

Living well: Optimizing your nutrition & detoxifying your kitchen
Session I: Introduction

Jean Sachs, LBBC (00:00):

Thank you so much for being here with us. She's going to start off talking about cookware and storage containers — something we use every day, but probably don't think a lot about. I'm excited to learn everything I'm doing wrong and hopefully make a lot of changes. She'll also be talking about the cleaners we use, drinking water, produce. I also want to share that Olga is not a stranger to breast cancer. She has her own personal experience in having breast cancer, so she has a lot of different perspectives to share. Remember, during the program if you have questions, put them in the Q&A. There is the chat feature, but there's also the Q&A feature. If you want Lynn to be able to see your question, please make sure you put it there, but communicate with each other on the chat. While we're still doing things on Zoom virtually, the chat function can be incredibly supportive. So, let's get started, Olga. I'm turning it over to you.

Olga Naidenko, PhD (01:07):

Awesome. Thank you so much, Jean. Thank you everybody in the audience, welcome. And thank you for coming to spend time with us tonight. I am' totally excited and humbled to be doing this presentation tonight. As Jean mentioned, I come to the topic of healthy lifestyle, or in the context of breast cancer, any cancer, with double experience. I am a researcher who worked on cancer, risk assessment, and carcinogen risk assessment for, more than 10 years of my career. And that is a research effort that I lead at Environmental Working Group. And now it is one year since I received a diagnosis last summer diagnosis of invasive breast cancer. Two surgeries and a complete mastectomy later, I really embraced my life and am focusing on gratitude.

Olga Naidenko, PhD (02:13):

I am different as I do my science now, because talking about how exposure to such and such chemical has one in 10,000 risk of cancer sounds very, very different to me as a researcher after breast cancer surgery 'than before — but the science does not change. And some of the tips which I will share tonight are actually good for everybody. And I think that's really, my core message. The kind of changes that we may discuss, especially in the Q&A, they're not just for people who may have just received the diagnosis, who may well be past treatment and have a clean bill of health; they're good for children, people of any age, people of any health condition, because good cookware, good quality water, avoiding toxic chemicals — that is good for all of us. So, I'd love to speak a little bit about Environmental Working Group. Our website is easy to find and to remember: ewg.org.

Olga Naidenko, PhD (03:15):

I first joined EWG in 2007. I came to EWG from academic research and for me, the reason to move into the nonprofit research sphere was very specific: I wanted to work on policies that can help people here and now. Now, 10-plus years later, I know that sometimes policy change takes time. That's a very interesting and separate question, but I, myself, also came to realize the power of individual choices. And even while policy changes take time, what you buy today can make a positive difference for the environment, for the marketplace, for workers' health, for those people who produce all the great goods and services we buy, and for our own health. 'Probably in our conversations some brand names will pop up.

Olga Naidenko, PhD (04:17):

I will really focus on big-picture choices, not recommending any particular brands, but invariably they will come up, with product names that became household names as well. So, there are four topics that we will touch. Cookware. EWG gets lots of questions about cookware and storage containers, which products to buy. Then we will talk about cleaners and there, I will be very excited to share with this great audience, some of the new EWG research that we are now working on, looking at the cleaner space. Actually, EWG commissions our own testing, and I will share some of the preliminary findings which we made. We'll talk about tap water, and I will introduce to everybody the EWG tap water database, where one can look up their data on water quality, wherever one lives, simply by putting in the ZIP code. And then hopefully we will have time to talk a little bit about produce and shopping for food, a super important topic — and I can speak from personal experience, a topic that anybody who has received a diagnosis of breast cancer spends a lot of time thinking about. What products are best for me?