

Detox Guide



Deep wellness includes all areas of life. This guide was created to help clean out your surroundings, giving you the tools you need to lower your everyday toxic load quickly and easily.

What you'll learn: actionable steps that can lower your toxic load right away, detailed information about larger sources of chemical exposure inside your home and on your body, a list of ingredients to watch out for when buying body care products, and clean living product suggestions for each section.

Note: Through the air and environment you may be exposed to pollutants out of your control. This report is specifically addressing what you can do to limit your exposure *within your control*. **This is not medical advice.**

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ACTIONABLE STEPS FOR CLEANER LIVING

This section is **solutions** focused; filled with actionable steps to help clean your environment ASAP.

- **Remove all shoes upon entry**
 - We drag tons of pesticides, cleaning agents, “bad” bacteria, & plain ol’ dirt into the home by way of shoes. Removing them at the front door (& encouraging others to do the same) decreases the level of unwanted visitors in the home, dramatically. Especially if you have carpet!
- **Get a good [quality water filter](#)**
 - In order to “clean” water supplies for drinking, tons of harsh chemicals (like chlorine) are pumped in & toxic additives (like fluoride) are introduced. Not to mention that our supplies are contaminated with pollutant run-off including synthetic hormones & prescription drugs. We’re lucky to have “safe” drinking water, but it’s far from ideal.
- **Place a [water filter on your shower head](#)**
 - Something that is often forgotten is that water is absorbed through our skin & so are the chemicals & contaminants in it. Whether it be through bathing or applying face wash, unfiltered water is making contact with our skin.
- **Toss the plastic shower curtain/liners**
 - Most shower curtains, or at least the liners, are made up of some sort of plastic material. When tested, plastic curtains have been found to leach up to 108 different VOC’s, some of which have been linked reproductive harm. To make matters worse we use them in pretty steamy situations, which amplifies the negative effects. Your best options are [hemp](#), organic cotton/fabric, or recycled sail cloth {I know, how cool, right?!}.
- **Replace plastic and aluminum food storage**
 - Plastic food storage containers & wrap can leach chemicals into your food; foil leaches aluminum. Try switching over to [glass](#) or [stainless steel](#), using [silicone](#) or [beeswax covers](#). Using [wood utensils](#) (like serving spoons and spatulas) instead of plastic in hot foods can also be helpful!



- **Move your wireless modem away from common lounging areas & keep cell phones far from the body (no pockets!)**
 - The electromagnetic radiation given off from wireless devices has been scientifically linked to poorer health. We are energetic creatures living on an energy-producing planet, and anything interfering with the natural energy fields around us has the potential to negatively affect our health. If you aren't able to move the modem (or even if you are) turning off your modem at night can help with more restorative sleep.
- **Keep your distance from electronic devices**
 - Wireless devices give off the strongest radiation, but *anything* running off electricity releases radiation emissions. Stay at a distance from these things if possible—especially during sleep. (i.e. television, blenders, alarm clocks, vacuums, hair dryers, microwaves, etc.)
- **Wear [blue-blockers](#) after the sun goes down**
 - Tablets, cell phones, televisions, & even fancy new “eco-friendly” light bulbs emit blue light wavelengths that mimic those in the sun. This triggers our brains to think that it's daylight & delays the production of melatonin, which prepares & aids our body in sleeping. Using blue-light emitting products at night throws off our circadian rhythm & has been linked to poorer quality health overall. When we are able to sleep deeply our body reenergizes, metabolizes, functions, & feels better! You can use [salt lamps](#), which emit orange light, after dark. I also suggest installing a program called [f.lux](#) on your computer, which cuts down on the blue light wavelengths produced from the screen.
- **Distribute [activated charcoal bags](#)**
 - Activated charcoal absorbs toxins floating around in the air. It's a super simple, quick, & thoughtless way to clean your air. *salt lamps release negative ions (which are good—even though they may not sound like it!) & are another great option
- **Open the windows**
 - When it comes to purifying your indoor air, opening your windows & letting the fresh air in can be one of the best things you can do. Whether permitting, keep them open as often as you can!



SOURCES OF CHEMICAL EXPOSURE: HOME

See page 10 for healthy solution suggestions

- Bedding/sheets
 - **The problem:** bedding options on the market {especially those for children} are often made with artificial fabrics & skin-irritating dyes.
 - **What's hiding there?**
 - Artificial fibers like polyester and rayon. These fabrics & their chemicals make direct contact with our skin.
 - Chemical treatments are sometimes applied to fabrics to prevent shrinkage & wrinkles, maintain color, or keep the fabric soft. These can include volatile organic compounds {VOCs—a category of chemicals that evaporate & off-gas at room temperature} like formaldehyde, which is widely considered highly toxic in any amount & corrosive. It has even been linked to adult deaths.
 - Artificial dyes may be used to achieve certain colors. These dyes are often chemical & petroleum based. They are known respiratory, skin, & eye irritants, & have also been found to absorb into our skin.
- Carpeting
 - **The problem:** most carpeting is made up of artificial fibers. Testing shows that these fibers contain a myriad of volatile organic compounds {VOCs}. Carpeting also acts as a trap for dirt & dust that's tracked into the home. The glue used to install the carpet can be problematic as well.
 - **What's hiding there?**
 - VOCs including acetaldehyde, toluene, formaldehyde, benzene, perchloroethylene, pesticides {for bug repellants}, stain protectors, & flame-retardants.
 - Acetaldehyde is a skin/respiratory/mucous membrane irritant & probable carcinogen.
 - Toluene is a solvent like those is paint thinner.
 - Formaldehyde is considered highly toxin to all living things in *any* amount.
 - Benzene is a known carcinogen & has been linked to bone marrow failure.
 - Perchloroethylene negatively affects the nervous system & is an all around irritant. It's a probable carcinogen & long-term exposure has been linked to kidney & liver damage.
 - Pesticides are created to kill living things. Period.



- Stain protectors & flame-retardants will get a bit more attention later! {stain protectors = non-stick chemicals}
- Cookware
 - **The problem:** much of the cook/bakeware on the market is made with heavy metals & man made chemicals that leach toxins into our homes & food. Heat + chemicals is a dangerous cocktail!
 - **What's hiding there?**
 - Aluminum is largely used in cookware because it's cheap & abundant. It is also, however, toxic & has been linked to many illness & diseases.
 - Non-stick chemicals made with Polytetrafluoroethylene {PTFE—also goes by the name of Teflon®}. PTFE is a synthetic polymer that is used as a non-stick coating. When heated, PTFE's become so toxic that they can cause flu-like symptoms & have even been linked to the deaths of pet birds.
 - Sealants that include Perfluorinated chemicals {PFC's}. PFC's are a large family of chemicals that allow a surface to become resistant to acid, heat, & other eroding elements. It is considered highly toxic to humans yet has been found in nearly every American tested for the chemical. It is an endocrine disruptor {messes with our hormones} & has been linked to lower birth weight babies & thyroid hormone imbalance
- Mattresses
 - **The problem:** Many mattresses are created with synthetic material & often sprayed with chemicals to protect from spills & catching fire. The one-third of our life that is spent on our mattress is supposed to be time for us to recharge & recoup. It can be difficult to accomplish restorative health when we are battling with toxins all night long.
 - **What's hiding there?**
 - Stain resistant sealers made from the PFC's mentioned above.
 - Flame retardant chemicals including polybrominated diphenyl ethers {PBDE's}, which are neurotoxic chemicals. PBDE's have been banned for use, but still linger in older products & can found in blood & breastmilk today. The chemicals that replaced PBDE's {including Firemaster® 550 & chlorinated tris [TDCIPP]} have been shown to disrupt hormones & may cause cancer. Flame retardant chemicals are applied to the foam or filling portion of a product to prevent catching on fire. Studies show, however, that they are not successful at



reducing flammability...yet highly toxic when enflamed. Recent laws have changed & flame-retardant chemicals are no longer required {YAY}. Don't forget to read labels!

- Artificial fabric materials such as polyester & acrylic—which may cause cancer.
- Polyurethane foam, which is used in “memory foam” style mattresses. Ingredients to make up this foam include polyols—which are often petroleum derived, & di or poly isocyanates—which produces possibly carcinogenic off-gasses. They are also eye & respiratory tract irritants.
- Metal springs—huh?! I know, sounds weird right? Metal springs can attract the dirty electricity, electromagnetic frequencies, & wireless rays roaming in your house.

- Paint/stains

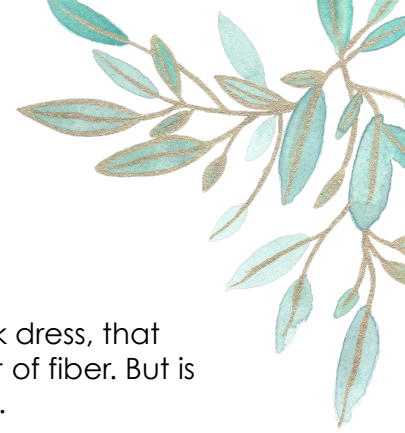
- **The problem:** the most common issue with paints & stains is that they're filled with easily inhalable VOCs. They also sometimes contain fungicides to prevent mold & pigments coloring.
- **What's hiding there?**
 - VOCs have kinda been covered here, but it's definitely not an exhaustive list. TONS of culprits can be hiding.
 - Fungicides, like pesticides, are intended to kill living organisms. In this case-fungus.
 - Pigments are often artificially created using chemical colors that contribute to the cocktail of VOCs. Look for naturally. Some, however, are naturally colored.

- Pressboard products

- **The Problem:** unlike solid wood products, pressboard is unnatural. It's created by using a {usually toxic} glue to combine wood dust and scraps. Pressboard, also known as particleboard or MDF, are found in everything from cabinetry to dressers to desks.
- **What's hiding there?**
 - Adhesives used to bond wood fibers together are usually formaldehyde based. As discussed, formaldehyde is a known carcinogen & toxic to humans in any amount.

- Upholstered furniture

- **The Problem:** most upholstered furniture is made with artificial fabrics, polyurethane foam stuffing, & sprayed with flame-retardant chemicals.
- **What's hiding there?**
 - Artificial fibers, polyurethane foam, & flame-retardants have all been touched on.



SOURCES OF CHEMICAL EXPOSURE: BODY

- Clothing
 - **THINK about it!** It's in contact with your skin ALL THE TIME. Whether it be your favorite little black dress, that worn out pair of jeans, or your coziest set of PJ's, everything you wear is made up of some sort of fiber. But is it safe? See above for more information about commonly used fabrics, sealants, & chemicals.
 - **What you can do:**
 - [buy organic](#) when or OEKO-TEX certified when possible
 - choose cotton over synthetic materials
 - wash clothes before first wear
 - buy second hand clothing
 - these clothes have washed & worn the "nasties" away!
- Undergarments
 - **THINK about it!** These fabrics are the closest to your lady (or man) parts & should be considered the most important! You don't want artificial esters, petroleum-based dyes, or other additives anywhere near!
 - **Other things to consider:**
 - wiring in your bra—go wireless!
 - acts like an antenna attracting electromagnetic frequencies to your sensitive breast tissue
 - **What you can do:**
 - [buy organic](#) or OEKO-TEX certified whenever possible
 - aim for cotton—always
 - wash before first wear
- Condoms
 - **THINK about it!** You thought undies were gettin' personal... :] Condoms are covered in artificial lubricants, strange preservatives, & sometimes even sperm harming spermicides {that can have lasting effects!}.
 - **Other things to consider:**
 - lubricants
 - **What you can do:**
 - luckily there are a few brands trying to make a difference
 - [Sir Richards](#)
 - [Sustain](#)
 - [Glyde](#)
 - [L. Condoms](#)
 - try an all natural lubricant, like [Sliquid](#) and [Aloe Cadabra](#)



THE LOOKOUT LIST: BODY CARE + CLEANING SUPPLIES

This is a list of ingredients that you may find in body care products (soaps, shampoo, toothpaste, makeup, etc.) or cleaning supplies. While I typically suggest avoiding these products, some brands have extensively tested and only use them in certain, safe amounts. It's best to be your own detective!

- Mineral oil
- Fragrance (unless essential oil based)
- BHA
- BHT
- Sodium Lauryl Sulfate (SLS)
- Sodium Laureth Sulfate (SLES)
- retinol, retinyl palmitate, retinyl acetate (Vit A)
- Polyethylene
- Phenoxyethanol
- Oxybenzone
- Polyethylene Glycol (PEG-antifreeze!)
- Propylene Glycol
- Butylene Glycol
- Wheat
- Alcohol
- Benzalkonium Chloride
- Dimethicone
- Mercury
- Parabens (methyl-, ethyl-, propyl-, butyl, isobutyl)
- Phthalates
- 4-phenylenediamine
- Triclosan
- Aluminum
- Coal tar
- Hydroquinone
- Petroleum
- Talc
- Diethanolamine (DEA)
- Monoethanolamine (MEA)
- Triethanolamine (TEA)



- Quaternium-15
- Isopropyl Alcohol
- Petrolatum
- Benzoyl Peroxide
- Dioxin
- DMDM Hydantoin
- Urea
- Imidazolidinyl
- Avobenzone
- Benzophenone
- Ethoxycinnamate
- PABA
- Paraphenylenediamine (PPD)
- Silicone-derived emollients
- Toluene
- Diethyl phthalate
- Triclocarban
- Resorcinol
- Petroleum distillates
- Cetareth
- Soy
- Nanoparticles: zinc (non-nano versions available) & titanium dioxide
- Aminophenol, Diaminobenzene, Phenylenediamine (coal tar dyes)
- Boric Acid
- Sodium Borate
- Paraffin
- Acrylamide
- Dioxane
- Phenol



CLEAN LIVING MADE EASY: PRODUCT RECOMMENDATIONS

Here you'll find recommendations for all products and suggestions made above. Visit the [shop](#) for more!

Suggestions from The Actionable Steps Section

[Favorite Water Filter: Berkey](#)

[Favorite Shower Filter: Berkey](#)

[Hemp Shower Curtain](#)

[Glasslock Food Storage](#)

[Stainless Steel Bowls](#)

[Silicone Storage Tops](#)

[Beeswax Food Wrap](#)

[Wooden Kitchen Utensils](#)

[Blue Blocker Glasses](#)

[Salt Lamps](#)

[Charcoal Detox Bags](#)

Suggestions from The Home Chemical Section

[Organic Cotton Sheets](#)

[All Clad Stainless Steel Cookware \(USA made\)](#)

[Xtrema & Ceramcor Ceramic Cookware](#)

[Lullaby Safe Paints](#)

Suggestions from The Body Chemical Section

[Pact Organic Clothing](#)

[Burts Bees Organic Baby Clothing](#)

[L'oved Baby Organic Clothing](#)

[Pansy Organic Cotton Undies](#)

[Sir Richards Condoms](#)

[Sustain Condoms](#)

[Glyde Condoms](#)

[L. Condoms](#)

[Sliquid Lubricant](#)

[Aloe Cadabra Lubricant](#)

Other Relevant Resources

[Favorite body care products: in the shop](#)

[Favorite mattress options: in the shop](#)

[Favorite upholstered furniture: in the shop](#)