

MONTH 1

EMPTYING YOUR TOXIC GLASS

LIFESTYLE CHANGES

Month 1 of our program focuses on how you can reduce your toxic load by making changes to the daily products you use both inside and outside your home and improving the quality of food you eat.

Do not get overwhelmed, as this may seem to be a lot of changes to make at once.

Go at a comfortable pace for you and your family, keeping in mind the intention is to make a healthier environment for you and those you love.

LET'S TAKE A LOOK!!

- HEALTH AND BEAUTY
-
- BEDDING
-
- HOUSEHOLD CLEANING
-
- EMF EXPOSURE
-
- PESTICIDES
-
- WATER FILTRATION
-
- FOOD QUALITY



HEALTH AND BEAUTY PRODUCTS

Many beauty and cosmetic products that we use on our skin every day contain harmful chemicals and additional hormones that you may not be aware of!

Most "natural" products will say things like "free of xyz" on the label, but its also good to read through the ingredient list. Key ingredients to watch out for: parabens, phlathes, EDTA, petroleum based ingredients, and Sodium Lauryl/Laureth Sulfate.

PRODUCTS TO CONSIDER:

Dr. Hauschka Cosmetics

Available at Whole Foods or
<https://www.dr.hauschka.com>

Dr. Bronner's

A great soap for shaving. Dilute it by 1/2 before using. Available from health food stores or website.

Flouride Free Toothpaste

Tom's of Maine
Tom's of Maine Sensitive
Theodent (cavity prone)



Beauty Counter

<https://www.beautycounter.com>

Real Purity

100% Natural
www.realpurity.com

Aveda Hair Salons

Natural hair coloring
<https://www.aveda.com/locations>

Arbonne

www.arbonne.com
Paraben, petroleum, dye and sulfate free beauty products and supplements

BEDDING

Many of us are not aware of the toxic mold and dust mites that we sleep on every night. It contributes to allergies, poor sleep, frequent colds and inflammation.

Here are the steps to a dust mite and mold free sleeping experience:

1. Get rid of your old pillows.
2. Purchase a organic cotton pillow with fiberfill inside pillow Allerease Natural Pillow (Target \$15). Down pillows are not recommended due to allergies and washability.
3. For any of the following items that we recommend you purchase: Wash them three times before using. Use non-toxic detergent along with oxyclean if you like (DO NOT USE BLEACH).
4. Wash the pillow every 4-6 weeks to kill the mold and dust mites and remove any body oils that build up.
5. Put an organic dust mite mattress cover on your mattress. The zip entirely around the mattress.
6. Put an organic mattress pad on top of your mattress cover. This should be washed every month.
7. Put organic dust mite pillow covers on your pillows. These should be washed every week
8. Wash your sheets and pillowcases weekly in hot water.
9. Consider a new mattress. Saatva brand (<http://www.saatvamattress.com>). Organic cotton top with low toxic foam core.

HOUSEHOLD CLEANING

Many household products we use every day contain toxic chemicals that either end up on our skin or inhaled into our lungs. A crucial part of the detox process is eliminating or limiting your exposure to these chemicals.

PRODUCTS TO CONSIDER:

7TH GENERATION

Great cleaning supplies and laundry detergent. Sold at Publix, Target, Amazon.

MRS. MEYERS

Cleaning supplies and laundry detergent. Sold at Publix, Target, Amazon.

METHOD

Another great brand for cleaning supplies and laundry detergent. Sold at Publix, Target, Amazon

THE HONEST COMPANY

Cleaning supplies delivered to your door monthly:
www.honest.com



EMF EXPOSURE

DANGERS OF EMF EXPOSURE

In today's world, we are constantly exposed to Electromagnetic Radiation (EMF) via cell phone usage, wi-fi, computers and electrical appliances. Research shows that EMF is detrimental to human health on a cellular and DNA level. Children are particularly susceptible due to their small size and rapidly growing brains.

Common symptoms of EMF overexposure include :
Headaches, Chronic Colds & Flus, Digestive Disorders, Sleep Disturbances, Depression/Anxiety, Fatigue, Memory Loss/Brainfog and Dizziness.

We can help!

We offer the following devices to help with your EMF protection:

Cell phone shields

Personal body shields

Home harmonizer plugs

Large Device shields

Pendants



PESTICIDES AND WATER FILTRATION

What we spray in and around our house, as well as what is sprayed on the food we consume effects us on a cellular level.

If you would like your home treated with natural lawn care companies please consider contacting:

LAWN DOCTOR
407-674-6863

Gorilla Organic Pest Control
407-674-9369

It is also recommended that we limit the amount of chlorine and flouride that is in our drinking water and what we bathe in.

Recommended water filters:

PUR
BIG BERKEY
<https://amzn.to/2KdVI4d>

Entire house water filtration:
Aquapure Water Solutions
(o) 941-366-3020
Luke Trombley
(c) 352-586-1188



THE DIRTY DOZEN AND MORE!!

Based on the analysis report generated by the U.S. Department of Agriculture, the following foods have the most pesticide residue and should be bought organic if possible:

Alternatively, the following fifteen produce items have the least amount of residue, which gives them the name the "Clean 15":

Strawberries

Spinach

Nectarines

Apples

Peaches

Celery

Grapes

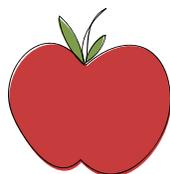
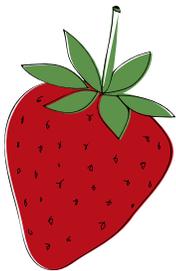
Pears

Cherries

Tomatoes

Sweet bell peppers

Potatoes



Sweet corn

Avocados

Pineapples

Cabbage

Onions

Frozen sweet peas

Papayas

Asparagus

Mangoes

Eggplant

Honeydew

Kiwifruit

Cantaloupe

Cauliflower

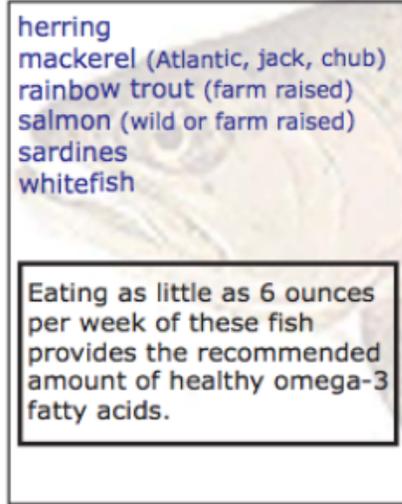
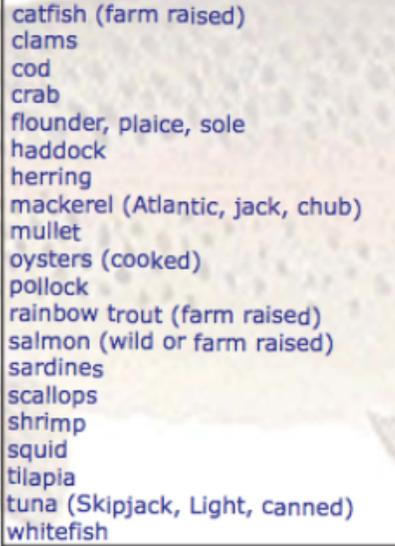
Grapefruit



MORE ABOUT FOOD...

FISH, POULTRY, MEAT, EGGS

Eat as much Wild Caught Fish and Free Range Poultry as you would like. Buy Red Meat that has been grass fed and organic. Buy cage free eggs. Keep the fish to the smaller size (haddock and below). Large fish should not be ingested more than 1x/wk due to heavy metals. Eat “wild” and not “farmed” fish.

Best Choices Lowest in Mercury & Highest in Healthy Fats	Lowest Mercury 12 ounces per week
 <ul style="list-style-type: none">herringmackerel (Atlantic, jack, chub)rainbow trout (farm raised)salmon (wild or farm raised)sardineswhitefish <div data-bbox="461 1171 837 1352" style="border: 1px solid black; padding: 5px;"><p>Eating as little as 6 ounces per week of these fish provides the recommended amount of healthy omega-3 fatty acids.</p></div>	 <ul style="list-style-type: none">catfish (farm raised)clamscodcrabflounder, plaice, solehaddockherringmackerel (Atlantic, jack, chub)mulletoysters (cooked)pollockrainbow trout (farm raised)salmon (wild or farm raised)sardinesscallopsshrimpsquidtilapiatuna (Skipjack, Light, canned)whitefish
Moderate Mercury 4 ounces per week	High Mercury / PCB* Do Not Eat
 <ul style="list-style-type: none">bass (saltwater, black)buffalo fishcarpfreshwater perchgrouperhalibutlobster(northern, Maine, Atlantic)mahi mahi (Dolphin-fish)Pompano (Florida)sablefishsea trout (weakfish)snapperSpanish mackerel (S. Atlantic)tilefish (Atlantic)tuna (Albacore, Yellowfin, White, canned)white croaker (Pacific)	 <ul style="list-style-type: none">bass (striped)*bluefish*Chilean sea bassgolden snapperjack (Amberjack, Crevalle)king mackerelmarlinorange roughysharkSpanish mackerel (Gulf of Mexico)swordfishtilefish (Gulf of Mexico)tuna (all fresh or frozen)walleye (Great Lakes) <p data-bbox="889 2003 1235 2053">*PCB (polychlorinated biphenyls) are higher in these species</p>

FOOD DELIVERY SERVICES

RECOMMENDED MONTHLY FOOD SUBSCRIPTIONS

Some patients find it easiest to order monthly subscriptions of organic foods and grass fed or safe catch meats and fish that are delivered to your front door. If this is something that you would be interested in, we would recommend checking out the following:

BUTCHER BOX

Grass fed and organic meat
delivery
www.butcherbox.com

VITAL CHOICE

Wild seafood and organic
fare
www.vitalchoice.com

SAFE CATCH

If tuna is a must for you, please
buy from this brand, known to
have the lowest mercury of any
brand.
www.safecatch.com

SUN BASKET

Organic meal delivery
service delivered weekly.
www.sunbasket.com

GREEN CHEF

USDA certified organic meal
ingredient delivery service that has
gluten free, paleo, vegan, vegetarian
options.
www.greenchef.com



A NOTE ON PEANUTS

We advise our patients to steer clear of peanuts for a few reasons: the fact that they're legumes, rather than actual nuts; the potentially dangerous "anti-nutrient" lectins found in them; and their prominent spot in the upper echelons of the "Most Common Food Allergens" list.

But there's another reason to steer clear of peanuts. Peanuts, along with a couple other crops like corn and cereals, are especially susceptible to a mold that produces a mycotoxin called aflatoxin. Aflatoxin is a carcinogen that has been shown to cause liver cancer in rats (and, presumably, in humans).

Read more: <http://www.marksdailyapple.com/aflatoxins-or-another-reason-to-shun-peanuts/#ixzz4BgcAntlU>

