



**HEALING FROM LYME  
DISEASE AND CHRONIC ILLNESS  
NATURALLY SUMMIT**

## **Keep Your Family Safe In These Challenging Times**

**Dr. Robby Besner PSc.D. interviewing  
Stephen Ezell**



### **Robby Besner PSc.D.**

Hey, everybody. Welcome back to the Healing From Lyme Natural Summit. And today I have an amazing guest joining us. Stephen Ezell, and he's got a company called Truly Free Home. And his concept, everybody needs this, whether you're a Lyme or not makes no difference. Because the world that we're living in today is extremely toxic. And we have to really address kind of toxicity from the atmosphere down to the planet earth. And what Stephen has done with his company has organized and made it really easy for us to clean up our home, clean up our environment, create a base level of health and wellness. And really it's a foundational part because most of the Lyme patients that are tuning in today, the reason why you're symptomatic at all is because you're toxic. Well, how are we getting toxic? We're getting toxic from the chemicals in our homes, from the air that we breathe, the water and the food that we take in every day. And so I really don't want to spend more time on this because Stephen is an expert at this. So let me welcome Stephen Ezell, to the Lyme Summit. Stephen, welcome. Thank you for joining us today and spending time with us.

### **Stephen Ezell**

I'm so excited, thanks for having me. It's an honor to be here alongside great speakers and thought leaders like you. I'm really fired up to, you know, share a little bit of our story and some practical wisdom that people can employ in their lives.

### **Robby Besner PSc.D.**

Cool, let's dive into that a little bit. Can you spend a few minutes and just give us a little backdrop. Like, how did you even get interested in your process? It's so intriguing to me. I feel it's fundamental, but someone's got to do it and you're the guy. So please tell us a little bit about how you got started, what provoked this and then actually moving forward, where you are today.



### **Stephen Ezell**

Sure, so I guess I'll back up, you know, before the company. You know, my journey started just about 14 years ago. Because in 14 years and a few weeks we had our first born son. We have five kids now. I've been very blessed with some great kids and a wife that puts up with a incredible, you know, an insane entrepreneur. And when my first born son was three weeks old, he was this tiny little shrimp. Now, you know, as long as the kids are breathing and no one's bleeding, everything's fine. But when it's your first kid, everything's like, you're always on edge. And I remember like I was in charge of like, it was like, maybe it was third or fourth bath. I was like, I could do this. I could totally do this. So my wife said, okay, cool. Like we got like the thing in the kitchen sink and the towel set up on the counter. And I was getting my son and he's screaming. I'm just figured he's screaming because you know, he doesn't want to take a bath, but as I started taking off his onesy, it looked like I had dunked him into scalding hot water. And I kind of freaked out. I'm like, oh my gosh. Like he like red raised skin, like he's super irritated, literally like from his chin all the way down. I'm like, oh my gosh, I call my wife who is actually a NICU nurse. And when I saw my wife freak out and she's a nurse who takes care of sick babies and I see your heart freak out, that I freaked out it. You know, we bundled him up. We went to the, you know, the pediatrician. Pediatrician, dermatologist, dermatologist on the way to the pharmacy to get all the steroids and all this pharmaceutical stuff.

And you know, my aunt who's, you know, very naturally minded, you know, mama, she calls, "Hey, I heard about what's going on with the baby. What's going on?" I said, oh, you know, they gave him all, he said, what are you using for laundry detergent? And that question, like at first, I'm like, seriously, like he sick right now. He is like in agonizing pain. Why are you asking me about laundry detergents? She was, oh no no like I said, well, I'm using, of course, you know, the big bright bottle the one grandma always used. She said, oh, no, you can't use that on babies. They can have an allergic reaction. They can make baby sick. And I'm like, are you serious? Is that like, it was so up twos to me that that was reality. She goes, well, before you start putting all this chemicals and pharmaceuticals in them and on them, why don't you first like strip his clothes. She gave me like this, you know, go to the store, get borax, get this. And like strip his clothes and then clean it with this non-toxic thing. And then just wait a day. I'm like, sure. So we made a right turn, went to the market, grab all stuff. And 24 hours later, he was fine. And with no pharmaceutical intervention. And I was like, whoa, like if laundry detergent can make my kids sick, what else is in my house? So like, what's in the laundry room, what's under the kitchen sink.



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What's in the garage, what's in the cupboard, what's in the refrigerator. So I became like a full-blown like eco conspiracy theorist. So like, I'm on reading the back of every label, like searching out. What does that mean? I can't pronounce that. What is that? And then that kind of started my eco health wellness journey. And that was 14 years ago. We were living in New York city, outside of New York city at the time. And, you know, fast forward we moved to Michigan and I met this awesome grandma who was selling non-toxic laundry soap at the local farmer's market, she was looking for an investor and, you know, been an entrepreneur my whole life and built a lot of really cool companies. But none of those like were fulfilling, didn't impact. They were just about business. And I said, man, I think I can sink my teeth into this. The story resonated with me. So, you know, we pivoted over the years and in 2015, you know, the company was at an interesting point. And, you know, I had this bright idea to build a website and sell laundry soap online. And so we, you know, started building a website. And somewhere through the process, Robby, I went over to the post office and I said, how much does it cost to ship a four pound 50 ounce laundry detergent jug from Northern Michigan where we're located to let's just say Florida or to California? And it was like, well, it's about \$14 to ship it. And I was like, oh my gosh, we were planning on selling this product for like \$15. So \$14 in shipping is to go out of business strategy.

So we reverse engineered the problem and pioneered and invented the first refillable cleaning system. The company was called MyGreenville's.com. We recently rebranded to Truly Free Home. We'll talk more about that later, probably. But we started in the premise of you don't need, you know, toxic chemicals in your house and you don't need senseless plastic, so you can get what typically would be trash and pollution. With now a laundry jug or spray bottle, window cleaner, those bottles are now lifetime warranty packaging. Because they're not going anywhere. So, now, you know, so we reinvented the laundry room, reinvented under the kitchen sink and really expanded to, you know, to a truly free home, right? A home free of toxic chemicals and plastic. And we have a lot of mission things that we do, you know, freeing women from sex slavery and, you know, orphans and, you know, a lot of really cool projects we support around the world. So it's been quite a journey. And I can, you know, I resonate with what you were sharing earlier on the, you know, on toxicity because, you know, people really don't know how toxic their homes are. And especially when, you know, someone is dealing with an acute or, you know, a long-term disease, Lyme, you know, people get hypersensitive, right? Because I've heard this explain a few ways from some great thought leaders of like, you know, you think about, you know, the immune system in the body like a bucket. And you can keep throwing junk in it, right? And your body



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kinda hold on to it and you'll be fine. But at a certain point, it tips and you start overflowing. So for folks that, you know, we're dealing with, you know, auto immune issues, and, you know, we have so many members that are part of our, Truly Free Family that have, you know, some underlying health thing because they're super sensitive, right? So if you find yourself, you walk on, you know, you go to the mall and you walked through the perfume aisle and you're like, what in the world is going on here, or at the supermarket, at the cleaning aisle and this perfumes and the smell overwhelming you get a headache. Well, that's because you're toxic. And you don't need these things in your body or around you. Anyway, I hope that answers your question, but you know, we're really passionate about freeing homes from toxic stuff.

**Robby Besner PSc.D.**

Well, yes, you did in a very complete way. Thank you for that. But it really begs the bigger question to me. Because we're very influenced by advertising TV commercials. You know, you go down to a local public food store, everybody's fighting for that corner location so that you can see that product first. And I don't really see, like I grew up in a environment where the first things I started reading was actually labels on products. Like sitting at the dinner table, just curiously wondering what element or what component, what ingredient was listed first, which would generally suggest it's the, comprises maybe most of the whatever it is, the product that you're having. And that really got me kind of diving deeper as to what it is that we're eating and what it is that we're wearing and what it is that we're using on for household soaps and so forth. You know, you've had, your story is an interesting story to me, because it's almost that pain to purpose thing where you serendipitously life presented this situation that was very alarming. And it really opened your eyes up, not just to your own situation and getting a solution and keeping it to yourself, but to make that a mission statement for you as you have in other areas of your life. And I know you glossed on it and glibly said, but your philanthropic interests outside of even your company are as amazing as your company is. So I just need to say that personally.

**Stephen Ezell**

Thanks.

**Robby Besner PSc.D.**

Now, back to your premise. Everybody tuning in, everybody listening today, whether you're Lyme influenced the Lyme family, have Lyme, know someone who has Lyme. This is not about that.



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This is about life. And today we're living in a fairly tumultuous terrain of toxic environment. The air we're breathing now has traces of glyphosate in it, which is a horrible chemical used in farming, but it's in our water. It's in our air, it's in our food and it's causing everything in our bodies to leak. Leaky brain, leaky heart, leaky gut, all that stuff. And that's creating auto-immune diseases, a whole bunch of horrible things. But generally speaking, when we coach or we advise we in the clinic Lyme patients and anyone with chronic elements, we do a simple checklist. Let's talk about what's going on in your home. Let's talk about the chemicals. Let's talk about the EMF, which is the exogenous frequencies from wireless networks. Basically all the stressors that could be adding more intensity to your already underlying chronic challenge and start pairing them down. But the one that's primal is just the housekeeping. You know, what are the chemicals that you're using in your house? And you've not only addressed it in a healthy way, but you created an amazing delivery system that makes it so easy to use and integrate into your home. And then you just go through your normal screening process of, well, here's the laundry service. Here's what laundry solutions that you're using. This is what I have, and this is a better choice. And your delivery system is great. You make it economically affordable for everyone to do it. You already actually influence more than hundreds of thousands of homes already. And you're probably considered one of the fastest growing eco-friendly truly free, chemical free, you know, home solutions. So this is super exciting for you to be here today, because you're a thought leader in your own way, you're passionate about your company and your process. And you're really changing people's lives on a primal healing level because absent all those chemicals as a stressor. Now we can, the doctors particularly, aside from the challenge, let's say with Lyme alone or the co-infections that follow the Lyme, you're paring down the other stressors that are influencing overall general health, not just the chronic element. And it allows the practitioner to actually have more time to focus on the root cause of what's causing the problem when you eliminate some of these extraneous other stressors, like the chemicals in their homes. So, why don't we just talk about your delivery system a little bit, because that's kind of unique. And I think that that's important for people to know.

### **Stephen Ezell**

Yeah, it's really simple. You know, again, we took what typically would become pollution, an empty laundry jug, and we turned to the lifetime warranty packaging. So when you join Truly Free Home, whether it's laundry or surface cleaner, you get an empty laundry jug, empty bottle, and you just get refills in the mail. And on whenever you want them. So we make it really



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convenient to buy once and set it, or you can set it and forget it and get laundry soap delivered to you every month or every quarter, whatever is most convenient for your family. And, you know, I'll say this, you know, when we talk about the toxic world, there's a reason we started in laundry and laundry has been such a huge passion for me and for our company. Laundry is the most toxic chemical group in your home. And many would say, well, how's that possible, right? If you look at like the oven cleaner, that thing has got skull and crossbones and all this stuff all over it. So there's no way that, you know, laundry detergent could be more dangerous than an oven cleaner. And I say, well, ounce for ounce, you're a hundred percent right. The acute toxicity of, you know, an oven cleaner or a heavy duty degreaser that you would get from the store and an aerosol bottle would certainly be more toxic ounce for ounce. But how often do you spray your body with oven cleaner? Or if you're normal, you never do, right? It's not something that you do. How often do you wear laundry detergent? All day long. You wear it all day long, right? Because you know, laundry chemicals are engineered to leave a film behind on your clothes. They're engineered to do it so they can leave whether it's anti-static properties or really the big one is perfumes, right? They're designed to leave fragrance and these perfumes on your linens. So the largest organ of your body is your skin, right? And unless you're living in, you know, in the rainforest somewhere and just covered fig leaves, you know, you have clothing on you and you perspire, and you're re hydrating these chemicals, and you just make an easy pathway for these chemicals to enter into your body.

And this is how my son got sick, and this is how people get irritations from laundry chemicals. And if you, you know, when you're laying on your pillow and you're going to sleep, you're breathing these chemicals in all day, all night. So, you know, whether people choose to join Truly Free or not, I mean, that'd be great, but really my desire is that just educate people to get out there and just stop using if it's blue, if it's green, if it's goopy, stop using these things. You know, the reason why they're blue arena, they're designed to leave a blue film on your clothes so that under artificial light, it tricks your eyes into believing that your clothes are brighter than they really are and clean than they really are. I mean, that's why they're blue and they're green. And the reason why they're thick and they're viscous is number one, make you think that they're more efficacious when they're just thickeners, but really it's to leave that film, that goopy film behind on your clothes, you just don't want that on your body. Anyway so, I know you have, you know, we can go in a lot of directions there, but I just want to make sure people realize, like how, you know, how dangerous the laundry room really is.



**Robby Besner PSc.D.**

Well, you've open up my eyes to that because I never really kind of looked at it that way or that closely before. And our body of work, we make a sauna. And in our sauna protocols, we suggest that people put a towel on their chair that they sit on and a towel on the foot pad, and actually take a third and just wipe down the sweat. Because as you said, the skin is the largest organ of the body, and it's one of the major detox pathways. So we're getting toxins out, but it also gives you opportunities to get things in directly into your bloodstream. So aside from breathing like through your mouth and through orally, getting things into your bloodstream, your skin is one of the quickest ways to get things in. You're wearing clothes all day. And if your clothes are toxic, that's another way, another portal to bring these things into your body. Not just the effect of like having a skin irritation or something that is very visible. Now we're talking about the ones you can't see. And that's probably way more important for us to discuss than the ones that you can see, or at least that affect you directly. And so I often say segregate your towels that have the toxins that we're pulling out of your body from the sweat, from the rest of your clothing when you're doing your laundry so that they don't migrate those toxins migrate to your underwear, and then you wind up re-toxin or taking these toxins back in after we're working so hard to get them out. So I love your approach and your solution to this problem, because you're offering us a way to stop it out before it even gets to us. And that's the key to this whole discussion today, at least from the perspective of what you're doing. So I think it's way important and a major contribution. So, besides like the laundry, are there other areas that you delve into in terms of creating a healthy platform in the home?

**Stephen Ezell**

Yeah, great question. So, you know, we started with laundry and we said, we're going to systematically replace and you know, everything that's in a laundry room with a safe non-toxic alternative. So whether it's, you know, our laundry wash, which replaces a detergent or our final rants, which replaces, you know, fabric softener, stain removers, stain treatments. One of my single, we have over a hundred products in the company now, but my most favorite product we've ever done is called Dryer Angels. Dryer sheets are, you know, store-bought dryer sheets are extremely toxic. I mean, there is some nasty chemicals that are in dryer sheets. And so we invented a product called Dryer Angels. It's literally a hand-sewn angel, and you fill the bottom of the dress with a sachet. Sachet is filled with corn cotton material with essential oils. So you throw the angel in the dryer and a fluffy Clozaril nice and smells great, you know, using essential oils.





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But the angel itself, you know, it has a really big mission behind it. So we call it the dryer angel project, that project funds an entire village in Jamaica now. So we have 12 full-time women in Jamaica, And that ministry now has expanded past the dryer angel will project. We have coffee shops throughout Jamaica that empower the deaf. The deaf are very underprivileged populace in Jamaica because of a lot of the old religious beliefs of the island. So we've really transformed an entire segment of the population just through the dryer angle project in Jamaica. And they couldn't keep up with our growth years ago. So we again found another group out of Southeast Asia. And over the last few years, we have rescued hundreds of women from sex trafficking and young girls. They've all been rehabilitated and healed. And now many of them has sustainable jobs, sewing dryer angels in Southeast Asia. We're expanding that now to opening up facilities in Mexico as well, because there's a huge need south of the border, especially in the last year or so.

There's been a huge surge of sex trafficking and children that are being trafficked right now. So that project is awesome. We started with laundry, that's, you know, we started there. And then we went under the kitchen sink. So we started replacing all that stuff, right? So from everyday cleaners to degreasers, window cleaners, et cetera. And then the top of the sink, like dish soap, auto-dish powder, the bathroom with hand soap and so forth. And last year I acquired a really cool company called True Self Organics. It's a natural non-toxic vegan skincare brand, great products, all about detoxifying the skin using plants and using, you know, using the earth. So, we've been systematically going throughout the whole home and replacing things. And we've got a huge, you know, kind of new product roadmap for this coming year. Really excited about it. But, you know, we just believe every home should be a truly free home, whether you use Truly Free Home products or not, every home should be truly free.

### **Robby Besner PSc.D.**

Well, the concept's amazing. The name supports the concept. And I just love the fact that you're tying the economics to the philanthropic interests of healing beyond just the home, but actually giving back to the underserved, underprivileged, the people that are forgotten about, or they don't get enough press for people to actually know that these are real problems, not just in our backyard or in our community, but outside the US, it's truly amazing. And my hat is off to you for you having that kind of full heart and full interest in elevating awareness education, and also, you know, putting your money behind it, or at least the profits parts are all a proceeds of areas of your business to support those various different entities. It's amazing. So I'm a Lyne patient. I'm





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not feeling so good. And I'm looking for inspiration. And, you know, in your own way, even in your own cathartic process, you've now over a short period of time, not that many years, you've amassed a fair amount of products. You know, that could be overwhelming for a Lyme patient and it's not feeling so good. So we need some kind of starting point, and it could be as simple as what we started with today about just changing the way you do your laundry for one. So could you give us some ideas of, you know, as a Lyme patient, not feeling so great, what other kinds of things that you offer with your company that you might suggest would be good starting points that might be easy entrance either from an economic point of view, or even just, you know, integrating it into my home, into my lifestyle.

### **Stephen Ezell**

Sure, so if you're listening to me the other side of this video, and you're in a crisis mode, take a deep breath, just take a deep breath because you still have air in your lungs and you still have purpose. So don't get rattled and shaken because if God was done with you, you wouldn't be here right now. So he ain't done with you yet. And my biggest piece of counsel is don't be overwhelmed, right? Yet, are we a marketing, do we do marketing? Of course we do. But do you know what? Don't listen to marketers because all marketers want to do is exploit you for money, right? So number one, first and foremost is just take a deep breath and look at your lifestyle. And to me, I know, and I'm actually in the process of writing a book myself, because I believe living a green non-toxic life is to first, live a green life of what goes inside of you, then what goes on you and what goes around you. And like, my company really only helps people for what goes on you on what's around you. We really don't, we don't sell food and we don't sell nutritional supplements and vitamins and minerals or medicine. So really what goes in you, I mean, I've seen the list of speakers here. You're gonna learn a ton of what to put in you, right? And that's paramount to anything else, you know? So what is the food? What are the supplementation? What are the things you put in you? But what are the thoughts that go in you too? What are the beliefs that you allow into yourself that you've said yes to that you shouldn't, that's the first thing. When we talk about what goes on you, right? That's where I think where we like our company and you know, what we've built here we start to help you in that journey. And I believe it starts with laundry. So whether you choose to join Truly Free or not, and then clearly love for you to be part of the family. But this is not a sales pitch. This is, you know, this is about educating and inspiring, but find products that are safe, that are non-toxic, that you can pronounce the ingredients, a company that actually list all the ingredients. Good look on that one, there's not



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many. And you can actually do your research on all the ingredients that are in a product. And my encourage is start with laundry. Number one, you're wearing it all day. It's extremely inexpensive to make a switch. People go through laundry detergent, laundry products all the time cause it's the largest consumed chemical in the aisle. That's why we go to think about a supermarket. You have an entire aisle full of laundry detergent and fabric softeners, right? And then you go to the next aisle and then there's everything else there, right? So whether it's dish soap and hand cleaning and so on and so forth. So laundry is a monster category cause we use so much of it. So start there. And one way to find out if your clothes or your laundry is actually, you know, has chemicals in it, grab a bowl, grab a pot from the kitchen, fill it up with warm water, go grab a towel from the bathroom and put it in the pot. And it starts shaking it up. And if that water starts to get cloudy, if you start seeing bubbles accumulate around the rim of the pot, you have built up laundry detergent in your pot, which means when you come out of the sauna, you come out of the shower, you're putting those chemicals right on your body. And if you're on a healing journey and going through a detoxification process, don't make it any harder self to detoxify. And that's the first place to start. And then, you know, with the things that also go on you like hand soaps, think about skincare. People are constantly drenching themselves with makeup and skincare and colognes and perfumes, knock it off.

I mean, these things, you know, I'll give you a little factoid and probably you probably know this, but most people don't. Is that there's a little loophole in United States, the US PTO, United States Patent and Trademark Office. There's a little loophole in the trade secreting laws in the US. Which states any product like in the cleaning lifestyle, life sciences world that has less than 1% of a given ingredient the manufacturer does not have to list it on the label. And you can just list fragrance, perfume right on the label. And that could be comprised of two, 300 ingredients, but the company has no responsibility ethically or legally. Well, legally for sure, ethically I believe they do, to actually telling you what's in them. We actually are really bad at business. We disclose our entire formula for people to copy us, for our competitors to copy. I hope our competitors copy us to be honest with you. needless to say, you know, people knocking off the skincare products that you can't pronounce ingredients. Things that say fragrance perfumes. You know, 99% of the cleaning ingredients that comprise cleaning products whether it's a dish soap, laundry product and so forth, they're clear white or off yellow, 95%. So when you see something that has a blue and orange, or green of purple, God knows what color, it's not natural, right? It's only there for marketing messages only to trick you into thinking that the product is something that's not. So,



you know, and then you don't need to just go and dump everything into the trash. One thing at a time. When you can on your budget, when you can, start replacing things, you know. And you'll do it and you'll be just fine. And you know what? Every time you make, you know, one small improvement, you'll feel more empowered, right? You'll, feel better about yourself in decisions that you're making. And at some point, you'll look around and you know, all the old stuff that was in your house that was, you know, making you sick, just not there anymore. But it doesn't have to happen this weekend. It could happen over the next year.

**Robby Besner PSc.D.**

Great advice. I'm gonna just personalize this with an experience we had. We needed to replace our stackable washer dryer in our laundry room. So we bought something brand new and it wasn't inexpensive. We got it installed. And after a week or two, we kind of noticed that there was an odor, a moldy smelling odor coming out of the washing machine side of it. We couldn't get rid of it for anything. You know, it wasn't an inexpensive item, we never really experienced before. And anybody that has Lyme disease that's tuning in, a Lyme patient that gets somehow influenced by mold, whether in their home or in their laundry machine or whatever, they go from managing their condition to getting completely blacked out. There's a very antagonistic relationship between a Lyme and co-infections and mold and mold spores. We tried everything. And then we brought in the guy that did the installation and said, you must've done something wrong here. Let's take a look at this. And what we discovered was that apparently there's an area like a reservoir water that actually is sitting and resting like Stillwater, stagnant water that sits there and waits for the next cycle to hopefully get expunged out, but it's still sitting there. And apparently it's almost the most perfect environment for mold to grow. Having your solution. I keep using the word solution because it's an answer. Having your answer to the problem is so important for us all to know. So one thing you talking about the chemical side, but there's also the biological piece, the microbiome that surround that also is influencing our health. And addressing that as this is equally as important. For us, we've found, you know, it wasn't quite a detergent, but it was something that's used mold to actually get rid of that smell. We used it once, gone. And, we have had the benefit of meeting with you. And we switched over and are going through methodically our home and replacing everything in our house, which I think is the process, but it is a step-by-step. And if you just, it's just like learning to walk or run or talk or anything else. You know, you don't form full sentences. First, you learn the alphabet. And so I



think it's super cool what you're doing, and I love the direction that you're taking all of us in your own quest to try to clean up the environment in a way.

### **Stephen Ezell**

That's awesome. Let me speak about why the washing machine. Cause you're a hundred percent right. And one of our biggest selling products right now, which we used to give away for free. And now it's literally one of the biggest products that we make is a laundry machine cleaner. And here's why. One of the best and worst advancements in the home technology space is high efficiency washers. It's one of the best because we've saved, I don't even know. I can't fathom the billions of gallons of water that we as Americans or really around the world have saved from either going back into the environment or wastewater treatments, et cetera, by high efficiency washers. Because high efficiency washers use about 20 to 25% of the water that the top loading washers that our grandmas used, right? So a tip, you know, an old school top-loading washing machine would use about, you know, 25, 30 gallons of water and the front loader and these high efficient washer using like five. So it's great from an environmental impact perspective. However, there's a couple of challenges that these high efficiency washers create. There's an adage in the chemical industry. Not the one that I'm fond of, but it says that the answer to pollution is dilution. And when you have laundry chemicals, you know, the big goopy stuff, imagine you're putting that in 20 gallons of water, it's spread out, it's very thin. But if only in five gallons of water, it's still very, it's highly concentrated.

But what happens is, you know, those chemicals are being clearly left behind at higher concentrations on fabrics, because they're just not, your fabrics are not getting as wet as they used to. But moreover, the same way that they're designed to leave a chemical film intentionally on your clothes for like UV brightening and fragrance, they're unintentionally leaving a film on washing machines. So the drum that's in there spinning is inside of another tank. And like you're saying, there's stagnant water. And that drum is getting coated with chemicals, the rubber gaskets. And you know, so now you have, let's just say you got a ketchup stain that you're getting off of your, you know, your shirt. Well, that ketchup stain is now that organic food material that just got washed off of your clothes is now floating in the water, mixes with the detergent, now it's making this organic material film on your washer. So you have organic material in a warm dark environment, which is the absolute perfect breeding ground for toxic mold and bacteria. So it's really important that you keep your washers clean when you, you know, and make sure that they



get cleaned out on a regular basis and leave your doors open. Do not keep, I know for people that are all into making sure that everything is functioning way, and everything's nice and close and organized. Do not keep your washing machine and your dryer closed. Leave them open and let that air get in there so that it dries out all that stuff. Anyway, I wanted to go on that tangent cause it's really important.

**Robby Besner PSc.D.**

I love that. And so we can leave the door to the laundry room open, closed. We can leave the door to the room closed, but we can leave the doors to the devices open so that

**Stephen Ezell**

Leave them open.

**Robby Besner PSc.D.**

Okay, so we both went. Wow, this has really been enlightening. And I know that we could probably talk for hours on the many topics and the various different answers that you've come up with with your company. How do people get ahold of you? I know you've got your website, which is TrulyFreeHomes, spelled out that way, .com. Is that that the best way for people to find you?

**Stephen Ezell**

Yeah, trulyfreehome.com and truesouthorganics.com is our skincare brand. Great products, amazing pricing. And you know, being a follower here, you know, at the summit, we're gonna give you some awesome deals and some freebies for taking charge of your health and being CEO of your health. So we're gonna hook you guys up with some really special deals. So keep an eye on your emails as Robby and the team tell you what's coming up, you'll get some really awesome offers that we just don't, really don't offer anywhere that we're gonna bless you guys with because we wanna empower you to make better decisions. Yeah, so they tuned on that.

**Robby Besner PSc.D.**

Well look, certainly, as you pointed out, there are underserved communities outside the US. But the population of the Lyme community for me, we have our own story about Lyme. And that we feel is greatly underserved, mostly because it's greatly not understood very well. Lyme mimics so



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many other diseases that it often is misdiagnosed. And so it goes untreated. This was really an important interview today because people will always looking for where do I begin? You know, our bodies are some somewhat complex. Their environment is somewhat complex. We've come up with this word called epigenetics, which is the effect of the choices we make, the environment around us and then the genetics that we've been born with and how that all expresses itself in different ways. And it's often the kind of the age old, like why me, how come, you know, you could get exposed to Lyme and not be symptomatic and my system will become very symptomatic. You highlighted earlier about skin sensitivities and chemical sensitivities, where do you think this all comes from? It's really just a constant buildup. And there's some point where it is actually a tipping point where just something pushes you over the top. You know, some events, some emotional event could be a change of job, or, well, now we're living in this stressful world of COVID that everybody's, you know, misplaced and deranged and businesses are affected, lives and communities are affected. And these are all stressors that come back to creating potentially a chronic environment or deeper chronic environment. But really to go back to the beginning with you, we really need to get our house in order. And I can't think of a better way to start with just replacing the advertised chemicals and solutions and various different like laundry detergent, things like that.

The stuff that we grew up that were, brand names that we all believed were fine and never really affected us before, but I'm a little older guy. And when I was young, you know, everything else was seemed to be okay. The environment was somewhat okay. So we didn't have all that other stuff going on around us that affected us. But now we've got the full Monte, the full enchilada, the full plate of various different stressors on us. And so understanding that if we could take some of those off the table, some of those off the plate, some of those stressors out of our lives that affect us really can make a major difference in our overall health and wellness. Not just from us personally today, but multi-generational. What's the information that we're gonna pass on to our children about how they will live a better and safer life. This is really what it's all about. So I super appreciate the time that you've taken. More importantly, the cause your mission, your passion, your bliss, like what you're doing is truly remarkable. So Stephen Ezell, you're a guy that everybody needs to know. And your company Truly Free Home is a company that everybody, it should be a household word, a household name. So thank you for joining us. Thank you for your contribution. And more importantly, thank you for your body of work. It's truly amazing. So I give a joint .



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**Stephen Ezell**

It's my honor. I mean, I know I get a lot of applause from, you know, the impact that we have. And yes, I love the impact that we have on the world and on people. And then I look and say, man, we just don't do enough. And you know, my desire, my hope is that we can inspire a group of entrepreneurs and businesses, you know, to make impact and not wait for somebody else to serve your brother or your sister, as to, you know, take the responsibility to love one another. So, you know, we hope to increase our impact and our growth so that we can go change more lives.

**Robby Besner PSc.D.**

Well, I've joined your community. I get your newsletter. I can't wait to see what you're doing next. And I'm so happy to have you be part of our community here and with some of the other players in this summit, because truly what you're doing is amazing. So thank you again, Stephen Ezell.

**Stephen Ezell**

Thank you very much. God bless you all, peace.

**Robby Besner PSc.D.**

Hey, everybody, it's Robby Besner. Thanks so much for joining us today. Please share this content with anyone that you think might benefit from it. And we're looking forward to having you with us tomorrow for another great interview.