

Your Toxic Load

Tips for reducing your everyday toxin exposure

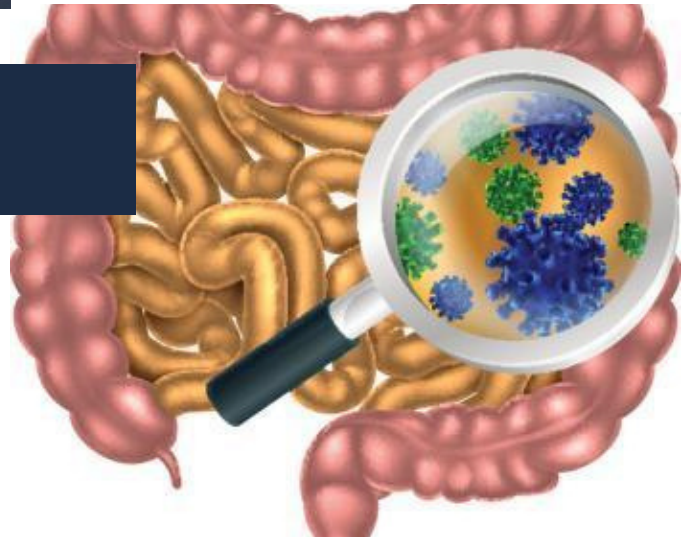


DID YOU KNOW

Man-made toxic chemicals are everywhere in our daily lives and they harm our microbiome. Gut-damaging toxins are in our food, the air we breathe, the water we drink and many products that we use.

WHAT TO DO

Look after your microbiome by not 'killing the good guys' with avoidable toxins. The following tips will help you to get started. Making small changes consistently over time will reap huge, long-term benefits.



We ingest many toxins through our diets alone - residues of pesticides, fungicides, herbicides, artificial fertilizers, antibiotics, and chemical additives such as artificial colours, flavours, and sweeteners. Start by reading labels and choosing whole, organic foods over packaged and processed.



WHERE TO START

Start with your personal care products! It's said that the average woman will apply 180 chemicals to her body each morning! Men use an average of 85. Hair products, lotions, oral care and cosmetics can be especially harmful to the microbes in your gut.

HOME CLEANING

Using only natural home cleaning and laundry products will reduce your exposure in a big way. Upgrade with healthy swaps ie bleach and Lysol for vinegar-based solutions.



PLASTICS

BPAs are not just in our water bottles...they luke in food packaging plastics, food can liners, children's toys, detergents, and fabrics.



AIR FRESHENERS

Many air fresheners and scented candles are packed with chemicals such as phthalates, paraffin, and terpene. This includes scented laundry soaps and dryer sheets! Avoid fragrances unless you're sure they are clean and organic.

LAUNDRY

Highly scented laundry detergents and fabric softeners/dryer sheets are not only hard on the environment, they are loaded with chemicals that harm not only our skin, but build up over time in our bodies. Purchase clean or opt for simple homemade laundry detergents. A Google search will provide many 'recipes'.



ADD IN THE GOOD



Adding a few superfoods to your diet will help your body naturally rid itself of toxins and are a great addition to any health routine. Cilantro, garlic, wild blueberries, lemon water and a couple of heavy hitters.. spirulina and chlorella.

Reducing Your Toxic Load

Shop from our approved vendor list

Pep Soap

Minimalist Natural Soap with Essential Oils No synthetic Fragrances. No petro-chemicals. The creator of Pep Soap has offered you \$10 to shop on pepsoap.com Use the code "EatForLiving" at checkout.

Fulfill Shoppe

Fullfill Shoppe carries several home cleaning products as well as personal care AND they deliver. <https://www.fulfillshoppe.com/>

Nezza Naturals

Nezza Naturals Everything you could need from cleaning products to laundry supplies to cosmetics and skin health. Located in Victoria BC and free shipping over \$100 <https://nezzanaturals.com/>

La Vigne Natural Skin Care

A local company to Coquitlam La Vigne carries a line of healing skin care and products that are truly lovely. lavignenaturals.com/

Shop from our list of local vendors that pride themselves on providing 'clean' products with a high standard for the ingredients they choose.

Note: I am not an affiliate with any of these vendors

