



Essential # 2 – Reduce Your Toxic Exposure

Your Healing Journey Action Steps

___ Become conscious of your exposure to Xeno-estrogens and Xeno-metallogens

___ Become familiar with the Environmental Working Group website to learn more about your toxic exposure.

___ Use nontoxic household cleaners

___ STOP using a microwave oven

___ Practice safe cell phone use by keeping it away from your body when not in use.

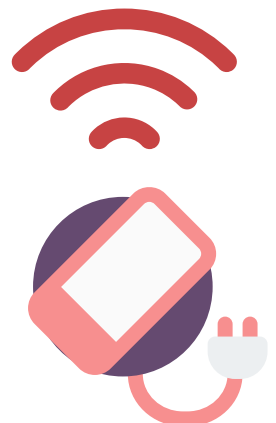
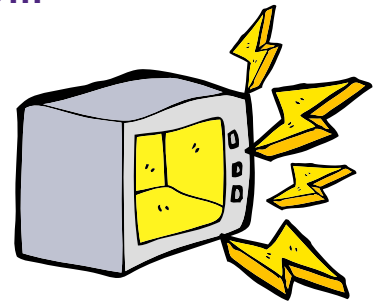
___ Check your bedroom and make sure there are no electronic devices in your bedroom.

___ Unplug your WIFI at night if it is near your bedroom.

___ Learn more about technology that reduces the effect of EMFs on your body.

___ Slowly replace your plastic containers with glass ones.

___ Conduct a household walk-through and make a note of all the products that have dangerous chemicals in them.





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___ Ask your lawn company to start using bio-degradable and non-toxic fertilizers.



___ Ask your pesticide company to provide you with a non-toxic product substitute or simply make your own.

___ Replace “scented” candles with non-toxic candles.

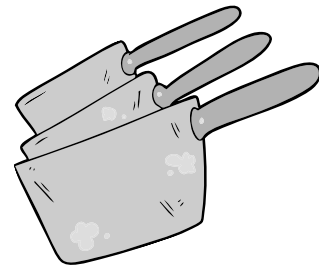


___ Replace your “air freshener” with essential oils.

___ Check for molds in your home

___ Replace any Vinyl shower curtain

___ Throw out and recycle all nonstick and aluminum pots and pans.



___ Start substituting commercial body care products with organic and nontoxic products. You can use coconut oil as a body moisturizer.

___ Stop using anti-perspirants. Replace with a non-toxic version.



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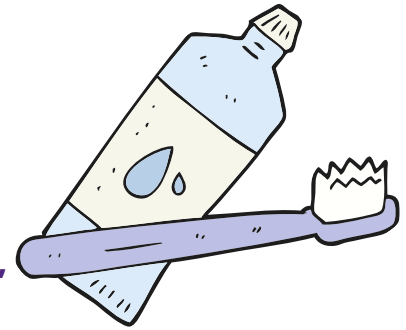
__ Be bold and show your true colors! Stop applying toxic hair dyes to your head.



___ Get rid of the toxic toothpaste and purchase healthier brands.

___ Become familiar with coffee or green tea enemas.

___ Plan out time for various cleanses – liver, parasite, candida, colon



___ Commit to drinking at least 64 ounces of clean water every day.

___ Move and stimulate your Lymph every day

___ Make it a point to really sweat for 30-60 minutes, at least 3 times per week.

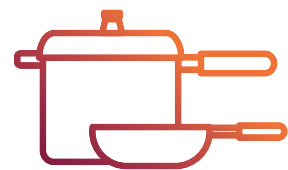


___ Re-evaluate your relationships and create boundaries with toxic relationships.



REDUCE TOXIC EXPOSURE IN THE HOME

- ❑ **Cleaning Products**
- ❑ **Dish Soap**
- ❑ **Dusting Sprays**
- ❑ **Dishwashing machine soap**
- ❑ **Regular floor cleaner**
- ❑ **Bathroom cleaners**
- ❑ **Chlorinated Products**
- ❑ **Detergents**
- ❑ **Dryer sheets**
- ❑ **Cookware**
- ❑ **Aluminum pots and pans**
- ❑ **Aluminum baking sheets**
- ❑ **Aluminum foil used to cook**
- ❑ **Microwave oven**
- ❑ **Nonstick cookware**
- ❑ **Plastic containers and utensils**
- ❑ **Fragrances**
- ❑ **Artificially scented candles**
- ❑ **Air fresheners**
- ❑ **Scented sprays**
- ❑ **Dry Cleaning chemicals**
- ❑ **Mercury CFL light bulbs**
- ❑ **Pesticide sprays and products**





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Cleaning Products

- Dish Soap
- Dish washing machine soap
- Bathroom cleansers
- Chlorinated products
- Detergents
- Dryer Sheets
- Floor cleaning
- Dusting sprays

Pesticides

- Mercury CFL light bulbs

Cookware

- Aluminum pots and pans
- Aluminum foil used to cook
- Nonstick cookware
- Plastic containers and utensils
- Microwave oven
- Aluminum baking sheets

Fragrances

- Artificially scented candles
- Air fresheners
- Scented sprays
- Dry Cleaning chemicals



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Lotions & Potions

- Face wash
- Facial moisturizers
- Body soap
- Body moisturizers
- Hand soap
- Sunscreens
- Anti-perspirants
- Shaving cream

Hair Products

- Shampoo
- Conditioner
- Hair dye

Cosmetics

- Foundation
- Blush
- Eye shadow
- Mascara
- Eye liner
- Lipstick
- Lip gloss

Dental Products

- Toothpaste
- Mouthwash

Feminine Protection