



LOW TOX LIVING



DETOXIFICATION: THE ESSENTIAL CYCLE OF CLEARANCE

We are exposed to toxins as part of our everyday life. They can come from food, water, air, cosmetics, cleaning products, cookwear, plastics, medications, workplace exposure, and the list goes on. They can be inhaled, ingested, or absorbed.

Sounds scary right? But the good news is, the process of detoxification is happening within every cell of our body, at every moment. It is an essential cycle of clearance where our body takes substances that, in excess, have the potential to be harmful, and changes or eliminates them.

We can liken our detoxification capacity to a bucket, sitting under a dripping tap reflective of our toxin

exposure. At some stages in life the tap will drip slowly, whereas at other times it will pour. We need to ensure our bucket is regularly emptied so it doesn't overflow.

Where can we reduce the burden?

By reducing toxin input and supporting our innate capacity to detoxify, we can provide space and allow the body to do what it needs to do, with greater ease. Completely avoiding toxins is not possible, however some simple swaps and habit changes can vastly reduce your toxin exposure and improve your overall health.



IMPACTS ON HORMONES

DAY-TO-DAY CONTRIBUTING FACTORS

Environmental chemicals

In our modern lives we can be exposed to countless numbers of undesirable chemicals found in many products such as plastic bottles, food storage containers, the lining of metal food cans, detergents, flame retardants, highly processed foods, cosmetics and pesticides.

To best support optimal health, it is ideal to reduce our daily accumulated exposure to certain chemical compounds wherever possible. Some of these include:



Bisphenol A (BPA)

used to make polycarbonate plastics and epoxy resins; these can be found in many plastic products including food storage containers and shopping receipts.



Polychlorinated biphenyls (PCB)

found in old fluorescent light fittings and electrical appliances, heat transfer fluids, lubricants, and plasticisers.



Dioxins

produced as a byproduct of herbicide production and paper bleaching.



Phthalates

used to make plastics more flexible. These can be found in some deodorants, perfumes, makeup, shampoo and conditioners, soap, moisturisers, hair products, shaving foams, toothpastes, food packaging and children's toys.



Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS)

found in some non-stick cookware, paper, and textile coatings.



Polybrominated diphenyl ethers (PBDE)

used to make flame retardants for household products such as furniture and carpets.

It is always wise to do your own research and read the ingredient panel for household products before purchasing– information is power! Some purchasing decisions are easier than others. For example, choosing reusable glass bottles and food storage containers instead of BPA containing plastic bottles and containers is an easy change to adopt – and it's better for the environment!

Of course, there may be times when we are not able to avoid exposure to certain chemicals and on such occasions, it is important to always follow safety instructions associated with a product's use or chat to your healthcare practitioner for possible safe options.

HOUSEHOLD CLEAN UP

HOW DO YOU AVOID THESE SNEAKY COMPOUNDS?

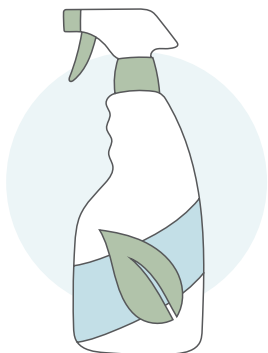
We know this sounds overwhelming, but please don't fret, you don't have to throw your whole house out! Start with the easy stuff and replace items one or two at a time:

Cleaning products

You don't need a chemical filled product for every cleaning job, our low-tox cleaning recipe will cover kitchen, bathroom, loo, floors and mirrors! It can also be used as a laundry stain remover soak and dishwasher liquid. You can thank us for the savings later!

TIP

Bicarb, white vinegar and castile soap are the base ingredients for most low-tox cleaning recipes



DIY cleaning spray

In a reusable glass spray bottle:

1. Fill half the bottle with white vinegar
2. Fill $\frac{1}{4}$ of the bottle with castile soap
3. Add filtered water until almost full
4. Add 10 drops each of tea tree, lemon and eucalyptus essential oils
5. Give the bottle a good shake before each use

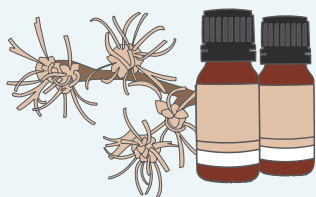
A great benefit of making DIY products at home is being able to tailor them specifically to your tastes, you can add a few drops of your favorite essential oils to enhance the scent to your own liking.

Fragranced products

- Ditch all synthetic fragranced products. This includes most scented candles, plug-in room sprays, reed diffusers, incense, air freshener, toilet spray and cheap essential oils.
- Don't panic! You can still have a lovely smelling house, you just need to be more selective about the products you purchase.
- You get what you pay for in essential oil land. The cheap ones available in the supermarket and department stores are often synthetic 'fragrance' or diluted with chemical compounds such as surfactants as a cheap way to fill the bottle.
- We recommend good quality essential oils purchased from reputable brands that have been third party tested.
- Electronic oil diffusers use water to diffuse a fine mist of water and oils into the air. They use cold water and most have an automatic switch off mechanism if they tip over, handy for houses with little wandering hands. They are also much safer and less toxic than the oil tea light and wax melts – heating essential oils changes the molecular structure by oxidation, this turns even pure essential oils toxic when inhaled.

Fresh air

- Open windows in the home everyday to encourage air flow.
- Dehumidifiers and HEPA air purifiers are lovely gadgets to have if finances allow.
- House plants are not only pretty, but they can also help to oxygenate the air inside your home while filtering out carbon dioxide.
- Clean and service air conditioning and heating units each year.
- Use a doormat and leave shoes at the door – house dust often tests positive to phthalates and mould spores.



DIY room & loo spray

In a reusable glass spray bottle:

1. Fill $\frac{3}{4}$ with filtered water
2. Add 20ml of witch hazel and 10 drops of your preferred essential oils

BODY



Body products

We could write a whole book just on this one! The skin is our body's biggest organ and acts like a big sponge, soaking up whatever we slap onto it.

Research low-tox skin care & make up brands

There are some good options available in the supermarket or pop into your local health food store and ask the staff for their top 3 product recommendations. Over time, as you run out of your usual item, replace it with the low-tox version.

Menstrual products

Look for organic brands and consider silicon menstrual cups, period undies or organic reusable pads.

Look out for 'greenwashing'

Be mindful of clever marketing, products may appear clean and green, however when you take a closer look, the ingredients may tell a different story.

Learn how to read labels

Did you know that manufacturers can label an ingredient as 'fragrance' without having to disclose the exact ingredients of that fragrance? Look for products that are scented with essential oils and avoid products labeled with 'fragrance'. Another note on reading ingredients lists carefully, only one ingredient in a product needs to be certified organic for the whole product to be called 'certified organic'. Always read the labels, friends!

Washing powder & dishwashing liquid/powder

Washing powder residue sits directly on your skin in the fibres of your clothes. We unknowingly ingest dishwashing liquid/powder from whatever we eat from or cook with. It makes sense that these products need an overhaul too.

TIP

Handy to have: organic castile soap, lanolin, organic carrier oils such as almond oil, jojoba oil, macadamia oil, rosehip oil and shea butter.

FOOD



Packaging + storage

- Avoid plastic when it comes to cooking, storing and packaging food.
- Purchase fresh food without plastic packaging where possible. If purchasing a product wrapped in plastic, transfer to glass jar or container for storage.
- Avoid canned foods lined with plastic.
- Pick up a few glass food storage containers from your fave low-cost department store or op shop each time you go in. The glass containers often have plastic lids, so ensure food is cold before putting the lid on and no food is touching the lid.
- Other food storage options include – glass jars, stainless steel, beeswax and paper food wraps.
- If your only food storage option is plastic – wrap the food in paper or beeswax before placing in the container.
- Glass or stainless steel drink bottles.

Preparation

- Remove frozen meals and ‘cook in the packet’ products (rice, quinoa) from the packet and put into a bowl before heating in the microwave.
- Avoid microwave popcorn, purchase the kernels and cook in a large pot on the stove.
- Ideally throw your microwave out! Use the stovetop and oven to reheat food where possible.
- No heating with plastic wrap, this will quickly leach BPA into food. Use a glass lid or leave uncovered.

Cooking utensils

- Opt for wood, stainless steel and silicon.
- Steer clear of non-stick pans, invest in some good quality cast iron or stainless-steel pans.

LIVING IN THE MODERN WORLD...

Living in the modern world, we are frequently exposed to radiation and electromagnetic fields (EMFs). Human exposure to EMFs comes from many sources, such as power lines, plane travel, computers, tablets, televisions, bluetooth devices, LED and fluorescent lighting, microwaves, radios, and mobile phones.

Here are some easy strategies to implement that may help to offset EMF exposure (because let's face it, we are not going to run away and live in a cave in the Himalaya's!):





Keep laptops on a desk and not in your lap.



Switch phone to airplane mode overnight and when you don't wish to be disturbed.



Turn Wi-Fi and modem off overnight.



Fill your house with plants.



Keep your phone out of your front pocket. Ideally, keep it in your bag and away from your body.



Use the trusty old, corded headphones.



Turn home bluetooth devices off, not just to 'sleep' mode when not in use (speakers, laptop, screens, printer, gaming devices, headsets)



Adequate hydration and mineral status – we humans are electrical beings ourselves. Hydration levels allow the electrical conductivity to flow rather than getting 'stuck'. Minerals are not called 'electrolytes' for nothing you know!



Plane travel is a big blast of radiation. If plane travel can't be avoided:

- Skip the booze and in-flight snacks.
- BYO refillable water bottle and protein and antioxidant rich snacks – *dark chocolate, homemade trail mix (sunflower seeds, pepitas, dried goji or blueberries, macadamia nuts with a sprinkle of good quality salt), hummus and vegetable sticks, dates filled with cashew butter.*

We are not able to remove all radiation and EMF exposure, however reducing the levels you are exposed to each day gives your body regular breaks.

MOULD

The cause of mould is moisture.

Have your home, car or workplace ever been water damaged? Do you live in a humid environment, dry your clothes inside the house, run heating without any windows open? Do your clothes or home have a musty smell?

The following are some simple ways to reduce the risk of mould in your home:



Run the air conditioner on 'Dry' setting during humid seasons. Make sure to have your air conditioner and heating units serviced every 12 months.



Dark spaces combined with warm, moist air is a perfect environment for mould growth. Keep the air flowing – ceiling fans, open windows on clear and low humidity days, leave wardrobe and linen press cupboard doors ajar.



Keep furniture away from the wall, it needs airflow space.



Keep windows and doors closed on high humidity days and when raining; humidity often reaches 90%+ when it rains. Keeping the windows closed and air conditioner running on 'Dry' mode stops more moisture entering your home.



Use an exhaust fan or open a window when in the shower and running the clothes dryer.



Vacuum and wet dust with a microfibre cloth a few times per week.



As mentioned previously, HEPA air purifiers and dehumidifiers are excellent gadgets to support clean air quality if finances allow.

TIP

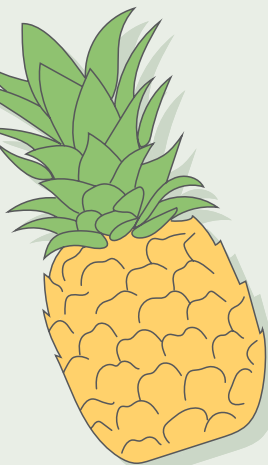


Reducing mould spores

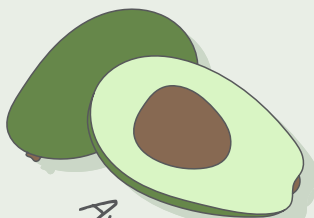
- **Sunshine:** line dry clothing, bedding and soft furnishings.
- **White vinegar:** the hero ingredient in your new DIY cleaning spray, you can also add it to the fabric softener compartment in the washing machine.
- Clove, lemon and tea tree **essential oils**.

CLEAN 15

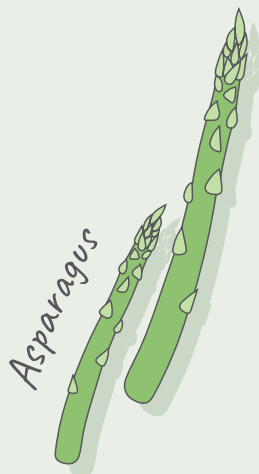
The cleanest produce has an outer peel, skin, husk, or layer that is removed prior to eating and purchasing organic is not as important.



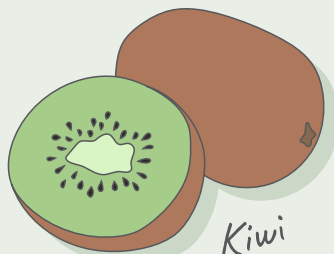
Pineapple



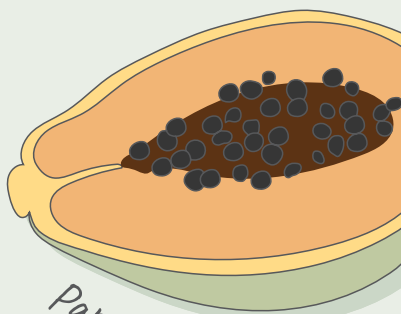
Avocados



Asparagus



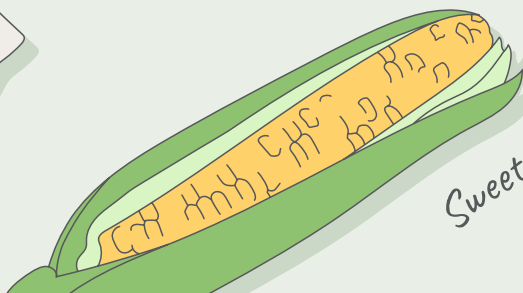
Kiwi



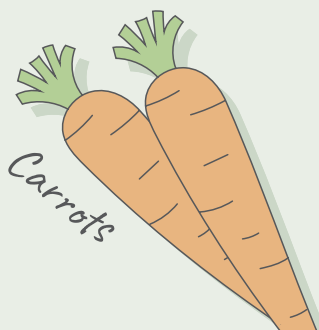
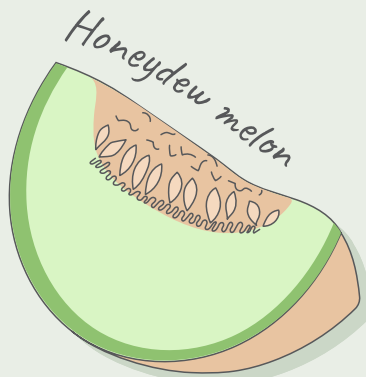
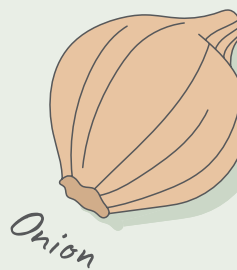
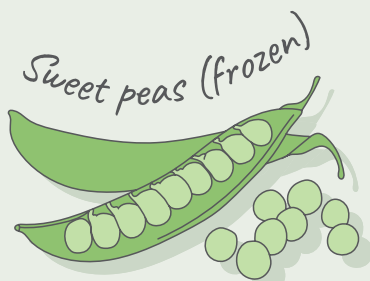
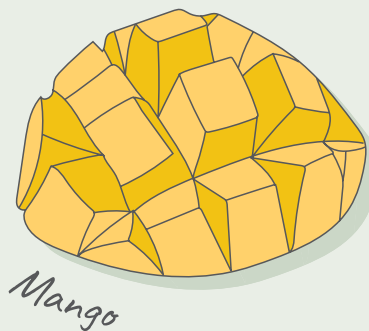
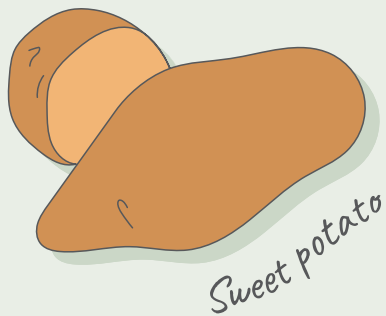
Papaya



Mushrooms



Sweet corn



THE DIRTY DOZEN

The dirty dozen list is a list of the fruits and vegetables that are traditionally most heavily sprayed with pesticides.

Purchase organic varieties where possible:



Strawberries



Spinach



Kale, collard + mustard greens



Blueberries



Peach



Green beans



Bell + hot peppers



Pears



Cherries



Apples



Nectarines



Grapes

SHOPPING LIST

The Basics

HOUSE

- ✓ Bi-carb soda
- ✓ White vinegar
- ✓ Castile Soap

FOOD

- ✓ Organic where possible
- ✓ Avocado
- ✓ Green leafys – spinach, mixed lettuce, silverbeet, rocket
- ✓ Organic fresh or frozen mixed berries
- ✓ Organic oils - olive oil, coconut oil
- ✓ Nuts and seeds - Brazil nuts, pepitas, sunflower seeds, sesame seeds



glow

The naturopaths way

Your next appointment is:

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