



Decreasing Your Toxin Load

Food & Water Considerations:

- Avoid Pesticides/Herbicides/GMO foods
- Eliminate Gluten as it is a neuro-toxin and has been linked to Alzheimer's, auto-immune disease and more
- Eliminate food colorings/preservatives/additives/chemicals/sugar
- Microwaving—NOT a good option! Radiates and destroys enzymes and nutrients in your food.
- Aluminum cans/Aluminum/Teflon Cookware—Minimize cans. Use cast iron or stainless steel cook ware.
- Meats/Poultry—Choose pasture -raised eggs, free range chicken, 100% grass fed meats
- Fish—Eat wild caught low mercury cold water fish like sardines, mackerel, anchovies, salmon, and herring
- Water—Tap water is terribly contaminated and chlorinated, refrigerator water still contains fluoride!!
- Plastic containers/water bottles/vegetable baggies

****Eat organic, eliminate or reduce sugar, use only glass containers. Read food labels carefully.**

Body Care Considerations:

- Eliminate chemicals in any body care products/hair products
- Fragrances, Perfumes are known endocrine disrupters and xenoestrogens
- Fluoride/Xylitol/Sweeteners/Sodium Laurel Sulfate/Chemicals in toothpaste
- Aluminum/Fragrances in Deodorant

****Better Brand Options: Acure, Dr. Bronners, Beauty Counter, DIY products from natural ingredients**

Household Cleaning Considerations:

- Eliminate room air fresheners and other items with fragrance or perfumes
- Use organic cleaning supplies, laundry products, dish soap, dish washer detergent/rinse aid

****Choose Biodegradable and organic options or DIY**

Environmental Considerations:

- Bedrooms above garages
- Radon in basements
- New Furniture/Carpet/Dust/Mold
- Car Fumes/Pollution/Heavy metals
- Power lines

****Change filters in home furnace often. Use a high quality air filter especially in the bedrooms—Austin Air is a great recommendation. Have an indoor diagnostic test done for indoor air quality.**

Miscellaneous

- Emotional Toxins—Self-care, positive thinking, meditation, positive relationships
- Mercury Dental Fillings—consider safe removal of mercury only after healing the gut!
- Electronics/Blue Light throw off circadian rhythms—use filters on phones and eye protection.

**** Turn electronics off after dinner ☺**

Choose organic. Eliminate chemicals. Purify water & air. Question everything.

- **Breathe Deeply—meditate on positive thoughts and gratitude!**
- **Do regular colon cleansing**
- **Drink herbal teas for promoting health**
- **Use essential oils for detoxifying and improving digestion**
- **Consider Acupuncture, Acupressure, EMDR, Infared Sauna or Cryo-therapy**