

I need to talk to him, but, oh yeah.

Warren Phillips ([00:23:31](#)):

Good Fatal convenience is, I, I read a, an article in a National Geographic, and it's all the, it said essentially that like, all the things that make modern life amazing are essentially what poisoning this person. Mm-Hmm. <Affirmative>, right? This, this, this reporter had his blood work done and he was loaded with flame retardants from traveling and planes. That's where it came from. I don't know if you remember that. In National Geographic, I talk about it a lot. And it is a fatal convenience. When we make things convenience, they have an un they have a consequence.

Caspar ([00:24:03](#)):

Yes.

Warren Phillips ([00:24:04](#)):

There's a, there's a, there's a consequence to the fast food, right? There's a consequence to the, the can of pop. There's a, there's just a consequence. It's, it's easy, but long term, there's a consequence to our actions. And I think one of the biggest challenges as humans is understanding self, self-responsibility for our consequences and the decisions that we make. And it's hard to break through with that, bro. It just really is,

Caspar ([00:24:30](#)):

You know, it's, it's not just incredibly hard to break through. 'cause It is such a, like, once you have that convenience, like, I remember I lived with roommates, you know, in college and all this and that, and into my young years in New York City where I just couldn't afford an apartment, you know, with, with without other people there. And I remember it's like one of those things when you get your own bathroom, finally it's like, I'm not going back. You know? I get my own. It's like tucked off. Like I don't need to share this with other slobbs or anything. Like, it's wonderful. It's like you can't turn back almost. And I feel that's where we are. It's like everything's so convenient, you know, you get it in one second, you're carrying the cup with the phthalates in it. But it's so easy to like, bring in my own gla or clean it afterwards and do this and I could just throw it away and single use plastics.

Caspar ([00:25:17](#)):

And do you think we're at a level where we could now, as a society, I know individuals that have been able to do this, but as a society, be able to say, I'm gonna spend more, put in more effort and give up these conveniences for my health. 'cause I just haven't seen it yet. And I'll say this one last piece before you jump in. I also think we have a medical complex that's saying, don't worry, we have the solutions for you anyway, so just go ahead and get sick and we'll give you a pill for it. So it kind of complicates the scenario a little bit. But do you think we're, we as a society can go back to a non-toxic living that is a little bit harder, a little bit more expensive it seems, and we'd have to give up a lot of these fatal conveniences.

Warren Phillips ([00:26:01](#)):

I think we'll be forced to over time. Yeah. I think

Caspar ([00:26:03](#)):

We'll

Warren Phillips ([00:26:03](#)):

Get back to regenerative farming. I think there'll be a big, I think disease will get so great that, that it will affect the population. It will if we don't change Yeah.

Caspar ([00:26:12](#)):

Nature's

Warren Phillips ([00:26:13](#)):

Gonna win, right? And disease is gonna win. It's just, there's no, it's, I feel like it's, it's math. It's a math problem.

Caspar ([00:26:20](#)):

Yeah. We're, we're nearing a tipping point, right? Like Yeah.

Warren Phillips ([00:26:23](#)):

There's other way, I mean, how far off we are that, I like to say we are pretty robust as humans. We can take quite a beating. I mean, look at all the meds that we take and you can still live the 90 years old, right? So I think we're, I think we're way off from it, but there's only so much you know, unless we adapt. But I don't think we're gonna adapt that quickly. You know, I think the body does adapt. We have

have hormesis. We're brilliant, right? That you give us a little bit of toxins, we'll find ways our bodies will produce new pathways and enzymes and kinda work on that. I dunno if it produces new necessary in the biology. But it definitely figures my alarm's going off in my house now. It's <laugh> Okay. An alarm. Actually I'll probably, I think I'm about the only one that can get rid of it. There,

Caspar ([00:27:07](#)):

There's a convenience that hopefully isn't

Warren Phillips ([00:27:10](#)):

That fatal. Yeah. So it's a, it's a flood alarm, right? So I could, I could show you on my phone here. It's a,

Caspar ([00:27:14](#)):

Ah, see this is one of the conveniences that is enjoyable. This could save you <laugh>.

Warren Phillips ([00:27:19](#)):

Yeah. And so in my, everything in my house, right? I don't have a smart home. And this is just a radio frequency, so it's not, you know, a damaging frequency. But I, I wire my house and, and use some of the lesser not as cool toys so that I can still have some of my conveniences. I just shut it off. It's fine. Too low. But I have these water things underneath my kids' sink because I've found that they, over, they flood things. <Laugh> kids

Caspar ([00:27:51](#)):

Are known to do that. Yeah.

Warren Phillips ([00:27:53](#)):

And so and so I put them strategically all over the home. So I have nine of these little sensors and they go off <laugh>. But for random reasons. 'cause If, you know, someone's cleaning in the area and hits them and they touch water, they're like going off. And, but the other problem is now is it shuts off my water main in my house. So now my water main's off and then my pressure pump goes off through all this stuff. So now, now, and now the alarm company's calling me. So I gotta I gotta answer this

Caspar ([00:28:22](#)):

<Laugh>. You, you answer it. I'm just going to talk a point about that while you answer that is the idea of everything, you wanna always be looking at any water exposure in homes these days because of the mold. And it's, it's just the sad fact I've had mold experts on before, talk about how even a little bit of water within sheet rock yes.

Warren Phillips ([00:28:42](#)):

Can

Caspar ([00:28:42](#)):

Turn into a huge issue. And that that's something you always gotta be looking at. So I think these idea of sensors everywhere of being a little bit more you know, vigilant about what goes on with water and everything is smart. But the other point of what you said there about your home that I want to get into, we briefly touched on this before, is the idea of EMF and reducing your electromagnetic field pollution.

You know how much you're influenced by your wifi 5G all these signals that are ripping through our bodies that we don't even see or do anymore. How much of a, a toxic threat do you find these hidden things that no one talks about? We all talk about heavy metals, phthalates, forever, chemicals, but I don't see enough people talking about this new threat that's coming on more and more this, this idea of wearables and always being an electromagnetic field that is manmade.

Warren Phillips ([00:29:38](#)):

Yeah. So I mean, I think like mold, obviously, mercury, amalgam fillings, like those are things that will just move the needle fast in your life, right? Yes. If you're living in toxic heavy if you have mercury in your mouth, which please go to someone like you get it out, you need to have that walkthrough properly. Yep. So don't just say, Hey doc, take these out. That could get you really sick. Don't. So I always have to say that because oh my gosh, the horror stories, right? I'm sure you, you have a lot of work on your hands. Someone who had their mercury amalgams drilled out improperly, but dentist, they're coming online with that and they're doing a good job. So those big things, they can, you live in a moldy home for a month, especially if your, your genetics aren't right. To, to deal with the, the mycotoxin or the biotoxin that the mold produces you, it'll wreck your life immediately.

Warren Phillips ([00:30:21](#)):

So it did wreck my life as part of my story. So I definitely have these things in place, and it's not perfect. I still get water leaks, but I don't say, eh, i l, you have to dress it immediately. You have to dry it out. You don't live in fear of it. But I I used to, right? Yeah. Yeah. And, and rightfully so. So then you come in with electric smog you know, and how that affects us, and it does, it's more low grade. But it's adding another insult to our body that's already burdened. Can you handle it if you're not dealing with a bunch of other stuff, if you're not already genetically triggered and you're not hormonally weak and dysregulated and you're not sick and sensitive, right? So yeah, it'll have an effect. Is it having an effect? Even if you don't feel it, like if you're healthy and you're eating tons of sugar, but you still lived the 90, did it affect you? Yeah. It still caused inflammation, but you lived, you could have been 120, right? Yeah. It, it, so it's just one of those choices that it has an effect. There's science to prove that has an effect. And you address it the best you can. Right? And what the ones that, that do have the science that affect your sleep and can, you know, are the magnetic fields and the electric fields? Mm-Hmm.

Caspar ([00:31:38](#)):

<Affirmative>.

Warren Phillips ([00:31:38](#)):

Those are the ones that have the most research because electricians and regulations, and there is actually regulations for this stuff because they know that those fields, magnetic and electric both have an effect on the biology of the body and those installing it, right. Especially in industry. And so if they know it right, Europe knows it. They have a different frequency, right? Yeah. On on their volts. What is it? Ours is runs on a 20 volt, or I can't remember. Theirs is different, but which is more in line with our biology. And so we know this stuff, but again, it's fatal convenience, right? You can't rewire the world and rewire every home. It's like, it's impossible. Look what happened with the asbestos, right? Mm-Hmm. <affirmative>.

Caspar ([00:32:24](#)):

Look

Warren Phillips ([00:32:24](#)):

What would happen with mercury amalgam fillings? Like saying that's bad, right? So we avoid some of these big issues that we're gonna come to grips with it eventually because it's gonna have an effect. And people are beco want to become aware. You can only sweep so much dirt under the rug before it becomes a huge lump. And I think what we're seeing today and why this channel, you know, your stuff, my stuff, name, any influencer talking about this stuff, it's, it's a big deal. Like, and people are doing it inaccurately accurately no matter what. People are hungry because they're like, okay, I don't trust this. I don't trust the government anymore. Like I I've said on other podcasts, people are pissed. Like they're, they're, they're wide awake. They're like, Uhuh, you lied to me way too many times. Like, you know, shame on me once, shame on me twice, but I'm no fricking idiot.

Warren Phillips ([00:33:12](#)):

Like, I want some answers which people will take advantage of, right. Online to, to, to do their thing. But this is all adding up to be quite a mess, right. In our bodies. And I think people, to loop back into what you're saying, can we change if people understood that we still have the power at this point, right? And you can still 'cause it's commerce. And if you shut down a company by not buying their product Mm-Hmm. <Affirmative> or expose what they're doing, even when they make a mistake, they have to reckon that because they have a legal consequence still today, they can't get away with all of it. They may have lawyers to shove it under the rug or to spend a bunch of money. So you can't really fight them. And that's one of the big things is if you try to fight, they have more money and bigger lawyers.

Warren Phillips ([00:34:01](#)):

Yeah. And they just bankrupt the person trying to fight. So you can't fight the big companies. That's one of the big challenges we have as consumers. Mm-Hmm. <Affirmative>. But when we start making decisions, slowly but surely, we're changing the economic engine. And, you know, they have to respond to that. The market will respond to that. And a lot of people don't have that hope. But I have that hope because I see it happening. I see it happening with certain chemicals. We, we like the, with the BVHA, what, what was it? The BPA receipts, right? Yes. They lied to us and they turned it to a, a different bph, phenol. Bisphenol. Right? That was still toxic, but they changed it because of BPA was bad, but it had the other bisphenol in there that still causes infertility, <laugh> like all the other problems.

Warren Phillips ([00:34:50](#)):

But you can move the needle by complaining and changing and saying, Hey, you know, I'm a I'm, I'm at risk here, guys. I'm, you know, I'm at target. Right? so you can speak up, but I think it's hard, right? Because you don't want to be judged. You don't want to be judgemental, which is the opposite of what I'm doing. I'm like, I, before I was a judgmental person, more judgmental, right. But now I want to be less so, so I'm careful too because I know that, you know, you don't want to be crying wolf all the time and then no one's gonna listen to you.

Caspar ([00:35:21](#)):

Yeah. And, and you know, when you bring these things up, you get a lot of skeptics. You get a lot of people say it's fear mongering. You get a lot of people saying different things. I've seen this a lot, especially from the scientific community. So I'd love to hear you. You're a scientist, former scientist. And the idea of correlation does not imply causation. You know? And I've seen that so much. When you take a toxin, you connect it to some disease or something like that. And anyone could rip apart the research, right. You can

Warren Phillips ([00:35:48](#)):

Talk to any disease. Right. That's, that's the thing. Like if I, if I want to, I can, right? Because they are all connected. So many things you can connect water right. To, and that's, that's where the, the other, the the other, you know, don't believe the fear-mongering community comes from, but they're connected to big pharma. They're connected to Yeah. You know, that side and, and, and publicly. So they get busted for it. Then they're, they're following is like, what, I thought you were on my team, but you're connected to this Mm-Hmm. <Affirmative>. Right? And so it's, it is not, I don't think it's fearmongering. 'cause I'm not fearful of it. I just wanna do the right thing. Right? Yeah.

Caspar ([00:36:25](#)):

What's

Warren Phillips ([00:36:26](#)):

The best thing I can do within the capacity of where I'm at mentally, emotionally, physically, I'm gonna continue to grow. And again, I'm an athlete, right? So it's easier for me. That's not easy for everybody. So when you hear a video, it's not fearmongering. Yeah.

Caspar ([00:36:38](#)):

Right.

Warren Phillips ([00:36:39](#)):

This is, this is factual based stuff that you can choose to easily change or not based on your fatal convenience in your life. Yeah. You know, I'm giving him a lot of plug, so that's good. He's got a great book, <laugh>.

Caspar ([00:36:52](#)):

Darin's a great guy. He deserves the plugs. He's doing a great

Warren Phillips ([00:36:54](#)):

Job

Caspar ([00:36:55](#)):

With it.

Warren Phillips ([00:36:55](#)):

He does be. And I, and I've had a couple people, I've been on other podcasts that, that he's been on and they bring him up all the time and we're, we're on this. But it's, it, it doesn't matter. Like, you can live your, the life that you wanna live, and as long as you're happy and you're good and you love what you're doing, and I mean, there's, there's some, there's other aspects to living besides avoiding toxins. And it's true. And a lot of people write me and say, Warren, you're too fear. You're fearmonger. I'm like, no, I'm not. I'm just identifying. And the, the people who follow me definitely back me on this. Yeah. He's just identifying it. He's not telling you what to do. So I construct my, my videos and my content to be funny and, and in and, and insightful and educational and ener.

Warren Phillips ([00:37:39](#)):

And, and I do that through testing and hard work and thinking about it. And I have like literally spinning in my brain, how can I bring this content so people laugh and, and get to see it, but at the same time, in their unconscious mind, they're making change if they're listening. Right. So the next time at their, the grocery store, they'll make a decision. Even if they thought I was fear-mongering, they're not gonna grab those straws. They're gonna buy the stainless steel. Mm-Hmm. They don't think that I created change, but I did. Because everything that I say, and you hear, and whoever's listening to this, it's in your brain. You're bringing, I'm essentially brainwashing, if you will. Someone's brainwashing, you TV's, brainwashing, media's brainwashing. You. I'm sharing true things. Stainless steel straws is the only way to go. Right? Yeah. When it sounds like the, my last video, it's like, that's it. You know, the, the glass straws, the paper straws, they have PFAS. What the hell are they doing? And, and glass straws, I

Caspar ([00:38:32](#)):

Don't know,

Warren Phillips ([00:38:32](#)):

Like, but it's stainless steel and then there's no lead and stainless steel. That's a, some, someone just asked that the other day. But, so there is this, this effect that you share truth, do the research as best as you can, but you can find research on both sides. It's really funny. Right. I tend to go with, I mean, as a scientist, I look at the research and I'm like, there's definitely a connection. And what's really a connection is all the stuff adding up right inside of your body. There's no, there's none of that that's being involved. So making these small decisions on a daily basis to improve your life, it's turning slowly, turning the lights on, brighter and brighter. Your hormones come online more, your testosterone comes up more. Your vision can change literally, physically, emotionally, spiritually. There's can be these shifts. And, and I don't, I mean, someone says, I'm fear mering. I'm okay with that. Like and that's their perspective. But I, I still got you right. Yeah.

Warren Phillips ([00:39:31](#)):

You still heard what I had to say. And whether you liked it or not, it's gonna affect you. So you have a responsibility, this is one of the reasons I didn't want to get on social media. You have a massive responsibility in the things you share because it's going to affect people's lives regardless of how they judge you or what they are. Both sides. You're affecting their lives. And you really wanna find the best way to share that information so that it has a gentle impact. It gently moves them in a better decision making process. Because if we don't, eventually, you know, we do have the, the Armageddon of, of, of health in this environment. Like, it's, you can't, we can't be doing this for the next, you know, thousand years. It's, it's gonna come to a head.

Caspar ([00:40:13](#)):

No. And as someone that's witnessed so many patients from so many different areas of life come in and basically thinking they're living healthy lives, and then you start to run the blood blood analysis, you start to see the numbers on these things of heavy metals on these, you know, different types of toxic toxins that end up inside the bodies that are absolutely connected to so many different conditions. You see the levels, and like you said, it's, it's the barrel method of how many drops go into your bucket before it overflows, and then you start seeing symptoms. Some of us have biggest, bigger buckets than others. That's our genetic predisposition. So, correct. Yeah. Someone that can smoke cigarettes for a while, you're ingesting tons of toxins, but the person that, you know, has a few pa and gets sick because of it. Just different barrels right there

Warren Phillips ([00:41:02](#)):

And what they're born with, right?

Caspar ([00:41:04](#)):

Yes. Genetically, you know, and what they come into, which we're seeing more and more, if you even take a, you know, just, just the, the analysis of what babies are born with these days. Right. the placentas, you know, contain so many chemicals these days. It's

Warren Phillips ([00:41:17](#)):

Super nasty.

Caspar ([00:41:18](#)):

It's wild. It's wild that we're living.

Warren Phillips ([00:41:20](#)):

That's okay. I don't understand how that's okay. Like, I don't understand. I mean, I guess I do, but ugh,

Caspar ([00:41:26](#)):

No. Again, it's, it's the convenience of it all. But, you know, let's talk about then the positive decision making parts of it. Because, you know, we could talk about all the fearful things that people take up and say, oh my God, we live in such a toxic world. Yes. Yeah.

Warren Phillips ([00:41:40](#)):

That, that I, I mean, over and over and over again. That's what I see. I'm just gonna give up. I'm just gonna give up. I'm just gonna give up. Like, I, I can't eat anything now. I'm like, that's not true. That's, well,

Caspar ([00:41:49](#)):

Isn't that a weird sort of, I'm just gonna give up like <laugh>, I will say like, life's a beautiful thing. It's a miraculous, wonderful experience. Like, just 'cause there are toxins out there and yeah, that's not as cool as if there weren't, but there are, doesn't mean you should give up because you have so much power within you to make the right choices. I understand. Maybe it's a, it goes away from you drinking outta plastic all the time, which is very convenient for you. But it's really, once you change that kind of base level of what you do over a course of a week or a month, it becomes habit. You're fine with it. You don't mind that you're drinking out of stainless steel straw anymore instead of a plastic one.

Warren Phillips ([00:42:25](#)):

You, you don't. And that's the, that's the small, the small shifts. And you know, you, it comes back to that quote excuse for failure or method for success.

Caspar ([00:42:34](#)):

Hmm.

Warren Phillips ([00:42:34](#)):

So what they're really doing is giving an excuse to fail. And and I understand that when I wasn't feeling well, when I was sick, when I was around family that was toxic and talking down, I was programmed to think the worst. It took me years and years to unprogram. You probably weren't raised in that environment because you had two medical doctors that pushed through pain and did it all. And you know, because they were educated. And probably from better families. But not everyone is like that. I have a, it's, it's this generational lie that they believe to be true. Whether it comes, like I have my I have some, my nieces coming to live with me. They're living in a moldy basement.

Caspar ([00:43:18](#)):

Mm.

Warren Phillips ([00:43:19](#)):

I was talking to them, I was listening to them and I'm like, Frick, you need to hang out with a Warren and a Rebecca and to, at 25 else, you are gonna be stuck. Right. They're just stuck and living in a wet, moldy basement. I'm like, come live with me. You know, hard on me, hard on my family who probably watch this podcast and be like, what are you doing? But I couldn't help, but I'm gonna change their generational mindset because they're gonna get around how we live. See that? It's not that hard.

Caspar ([00:43:47](#)):

Yeah. Because

Warren Phillips ([00:43:48](#)):

It's really not that hard, bro. But you have to see it. You have to experience it. You have to learn it firsthand. Like, that's not that bad. That's still fun. That still tastes good. That's not that weird. Right? I can do that. Is that how you think about that Warren, that challenge I saw what you, how you and Rebecca just conversed there. You didn't judge her. You asked her a question instead, or you didn't raise your voice, or you were getting in an argument which is healthy and you backed off and you came back and you reconciled and you talked to the kids about it. Like just all those babe behavior patterns. In six months, they're gonna learn all that. They're gonna take that home and they're gonna raise children and think and act differently about how they do life, what their jobs are. It's gonna transform their life, guaranteed.

Warren Phillips ([00:44:28](#)):

100%. And that's my gift to them and to their family. Now that's creating generational change. Mm-Hmm. <Affirmative>. So I'm not just doing this on Instagram. I literally saw a need. I'm like, man, I can change their life. And that's, they're gonna change the lives of hundreds of people around them. So they're gonna come, they're gonna learn, they're gonna grow. And I know a lot of people that have suffered, like I have, do the same thing. They bring people in. Like when I was sick, I lived with Dr. Dan, he brought me into their house when I was sick. Get outta that mold. Come live with me. So I'm just giving where that gift was given to me. I'm giving back. 'cause I can't, like, you can see the emotion in my me now. Yeah. It's like I can't see them sick. I couldn't let it happen, bro.

Warren Phillips ([00:45:08](#)):

I'm like, you gotta come. And they moved in a week and I asked them all the questions. I made sure you are you a, you know, just like you're doing a consult, right? It's like, where are you at on a scale of one to 10 committed to coming? Well, I'm a nine. I'm like, okay, we gotta get you to 10. Why are you a nine?

Right. So they're saying, okay, I'm a nine because I'm worried about it was something simple like, I, I have to sell my car or something that they, they just bought. Mm-Hmm. <Affirmative>. 'cause They're financial, financial stuff. I'm like, okay, so you're really a 10. It's just this one thing. Let me help you with that. Like, so that's how we change the world, right? Is that we live it, we help people experience it. But the folks that are saying that I can't do it, the world's coming to them is because they haven't had someone come along hold them by the hand and say, you can do it.

Warren Phillips ([00:45:56](#)):

I believe in you. Right. You're worth it. You're brilliant, you're smart, you're kind, you're loving. We're being told all the opposite. So why would we want to change? Because we feel in our hearts of hearts that we're worthless. 'cause We've been psychologically trained to be that way. And those are some of the emotional toxins of the work that you do. Because a lot of people do not and cannot do your protocols. 'cause They don't love themselves enough. Because weren't they were programmed differently than you were. Right. I had a loving home, but I was definitely had some bad programming as well. So that's the meat of, of change, right. Is all starts up here. And if you're sick, it makes it even harder because your hormones are off. Yeah. So I get it. I understand. Like when they say that, I'm like, I understand you're saying that I disagree with you, but if I'm not in your house, I haven't, again, I you, I don't know how you were raised.

Warren Phillips ([00:46:49](#)):

I don't know what your parents said to you. I don't know what your teacher said to you or your football coach. Like that has created a psychology in you for you to say that. Right? So how can you change that? Right? You have like, part of what I'll do eventually is start talking about that stuff, right? It's not my area of expertise, but I'll start a podcast someday and, and bring on on folks like yourself or whoever who have dealt with these psychological shifts to, to show people like, here's what you can do to change psychologically. So you can start making decisions that, you know, you need to make.

Caspar ([00:47:22](#)):

So much of this idea of how to reduce toxic burden starts with a consciousness shift and a true understanding of your self-worth. I've seen that. Right? Where people are just like, what's the point? I'm, you know, I'm already here in this negative fear, guilt, shame state.

Warren Phillips ([00:47:43](#)):

I'm already in debt. Why get outta credit card debt? I get it all the time. Like someone I was trying to help and they're like, I'm in credit card. I'm just gonna be one of those people. My parents are in credit card debt, I'm in credit card debt. And they're literally trapped and they can't get out even when they know. Right? So it's no different with, with what you're saying. It's, it's, they're, they're trapped in a mindset. And I feel so bad 'cause I was once there, why do you think I'm now doing this? I feel like I have a responsibility to share because it was, i it was just from meeting great people, right? It's people coming into my life just speaking into my life saying, Warren, you're a lot more brilliant than you thought. Like you have more to share you. Like, and I didn't think that I did.

Warren Phillips ([00:48:22](#)):

I thought like I, you know, I was on the short bus, you know, my teachers told me that I shouldn't go to graduate school and I wasn't smart enough. And like all that stuff, you, you can be careful with your words because it affects people. It affected me and it, I'm still unraveling all that stuff at 48 years old

and I never will stop. So what you say to people can stop them from making decisions. So if teachers, you know, really speak life, and I think today there is some good change there. I think teachers probably do speak more life than they used to. When I was growing up, it was not that way, bro. I mean,

Caspar ([00:48:57](#)):

I

Warren Phillips ([00:48:57](#)):

Was just talking about with my family. Like, I, one math teacher had the paddle, bro. I mean, and he hit you so hard. You come up off the ground like, what is that teaching somebody

Caspar ([00:49:06](#)):

<Laugh>? It's like, right.

Warren Phillips ([00:49:07](#)):

I mean, holy cow. Like, like that was just, I'm like, and that was just when I was in high school, 1990 What, when did I graduate? 94. I, I think

Warren Phillips ([00:49:17](#)):

Just interesting that that isn't happening, but maybe we went too far, right? Mm-Hmm. <affirmative> where we're letting someone complain so much. The rest of the class doesn't even get taught. Like, so I don't know. I'm not in education, but I think to, to think about the, the, the big picture here, the, the, the trees above it all. I think things will come back into balance. I think we were too far one way and we went too far the other way. But I think humans are smart and I believe in humanity. I believe there's a God who loves us and loves everybody. And the outcomes are there for the taking. If we, we, we choose to accept the, the love that's in this universe and the, the wisdom that's in this universe and the knowledge. And as we begin to accept more self-responsibility for our actions, I think there's, there's gonna, can be great change in this world. I really do believe that.

Caspar ([00:50:08](#)):

I completely agree with you. And I just celebrated my 42nd birthday. So I graduated high school in 99. I was not paddled, but didn't get a lot of self-love talk from my teachers. No <laugh>. It was kind of just like, do better. You're not good enough, sort of thing. Yeah. Whereas now we've, we've swung the pendulum to everyone gets an award and you're all great. So, you know, it's, it always changes and pendulums always swing. But, you know, I, I think, you know, love is the answer I wrote in my newsletter. Like, what did I learn at 42? Like that I wished I learned at 20 or anything? It's like, love is the answer. Everything. Like, love yourself more, love the condition more. Like once you get that going, and it seems simple and esoteric, but it's not, it truly is something of a, a energy field in a state that, that really is healing. I, I

Warren Phillips ([00:50:54](#)):

Wouldn't, I've, I would've like, never believed that, like even 10 years ago, but as I've aged as I've looked at stuff and really just gone through my own process, love is the answer. And I didn't even like that statement back in the day. I'm like, what do you mean? You know, it's not that simple. That's like hippie, that's like a cliché saying, right? Yep. But it, when you really under, when you get the revelation of the

power of love, right? And spirituality and, and human beings and just, you could, you could literally, I, I've been on the phone with people that are completely opposite of how I believe, completely the opposite. And they leave the conversation going, holy. If

Caspar ([00:51:34](#)):

Two people

Warren Phillips ([00:51:35](#)):

Who have different beliefs could communicate like we just did and enjoy each other and want to give each other a hug at the end of it, and the things we did agree on, right? Were, were beautiful. And this was on the phone. It was a Delta person on the, on, it was with a Delta person because I can't help myself, right? I'm on the phone, I'm like, so, you know, what's going on? You know, and they just start opening up what they're like, holy. Like, I didn't even know this was possible. I've never had a conversation like that. But if it wasn't for that understanding of love and that different view, and it just, your energy shifts, your voice, your tone, your eye contact, like you could even see it when I'm starting to get into that state. It is powerful, bro. And it just emanates, you can feel it. It just comes out. It's an energy that it's, that's being displayed even now through my tone on of my tone on my voice. It just shifts and change when I come from a place of love. And you got me there, bro. So that's good on you.

Caspar ([00:52:30](#)):

Hey, listen, I, I truly believe in it. I work in medicine where that's probably very woo woo and you're not supposed to say things like that and stick to science and data sort of thing. But experience has, has definitely guided me to see that too many people do not invite love, do not have love for themselves. And that's a huge, huge problem. You look at toxicity, that is a big deal. You look at all sorts of things going on right now and and impacting so many people in negative ways. And they're diseased and, you know, incurable. But truly, I think it all starts with love. That energy, you know, that's where it all starts. And of course then when you have love you, you love yourself enough to say, why would I ever put a toxin in my body? I love it so much.

Warren Phillips ([00:53:18](#)):

Yeah, you, you, you and I, right?

Caspar ([00:53:20](#)):

And then you start to value everything. And I'll say, you wanna solve, like, you know, the, the, the problem with you know, our environment and everything. Start with yourself. Love yourself more. 'cause You are just a small microbe on earth. Just as we have our microbiome, we feed a probio, all this stuff. Like that's all we are. And I noticed that as if you love yourself and you make healthy decisions, you will not pollute this earth as much. You'll be more into regenerative farm and local farmed things so that you don't need as many airplanes around polluting. Yeah. And you'll, you'll do, you will not choose single serving plastic things anymore 'cause that's not good for you. And guess what? It's not good for the world, the environment, everything else. So it's like you start to make more and better decisions. And I won't even go through all the little, like you talk about the sunscreens to avoid fragrances. You do amazing job. People should check out your Instagram to learn about, alright, what do I avoid? But I almost want to go that higher level up. You won't avoid it if you don't love yourself. It's, you will continue to use it,

Warren Phillips ([00:54:19](#)):

Bro, it's my, it's my most favorite topic, is it? I'd much rather share about that. Right? But you, I'm starting somewhere, but I, yes,

Caspar ([00:54:29](#)):

I

Warren Phillips ([00:54:29](#)):

So agree with you. Like when I, when I understood that, and, and I, it's a spiritual thing. The God of this universe loves me and created me. I don't wanna hurt this body, right? I don't wanna hurt when I feel that energy right from, from God or the universe or whatever persuasion you are. When you feel that and know that you, you don't look at internet pornography. You don't, you, you feel you don't, you the judge and shame is removed because this, this universe isn't judging you. It's loving you. And your decisions cause consequences that judge you. Right? It's the decisions that you're making. That's the science of decision making. So you're, and then you blame God or you blame your friend. No, you, like, even if you, you chose to go in a car, right? So, and then you get in a car accident, it's the other person's fault.

Warren Phillips ([00:55:24](#)):

No. You got in a car, you made a decision, you know, there's a risk, right? So it's, it's, the universe isn't, if you know that God and the universe is loving you and it's wants to love you and is feeling you, and you can feel it and it satisfies you, decisions like you said, are so much easier to make because you're coming from a place of strength. You're coming from a place. I don't need that hormone. I don't need that drug. I'm strong. I'm, I'm, I'm loved. I'm healthy. I'm not gonna judge and shame myself. I'm forgiven, I'm done. Like I, the universe isn't judging me. I'm just making bad decisions. It's no big deal. I'm over it. How can I, how can I drive looking in my rear view mirror the mistakes that I made, who I've already polluted my toxins, bad decisions marriages.

Warren Phillips ([00:56:12](#)):

Like you gotta, and this is all psychology, right? This is all the gifts that people have given me. And it's the things that have changed my life. And, but I had to go through a process of my own personal process of pain to get to a place where I was open to hearing that stuff. And some people listening today are like, well, I, I hear you. And wow, thank you for the encouragement. Others are like, I don't understand a word you just said <laugh>. That was like, like, what do you mean? Like, they're, they're the warren 10 years ago. And I, and I get it, like, that's okay and you don't have to agree with us. But you and I are on the same page when it comes to that. When you understand that you're loved and that you have love to give. I, I just have found that the greatest impact I've ever made is when I come from that place. And the greatest impact that's ever been on my life is feeling that flow of love, right? From God. And it's, it's, it's the greatest, most powerful strength. It's better than any biohack you could ever do, right? It just fills you, it energizes you. It's like you get energy, spiritual energy. Like, it just, it's flowing. Like, I don't know how else to explain it, you know?

Caspar ([00:57:20](#)):

Yeah. I, I love that we took this conversation, this direction. 'cause We could have just kept going with the different toxins and kind of made it all about that, which would be educational in some ways. But, you know, at my core, I truly believe if you don't have that foundation of love in your life, then

everything else isn't gonna fall into place. Really. You could try, but you'll kind of be swimming upstream a little bit. So I'm, I'm really glad we got to jump into that, you know, topic itself. But aside from love, what I like,

Warren Phillips ([00:57:48](#)):

I wanna see that. Yeah.

Caspar ([00:57:49](#)):

What

Warren Phillips ([00:57:49](#)):

I like to explain it as when it happened to me, and if you're listening, it was like a crack in a dam of love. I'm like, wait a minute, there's something to this love stuff <laugh>. Like there's, there's, there's something here. 'cause It just started, like I was, I was against it like, almost like, ah, love, love wins. My wife had a love wind sticker. And I'm like, rah, yeah, <laugh>, that's like, I'm like, love wins rah. You know, <laugh> and

Caspar ([00:58:11](#)):

Once

Warren Phillips ([00:58:11](#)):

That crack, you know, and a crack in a dam, right? Yeah. And it was another person who sh shared it with me. He was a pastor son, not a Christian anymore, I don't think. But he, he still understood this concept more. And he says, love what your experience is just a crack in the dam. And you don't have to figure it out because once the crack begins, it'll get bigger and bigger. And that's exactly what happened. I'm like, how did that guy know that?

Caspar ([00:58:35](#)):

Because

Warren Phillips ([00:58:35](#)):

This crack of love is expanding my, you know, it, it's growing and there's more and more coming and I'm understanding it more and more. And it's happening around the world, I believe. I think there is a big movement in what we're doing. And some people are going off the deep end with it, and some are, you know not doing enough of it. But I think, you know, again, down the middle. So go ahead. What was your last question?

Caspar ([00:58:57](#)):

Well, I was gonna say from that aspect of, we know love is the answer to everything. So if you wanted to, you could answer this question, which is love, and we'll end it there. But I'm hoping you could give just a few more tips on detoxification. 'cause We live in a toxic environment. We get, it's all around us. We shouldn't blame ourselves if we've ingested or applied toxins on us. Let's become aware, make the decisions to reduce our toxic burden. But what are the ways you like to actually remove toxins? We know we have liver, you know, lymphatic system and kidney that work, but sometimes they need a little bit help. Do you have any specific detoxification actions you take that, that help you remove toxins?

Warren Phillips ([00:59:40](#)):

Yeah. Without like product dropping, which I don't wanna do. Yeah. Like you know, I I I love removing the upstream source, right? That's always been the case. Like, so anytime you can remove the, the source of toxicity, your, your, your body can actually catch up, right? So if the inflow is greater than the outflow that's an easy way to explain it.

Caspar ([01:00:01](#)):

Yeah. Since

Warren Phillips ([01:00:01](#)):

I had a piece of paper. But inflow, high outflow low because you're, you're backed up, your colon's backed up, like you're just gonna keep auto toxifying, it's gonna get worse and worse. So you really need to, to remove the upstreaming burden to give your body a chance. 'cause Your body is tough, it can do it, right? It's actually taking resources and mitochondrial energy. That's is a lot of times why you're fatigued is it's dealing with all this toxicity load or the, the, the medications and everything you're giving it. And it just, it's, it's allocating resources. That's why an alcoholic can survive because it's, its body has adapted, right? Mm-Hmm. <affirmative>. So the body's brilliant, and it does adapt. So I've found that re the removing the, the, the source is the, the first and major issue you wanted to get out of those exposures, the big exposures that are in your life.

Warren Phillips ([01:00:51](#)):

So if you're living in a moldy home, you have mercury, amalgam, fillings, and you're always sick. So that's, that's my big thing is like, okay, how can you get that upstream down as fast as you can? If you're in a, a critical health state, you, you have to take action. You have to do some bigger things. You may even have to move outta your home. You might find a warrant that says come live with you for six months. Right? <laugh>. So, and this is the thing, when you, when you're connected to love, right? And you're not this negative person, you're like, Hey, I'm living in mold. They're positive kids that are trying, right? Mm-Hmm. <affirmative>, they're, they're, they're, they're struggling. They have anxiety, they have these issues, but in their heart of hearts, they want change, right? So if know that you're loved, right? Comes back to that again, you know that you're loved, you know that the universe is working for you, not against you, and you're speaking that, and you have hope, you attract people. Like, get outta that moldy house. Come live with me. Come live here, do this. This is the, the, the silly laws of attraction and stuff that I thought were silly. But it comes down to that, that belief that you're loved, right?

Caspar ([01:01:56](#)):

Yes.

Warren Phillips ([01:01:56](#)):

And you know that you're loved and then good things start happening to you. So no matter where you at, you, you, you, you say, well, I don't have enough money and this, and it's true. But when you, when you know that it's gonna work out, like I know these mamas, like I've sat down with them knee to knee back in the day when I was doing a consult. Poor dirt, poor, positive mamas, like, God's gonna provide us for this. And they're just going for it. It's like, no problem. We'll get the money, don't worry. It'll show up. And it always did, always does. They always showed up. And their kids, you know, instead of getting their colon, you know ripped out, they got on butyrate and changed their diet and the kid's heart

disease reversed from genetic and they don't need medications. I'm like, and this, this woman just boom.

Warren Phillips ([01:02:38](#)):

Because she believed. So that biology of belief, that power modality wise, air filters, right? Mm-Hmm. Those are good for, in your bedroom, get at least your bedroom safe. If you can't afford a switch to shut off your electricity, shut it off at night. Like whatever it takes. Get your sanctuary, get good sleep, do those things. Get an ro filter for your, for your house so you're not drinking pharmaceuticals and heavy metals and toxins. Put some salt in it. The excuse not to use RO water. 'cause It demineralize. It's like, I'd rather have demineralized water. I mean, if you can't afford spring water, it's the, it's the, it's the next best thing, you know? And a glass jar and like all that gets expensive ro unit things last for like four years. So you're again, removing the source, detoxification modalities, far infrared saunas,

Caspar ([01:03:28](#)):

They're

Warren Phillips ([01:03:28](#)):

Great. They're low and slow. They're not gonna cause major detox symptoms. You can build up to it, it does release mercury in your bloodstream at certain heats. So you need to be careful with the timing of it, but you can sweat it out. I just think that's an easy one. I don't recommend any, I'm not connected to any or anything like that, but I just know that that's a modality that I've found that the sickest of the sick can do. Mm-Hmm. <affirmative>. Unless their thyroid's jacked, they can't adapt to the heat. <Laugh>, you know, <laugh> that their heart rate goes up and things like that. But I just find that that's a great simple modality that everyone can get access to. You know, if it has a little EMF, I'm, you know, I personally wouldn't do it, but at the end of the day, I'd rather be detoxing than, you know, spending an extra \$4,000 on a, on a, on something that has zero EMF. Right?

Caspar ([01:04:16](#)):

Right.

Warren Phillips ([01:04:17](#)):

Or, you know, there's other ways to get that down. Right? yeah. So yeah, that would be my answer. And it, and you know, love does win. My wife was right. It. She always is.

Caspar ([01:04:27](#)):

They always are. <Laugh>. Well, listen, Warren, I really appreciate this. This has been an amazing conversation. I thought it was very heartfelt. We started at toxins, ended at love, and that is the answer there. So thank you so much. Where can people learn more about you and just connect with you?

Warren Phillips ([01:04:45](#)):

Well, they, they got a lot of Warren on this, on this one, so I don't know if

Caspar ([01:04:49](#)):

They did. Indeed. I don't think they're gonna, they need more, more Warren

Warren Phillips ([01:04:52](#)):

<Laugh>. They got, they got a lot. So I appreciate everyone listening and I'm hearing my heart and, and not judging me and just saying, Hey, I'm a human on my own experience and I'm learning and growing and just like you. So it, that's fun. That's fun to know. I can already tell that that's gonna be a big win for everybody. But my, my channels that I'm now on, I've only been doing it the last 10 months and they're really getting a lot of traction. But most, most of my attractions on Instagram at nontoxic dad, TikTok put me in jail.

Caspar ([01:05:23](#)):

Oh, they did

Warren Phillips ([01:05:23](#)):

Long time. Yeah, they did. Yeah. They

Caspar ([01:05:25](#)):

What didn't they like about you?

Warren Phillips ([01:05:27](#)):

<Laugh>? I don't know <laugh>, but that's okay. It doesn't matter to me like I'm doing it. Whatever. Wherever it lands, it lands, right? It's just put it out there. So, and YouTube, same thing. So anything and website, even non-toxic dad, like, everything's non-toxic. Dad, I got blessed enough to, to get all the handles <laugh>. So

Caspar ([01:05:44](#)):

Good for you, man. Well, everyone go over to check out non-Toxic Dad. Here it is to say I love your videos. I think they're incredibly educational and not at all fear. Fear-Mongering. It's about empowerment, not living in fear and letting love be the answer. So Warren, thank you once again.

Warren Phillips ([01:06:00](#)):

Yeah. Thanks for printing this platform and this opportunity for me to share. Yeah,

Caspar ([01:06:04](#)):

Absolutely. Thank you. Until next time, continue writing your own healing story.

Warren Phillips ([01:06:07](#)):

Amen.