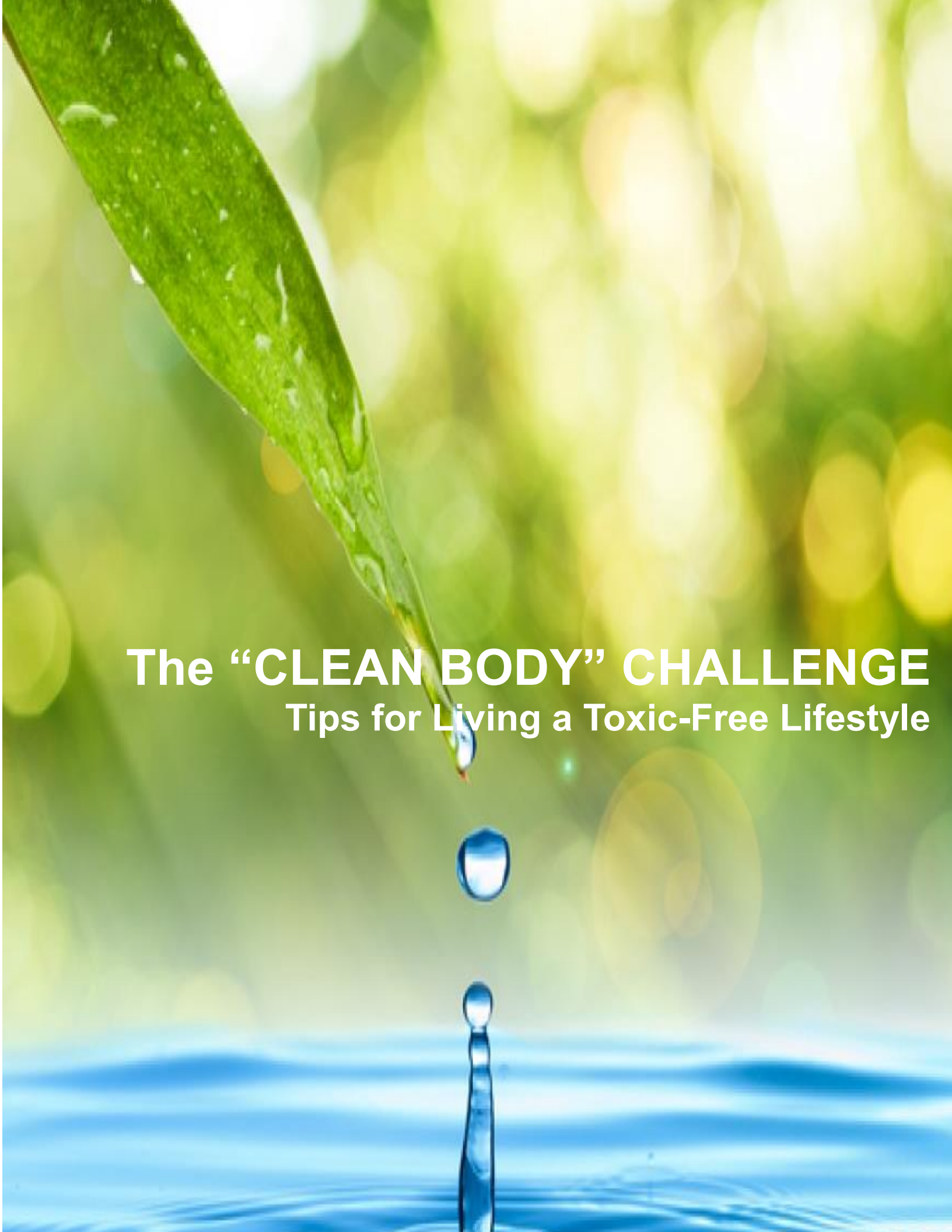

The “CLEAN BODY” CHALLENGE

Tips for Living a Toxic-Free Lifestyle

Materials produced by Dare2BeStrong. Updated June 2018.

Information provided in this booklet is for informational purposes only. It's NOT intended as a substitute for the advice provided by your physician or other expert healthcare professional. Likewise, it is recommended that the reader consult his or her medical, health or other competent professional before adopting any of the suggestions in the booklet.

Pay it Forward. The way I got started is because some kind soul took time to answer a question, fix a problem or teach me a new concept. One good deed might not seem like much, but their generosity and kindness sparked me to become a better, stronger person. So, if you like what you read, please pass it onto someone else in need. Most of us are just looking for the first breadcrumb to follow. The difference a little information can make is phenomenal!

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Mary Kay's 30-Day "Clean Body" Challenge

I have a goal to be 90% clean…in my body, my home, my gym, and it's a work in progress. I've worked hard to banish chemicals, additives and GMOs from my diet and daily routine, but it's a constant struggle given the proliferation of "dirty" substances that fill stores, businesses and restaurants.

So, whenever I see some old bad habits sneaking their way into my diet, I take on the 30-day clean body challenge. Here are the basic rules:

YES LIST	NO LIST
• Eat organic food (If budget is a concern, at least avoid the EWG's Dirty Dozen) • Drink filtered water (aka without fluoride or chlorine) • Use Stainless Steel, Glass and Ceramic Containers for Food/Water (avoid plastic). (*Tip: Visit Life Without Plastic for a host of plastic-free items.)* • Use Non-Toxic Toiletries and Cosmetics (*Tip: Check out the EWG's Skin Deep Guide for a list of manufacturers.*) • Use Non-Toxic Cleaning Products. (*Tip: For safer products, refer to the EWG's Guide to Healthy Cleaning.)*	• No gluten • No dairy • No processed / packaged foods and foods made with monosodium glutamate • No corn • No genetically modified organisms (GMO) grains or oils made with GMOs (especially wheat, soy and corn) • No sugar…and artificial sweeteners (*Tip: use organic Stevia if need a little sweetness.*) • No caffeine • No alcohol • *Extra Credit: Eliminate or minimize exposure to hidden chemicals as described in this guide.*

Some find by eliminating dairy, their respiratory and skin problems disappear. Others who ban sugar start to lose belly fat. Whatever you do, you will be amazed at the increase in health and energy you feel when your body gets rid of toxins. Wellness is our natural state, and all the body needs is a little nudge to turn things around. So, get inspired and commit to being cleaner. Really…what do you have to lose?

Mary Kay

What You Need to Know About Toxins

Unknowingly, many people have lifestyles which contribute to the heavy toxic load they carry. Toxicity starts in the environment … in the air we breathe, the clothes and chemicals we put on our skin and in the plants/animals we consume on a daily basis. Additionally, many toxins are systemic, meaning they permeate the plant or animal and cannot be removed by simply washing them. The end result is accumulation of toxins in the body. Some interesting statistics:

- In the world today, there are over 80,000 chemicals produced … 3000 of which have been add to our food supply, and many of them cannot be metabolized properly by our bodies.
- Many studies of cadavers have proven that toxins are stored in fat.

Ideally, the body's systems keep it working at its proper homeostasis. However, the accumulation of toxins over time can overwhelm the body and prevent it from functioning normally. At first, the body will try alternate paths to regulate itself; but if the underlying toxicity is not addressed, the body with decline. For example:

- A bodily function asks the liver, kidneys and intestines to help discard excess toxins.
- When the liver/intestines become overloaded, they leach toxins back into the body …resulting in the creation of excess mucous or fat to protect the vital organs.
- If the toxic load is unaddressed, inflammation and/or dysfunction of unprotected cells develop in the body.
- Over time, unresolved inflammation/ dysfunction leads to hormone imbalances, auto-immune deficiencies, cancer and other disease.

In other words, whenever obesity, persistent illness or disease is present, we know that toxicity and the resulting body imbalances have existed for a while. Hence, reducing the toxic load is critical to losing fat and enabling the body to function properly.

Reducing the Toxic Load

Given the relationship of toxins to optimum health, it's no surprise that the first step involves reducing the amount of toxins we are exposed to everyday. There is no shortcut here. Everything we ingest … whether it is through the mouth, skin or lungs must be carefully scrutinized and potentially eliminated to enable the body the best chance of "re-balancing" and healing itself.

Toxins in Foods and Liquids

- **MINIMIZE Non-Organic Meats and Fruits/Vegetables** – If there's one change to implement right away, it's to eat organically grown foods and meats. Choosing otherwise means to ingest food that is laced with a cocktail of agrochemicals, antibiotics and synthetic hormones whose cumulative, long-term effect is not yet known.

  Having said that, eating organic can be pricey. So, when cost is a concern, consider buying in bulk at grocery wholesalers or creating your own organic garden. For help, refer to the EWG's Shopper's Guide to get familiar with the Dirty Dozen and Clean Fifteen produce items. Also, check out the Eat Well Guide to find an online directory of businesses that grow or sell organic resources near you.

- **MINIMIZE Non-Organic Dairy Products** – Unfortunately, many cows are ingesting toxins through the grains they are fed, which are then passed onto humans. The only way to avoid ingesting pesticides, herbicides and synthetic hormones is by eating dairy products made from organic, grass fed cows (aka cows that feed on natural grass pastures with no chemical fertilizers or herbicides and are not administered antibiotics).

- **MINIMIZE Farm Raised Fish** – It's important to understand that ALL farm-raised fish – not just salmon are fed a concoction of vitamins, antibiotics and other compounds such as toxic copper sulfate, which is used to keep nets free of algae. In fact, studies have consistently found levels of PCBs, dioxins, toxaphene and dieldrin as well as mercury, to be higher in farm-raised fish than wild fish.

  A safer alternative is to locate a clean source of wild fish (or clean source of farm raised fish) that's low in toxins and mercury such as wild salmon from Alaska. Retail stores like CostCo and Trade Joe's carry high quality brands of wild fish. Another option is to select smaller fish with short lifecycles (e.g., sardines, anchovies, herring, etc.) as bioaccumulation of toxins is reduced as smaller fish don't feed on other larger contaminated fish.

  Also, if you eat out and aren't sure of the source of fish, consider consuming chlorella tablets with meals. Chlorella is a potent mercury binder and (if taken with fish) will help bind the mercury before you are able to absorb it … so it can be excreted in the stool.

- **AVOID Genetically Modified Organisms (GMO) Foods** (e.g., foods

that have been engineered in a lab) – The basic problem with GMOs is they require massive amounts of pesticides, herbicides and fungicides which then leach into the plant and are consumed by humans and animals.

Also, there is a lot of anecdotal data that indicates that something is changing the bacterium and disrupting the immune cells along the intestinal lining (after eating GMO foods) which is causing more inflammation and illness in the human body. Hence, top GMO foods that should be avoided include: sugar beet, potato, corn, tomato, squash, rice, soybean, canola bean (and canola oil), cotton seed (and cotton oil), wheat and genetically engineered salmon.

- **MINIMIZE Wheat and Gluten**. Ancient wheat (before GMOs) contained a very small number of gluten proteins. The new, genetically modified wheat, however, contains 28 or twice as many gluten proteins. Some trigger celiac disease, while others break up the junctions between the intestinal cells allowing toxins to cross the gut barrier and interact with the immune system. (*This is commonly referred to as "leaky gut" syndrome.*)

  If particles come into contact with the immune system, it can trigger inflammation in the body which can in turn trigger other conditions including insulin resistance, auto-immune disorders, irritable bowel, acid reflux, depression, allergies, asthma, heart disease, cancer, diabetes, weight gain … and the list goes on. Bottom line: Even if you don't have celiac disease … but have other ailments, you could be suffering from the effects of consuming too much gluten.

- **MINIMIZE Soy** – Soy is a hotly debated topic. Some say it's a great source of plant protein, while others caution its use as 99% of soy is genetically modified and among the highest in pesticide contamination. Well, besides its high pesticide content, soy also contains 1) large amounts of phytoestrogens which for some, elevate estrogen levels leading to reproductive problems, sexual dysfunction in men and women as well as encourages the growth of all cells including cancer, 2) goitrogens which depress thyroid function and 3) high levels of phytic acid which block the uptake of essential minerals like calcium, magnesium, copper, iron and zinc. So, at a minimum choose non-GMO soy or consider removing it altogether if you think it could be contributing to hormone imbalances.

- **MINIMIZE Raw Peanuts** – Separate from those who have peanut allergies, be careful of eating too many raw peanuts. Because these nuts are grown underground, they can be contaminated with a mold that produces a natural toxin, aflatoxin, known to cause liver damage and cancer in animals.

- **MINIMIZE Almonds Grown in the US** – Today, the USDA requires all raw almonds to be sanitized using a treatment it describes as "pasteurization." This was implemented as a result of 2 documented Salmonella outbreaks. To be more specific, the federal law requires all US-grown almonds to be sprayed with a toxic fumigant or treated with high-temperature heat, and the treated almonds can still be deceptively labeled as "raw." So, to be safe, look for raw, organic almonds grown outside of the US.

- **AVOID White Flour and Processed Foods** (e.g., breads, cakes, cookies, pasta, gravies, cream-based soups,

frozen dinners, frozen pizzas, etc.) – Foods made with white flour are associated with spikes in insulin production which causes weight gain and increases the risk of diabetes. Processed foods also contain sugar, salt and a laundry list of man-made ingredients similar to those found in a can of paint (and there are over 6000 of them!!) So, forget about what the nutrition count is on the label. Better to say "no" to chemicals.

- **MINIMIZE Gluten-Free Products** – The global gluten-free product market is projected to reach a value of $15 billion by 2016. The leading factor behind this growth is the perception that these products are "healthier" than other conventional, processed foods.

  Gluten-free, however, does not automatically mean "low calorie" or "healthy." Yes, certain types of grains are naturally gluten free (aka non-GMO rice and corn as well as buckwheat, millet, sorghum, flax and amaranth), and they are also good sources of carbohydrate. Processed foods made with gluten-free flours and starches, however, are also full of sugars and extra ingredients to make up for taste and texture. Bottom line … choose gluten-free whole grains (in their raw form) as much as possible.

- **AVOID Sugar (e.g., White Sugar, High Fructose Corn Syrup) and Products Made With Sugar** (e.g., juice, soft drinks, processed foods, candy, ketchup, barbecue sauce, etc.) - Anyone who says that all sugar is the same is way behind the times. According to Dr. Robert Lustig, the liver metabolizes glucose very differently than fructose (aka fruit). Specifically, when you eat 120 calories of glucose, **<1 calorie is stored as fat versus when you eat 120 of fructose, 40 calories are stored as fat.** Why? Every cell in the body, including the brain, utilizes glucose. Therefore, much of it is "burned up" immediately after you consume it.

  Hence, Dr. Lustig cautions people from eating too much fructose (aka fruit) and foods that combine fructose and glucose together (aka pasta, whole grains, sugars – all forms) as they *accelerate* fructose consumption and fat formation. Instead, he recommends avoiding pasta and whole grains (especially if you are insulin resistant) and **limiting fructose consumption to 15 grams per day**.

- **AVOID Artificial Sweeteners** (e.g., Aspartame, Splenda, Saccharin, Truvia, etc.) – While attractive because they add no calories to food, artificial sweeteners are essentially toxic to the body because they contain a harmful mix of chemicals including methanol (wood alcohol) which converts into formaldehyde, a known carcinogenic agent. Furthermore, there have been numerous studies indicating that artificial sweeteners worsen insulin sensitivity to a greater degree than sugar. Instead, switch to all-natural sugar substitutes such as Stevia from the whole plant, Lo Han Guo.

- **AVOID Glutamates** (aka MSG) – MSG is a flavor enhancer commonly added to Chinese food, canned vegetables, soups and processed meats. While there is no strong evidence that suggests the MSG is bad for you, the FDA has received a number of anecdotal reports that link a number of allergic reactions to the consumption of MSG. These reactions include headaches, sweating, nausea, vomiting, numbness and chest pain. Hence, the only way to prevent a reaction is to not consume it.

- **AVOID Foods With Artificial Food Additives, Colors and Preservatives** (e.g., processed meats, candy, cookies, etc.) – At present, there are over 4000 artificial flavors and preservatives added to food. Their sole purpose is to make food look better, taste good despite the fact they contain inferior raw products, and promote a long shelf life. The problem is that while these chemicals may mimic food, they are not. In fact, they have no nutritional value and cause a multitude of allergic reactions such as fatigue, mood swings, headaches, and nausea. Again, the only way to prevent a reaction is to not consume it.

- **AVOID Products Made With Trans Fats** (e.g., margarine, non-butter spreads, shortening, cake mixes, Bisquick, Ramen and Cup of Noodle soups, fast food, frozen food, commercial baked goods, chips and crackers, breakfast foods, cookies, candy and dips/toppings, etc.) – Trans fats (also called hydrogenated fats and oils) are man-made, processed fat that is "stiff" in its consistency like the fat found in a can of Cisco oil. Trans Fats pose a high risk of heart disease because they not only raise total cholesterol levels; they deplete the body of good cholesterol (HDL), which helps protect the heart against heart disease.

- **MINIMIZE Bad Salt** (aka Table Salt) – Processed table salt contains 97.5% sodium chloride and the rest is man-made chemicals, such as moisture absorbents and flow agents. These added chemicals however, like ferrocyanide and aluminosilicate, are extremely dangerous. (*Note: This is the type of salt that is added to processed foods, and the kind that should be avoided.*) A better option is to use naturally-evaporated sea salt as it contains trace minerals which aid blood circulation, strengthen the immune system and help prevent allergies.

- **MINIMIZE Alcohol** – While there are studies that indicate moderate consumption of alcohol has many health benefits, alcohol (especially in large doses) disrupts the body's delicate hormonal balance, promotes fat storage, decreases muscle growth and causes liver damage. Hence, if you like alcohol, try to limit your intake to 2 alcoholic beverages a week.

- **AVOID Plastic-Bottled Water (aka Exposure to BPA and Phthalates)** – Plastic is the container of choice for most bottled water, and it is the container of choice for food storage. Unfortunately, when you drink water or food stored in plastic, you are exposing yourself to 2 dangerous chemicals: Bisphenol A (BPA) and phthalates, both known endocrine-disrupting chemicals with a wide range of developmental, reproductive auto-immune and cancer-causing effects. BPA has also been found to reduce antioxidant reserves and enzymes that are critical for the liver to perform detoxification. Hence, the best container for water is glass or stainless steel.

- **AVOID Food in Cans Lined With BPA)** – Many people are not aware that the linings of many tin cans contain bisphenol-A (BPA). BPA is one of those sneaky chemicals that interacts with the body's hormones, particularly estrogen, causing it to change its DNA and function...resulting in cancer and diabetes. Dr. Frederick vom Saal, an endocrinologist at the University of Missouri who studies bisphenol-A says, "*Canned tomatoes are particularly dangerous. "You get 50 mcg of BPA per liter out of a tomato can, and that's a level that is going to impact people, particularly the young."*

Hence, Dr. vom Saal advises selecting food products packed in cartons or glass or choose manufacturers that don't line their cans with BPA. Some good brands to check out include Amys, Bionaturae, Eden Foods, Native Forest (Edward & Sons), Muir Glen, Trader Joe's Brand and Whole Foods Markets 365 brands.

- **MINIMIZE Tap Water With Fluoride and Chlorine** – Some tap water contains more than 80 "regulated" contaminants … things like arsenic, fluoride and chlorine. Chlorine, in particular, is recently coming under scrutiny because when it interacts with organic matter (such as found in tap water), disinfection byproducts (DBPs) form, and these DBPs are far more toxic than chlorine itself. In fact, DBPs are responsible for the vast majority of the toxic effects of chlorinated water such as increased cancer, asthma, skin irritation, respiratory issues and immune system breakdown. Safer alternatives to tap water are tapping into a clean, mineralized source of well water or installing an under-the-sink, reverse osmosis water filter system.

- **MINIMIZE Poor Quality Supplements** – The New York Times recently published an article that revealed that 4 out of 5 supplements tested did not contain the herb advertised on the label. Additionally, it may surprise you to learn that some supplements also contain gluten, corn, soy and MSG.

  To ensure you select a clean, high quality supplement, seek out an honest, high-integrity company with a genuine philosophy for people and their health needs. Also, look for supplements that are USDA organic and Non-GMO Project Verified like those made by: MyKind Organics, Garden of Life, and Healthy Healing. Thorne Research also makes many of these supplements and has a reputation for using clean, high quality raw materials in a highly absorbable form.

Toxins Added Through Food Preparation and Storage

Once you make the decision to start eating organic food, you'll find yourself spending more time choosing and preparing food. However, it can be pretty frustrating to learn that there are a number of products that we use to cook, bake, eat and store food with that actually add toxins into food. The good news is there are things you can avoid as well as many safer alternatives.

- **ALWAYS CLEAN Food** – Wash fruits and vegetables with gentle soap that doesn't contain scents or phosphates. If necessary, remove the outer layers of vegetables and chop off the tops of fruits to avoid pesticides that might drain into the stem area.

- **TRIM Meats** – Remove visible fat from cuts of meat, chicken and fish. Why? Just like humans, animals carry environmental toxins in their fat.

- **GRILL, BAKE or BROIL Meats and Vegetables** versus frying them in oil. If you cook with oil, seek oils that are "expeller pressed" or "cold pressed" made from non-GMO grains. (*Expeller or cold pressed means the oil was derived without using chemical solvents.*) Likewise, select oils that can withstand high heat … meaning they do not change their chemical properties and release toxins at high temperatures. The best high heat oils are organic avocado oil and virgin, organic coconut oil.

- **AVOID Teflon Pans** as they contain a chemical called polytetrafluroethylene

(PTEE) or perflurooctanoic acid (PFOA). Both are cancer causing agents that are released when heated. Safer alternatives are iron, stainless steel, porcelain-coated pans or glass pans.

- **MINIMIZE Use of Aluminum Cookware –** Aluminum is a soft, highly reactive metal that can migrate into food when heated. (*Aluminum toxicity has been linked to brain disorders as well as behavioral abnormalities.*) As a result, many companies are now switching from aluminum to Anodized aluminum (a treatment where the aluminum is dipped into a chemical bath to keep it from leaching into food). However, the anodization breaks down over time and leaches into food. Again, better cooking and baking choices are: glass, high quality 304 grade stainless steel, cast iron and ceramic cookware.

- **MINIMIZE Use of Plastic Containers** – Plastic has become an integrated fixture in our lives – from food containers and utensils to grocery bags, water bottles, self-care and home products, shower curtains and toys. The problem is that plastic contains BPA, phthalates and resin chemicals. Again, to be safe use stainless steel, glass and ceramic containers for food/water. (*Hint: Visit Life Without Plastic for a host of plastic-free items.)*

  If you can't live without your handy "to go" cup, most plastics are now required to have a resin code (e.g., a chasing arrow symbol found on the bottom of the product) to inform consumers of the resin materials used to manufacture it. So, look for items with codes: #1, #2, #4 and #5. They're considered safer plastics, and avoid plastics labeled #3, #6 and #7.

Toxins Absorbed Through the Skin

When it comes to house hold cleaners, gardening products … even personal toiletries, the consumer has little knowledge of the health hazards contained within any one product. As a general rule, if an ingredient was manufactured in a lab or if you can't pronounce it, it's likely toxic. And keep in mind that studies have shown that a chemical reaches the bloodstream within 30 seconds after it's absorbed through the skin.

Having said that, it can be overwhelming to worry about which ingredients are safe in every product. My advice is to think about the level of exposure you're getting from products you're using on a daily basis. For example, if you're using a lotion all over your body twice a day, you're getting a lot more toxic exposure to those chemicals than if you were to use the same ingredients in a shampoo that you quickly wash off. So be strategic – focus first on getting the best, most organic ingredients in products you have a lot of exposure to.

- **AVOID Toxic Toiletries** (aka hair dyes, perfumes, soaps, hair shampoos/conditioners, hair spray, deodorants, toothpaste, lotions, etc.) – Women, in particular, are routinely exposed to over 100 chemicals (aka parabens, sulphates, propylene glycol, phthalates, mineral oil, silicones, aluminum, etc.) during their 1-hour morning routine. But men are also susceptible to chemical exposure.

  Hence, it's recommended that both men and women replace their toiletries and/or make-up with safer brands. A word of warning thought. Don't be taken in by words such as Natural or Hypoallergenic on the packaging. You need to look for the Eco-Cert label, USDA Organic seal or for the platinum

label Certified Toxic Free seal. (*Hint: Check out the EWG's Skin Deep Guide for a list of less toxic manufacturers.*)

- **AVOID Toxic Make-up** – Under the current law, the FDA does not require cosmetic companies to conduct safety assessments on their products. This means that many harmful ingredients can be easily masked under confusing or deceptive titles like "fragrance," or worse, toxic materials are listed, plain and simple, but there are no warning messages to inform consumers of their potentially harmful effects including hormone disruption, reproductive problems and cancer. The 10 most toxic chemicals to avoid include:

  - Ptthtalates (often disguised as 'fragrance' in lip balms)
  - Lead (found in foundation and lip sticks)
  - Quaternium-15 (used in mascara, pressed powders and eye liners)
  - Polyethylene glycols or PEG Compounds (used to thicken and gelatinize cosmetics)
  - Butylated compounds (BHT, BHA) (used as a preservative)
  - Parabens (a preservative used in cosmetics, moisturizers, hair care products and shaving creams)
  - Ooctinoxate (found in foundation)
  - p-Phenylenediamine (found in black powders and eyeliners)
  - Carbon black) (also found in eyeliners)
  - Siloxanes (a make-up softener)

  Again, c*heck out the EWG's Skin Deep Guide for a list of safer cosmetic manufacturers.*)

- **AVOID Insect Repellant With DEET** – Although DEET (N,N-diethyl-3-methylbenzamide) has been touted as the greatest insect repellant on the market, there is anecdotal data going back to 1957 where children have suffered from encephalopathy and seizures after using DEET on their skin. Again, there are safer alternatives on the market. Products that contain an organic blend of neem oil, citronella oil and geraniol oil seem to have good results in repelling insects, and they're also good for the skin.

- **AVOID Toxic Household Cleaning Products** – The average household contains anywhere from 3 to 10 gallons of toxic materials, most of which are in cleaners. And unfortunately, no law requires manufacturers to list all ingredients on their labels or to test their products for safety. For safer products, refer to the EWG's Guide to Healthy Cleaning.)

- **AVOID Toxic Gardening Products** (e.g., bug sprays, fertilizers and weed killers) – Nowadays, more and more people are attempting to grow their own clean source of food. Hence, even those growing organic gardens need plant food and insect killer without the harmful residuals. As mentioned earlier, beware of glyphosate-based herbicides like Round-up and Rodeo. A great DIY resource of seed catalogs, fertilizers, "how to" videos and seasonal information for growing organic can be found at GrowOrganic.

- **REPLACE Silver Fillings –** Dental amalgams (aka silver fillings) are the primary source of mercury exposure in Americans today. Mercury is a potent neurotoxin that can damage the brain, central nervous system and kidneys … and of course, the more amalgams you have, the greater the risk of

experiencing health problems as a result. To minimize this risk, consider having all metal fillings and crowns replaced with composite, porcelain or compatible, glass-based polymer ones.

- **MINIMIZE Exposure to Electro-Magnetic Fields (EMFs) –** Our environment is full of a wide spectrum of electromagnetic radiation … from computers, mobile phones, radio and TV broadcasts, WiFi, Bluetooth and all of our electrical appliances. EMFs, however, cause a high number of positive electrons to build up reducing the body's ability to function or to recover from illness and injury.

  The only way to reduce the effects of EMFs is to have direct contact with the ground (aka bare feet on the grass or earth) or to use Earthing products (e.g., sheets, mats, wrist bands, etc.) These products infuse the body with negatively charged electrons to help return it to its normal electrical state. Even the Tour de France bike riders use them to improve sleep, reduce pain and improve tissue repair and recovery from fatigue.

Toxins Absorbed Through the Air

Pollution in the home is often 2 to 5 times higher than the outdoors, according to the EPA. Why? The air in your home contains pollen, mold, pet dander and ozone that leaches in from the outdoors. Considering we spend about 60% of our lives indoors, it's important to take steps to clean the air.

- **AVOID Smoking/Smokers** – The health ravages of smoking have been known for years, yet the habit persists. The main active ingredient of tobacco is nicotine, authoritatively described as one of the most toxic and addictive of all poisons. Yet nicotine is not the only toxic product of smoking. The tars produced by the burning process line the lungs and eventually cause emphysema and cancer. Any addiction is difficult to break. Like sugar though, this is one that should be at the top of your list to stop.

- **AVOID Non-Organic Air Fresheners and Candles –** Many air fresheners and scented candles contain nerve-deadening chemicals that coat your nasal passages and temporarily block your sense of smell. Some of the most offensive ingredients – volatile organic compounds (VOCs), benzene and formaldehyde – can cause headaches, nausea, aggravate asthma and have been linked to neurological damage and cancer. Start be opening windows to allow fresh air indoors, but if this is not sufficient, try investing in an air purifier with a HEPA filter.

- **MINIMIZE Dust Build-up** – While most of us dread the thought of cleaning and doing laundry, it's actually an important preventative measure from dust build up. In fact, if you suffer from sneezing fits, consider taking boxes and rugs outside to wipe them off. Also, wash any blankets or linens that have been stored in a pantry in hot water before you use them (same goes for winter to summer clothes and vis-a-versa).

- **CIRCULATE the Fresh Air** – Opening a window even when it's freezing outside sounds, well…cold (and costly). But sealing a house too tightly doesn't allow the entry of new oxygen or the escape of carbon dioxide that you exhale. As a result, your body doesn't get the amount of oxygen it needs leaving you feeling tired and lethargic. Most already open windows during the spring time to let in fresh air, but even cracking windows 1' during the winter time can also be beneficial.

Tips to Accelerate Detoxification

Once you consciously focus on removing toxins from your home and body, your body will naturally shift to heal and repair itself. Here are some easy ways to assist the cleansing processes while giving the body some extra nutrients.

- **Drink Plenty of Clean, Filtered Water** to flush out chemicals and hydrate the body

- **Add a Cleansing Cranberry Drink** (3x a day before meals) to assist with purification. Recipe:

  - 8 oz. of spring water
  - 2 oz or ¼ of glass of unsweetened cranberry juice. (*Cranberry juice supports normal kidney, bladder and urinary tract functions. It is very high in potassium and low in sodium. Since the liver and kidneys work together, they both need to be supported.*)
  - 1 tsp lemon juice. (*Lemon juice helps contract the liver (astringent)*).
  - ½ - 1 teaspoon of apple cider vinegar. (*Bragg's apple cider vinegar helps balance pH in the body, eliminate waste acids and provides potassium as well as fortifies the friendly bacteria in your intestines. It also helps reduce water retention through the normalization of acid and alkaline levels.*)
  - Stevia to sweeten

- **Eat Clean, Detoxifying Food –** Strive to eat 5 to 7 servings of colorful fruits and vegetables a day, particularly family of the cruciferous vegetables (broccoli, collards, kale, cabbage, brussels sprouts, kohlrabi, etc.) and the garlic family (garlic and onions) to help increase sulfur in the body…important for assisting the liver with its detoxification processes.

- **Juice it Up** – Most people have impaired digestion as a result of making less-than-optimal food choices over many years. This limits the body's ability to absorb all of the nutrients, chlorophyll and powerhouse of enzymes, vitamins and minerals from fruits and vegetables. By juicing them first, their "pre-digested" form is more readily absorbed by the body … and you get the added benefits of eating fresh fruits and vegetables in their raw form. *Note: If you are not convinced about the benefits of juicing, watch the documentary Fat, Sick and Nearly Dead. It's a story about a man who lost 100 pounds and regained his health by just juicing.*

- **Eliminate Properly –** Keep your bowels moving at least once a day. If you can't get going, try mixing 1 tablespoon of raw, organic coconut oil with 1 cup of hot water and drink it slowly.

- **Get Moving –** Exercise five days a week with focus on conditioning your cardiovascular system, muscle strengthening and stretching exercises. If you haven't exercised in a while, start with a 30-minute brisk walk.

- **Head to the Spa –** Get a massage to help loosen toxins stored in the body or hit the sauna to facilitate sweat production and toxin release through the skin at least 2-3x a week.

- **Take an Epsom Salt Bath.** In additional to dry brushing the skin with a loofa sponge before bathing, take a bath with 2 cups of Epsom salts and soak for 20 minutes. Epsom salts (mixed with medium-hot water) helps pull harmful toxins out of the body while allowing magnesium sulfate and sulfur to enter the body.

  Magnesium, in particular, supports over 325 enzyme actions in the body helping to reduce inflammation and pain and improve blood flow and oxygenation through the body. It opens the pores and stimulates the lymphatic system to transport and release toxins out of the body.

- **Learn to Say "No"** – The art of relaxing is all about saying "no" to non-critical tasks and using your core stress-relieve valves. A walk or hike in nature, writing, sleep, meditation, yoga, etc. are all good ways to balance the body's reactions to stress and get your nervous system in a state of calm.

Once the "unclogging" process starts, many people find they have to urinate frequently and/or experience withdraw symptoms such as headaches, flu like symptoms, aching in joints and muscles, fatigue, anxiety and/or skin disorders. Try not to over exert oneself … and don't' suppress detoxification symptoms with drugs as they may disrupt the healing process. Most times, these symptoms are short in duration…only lasting a few days to a few weeks. If symptoms persist however, be sure to consult a doctor.

Appendix A: Shopping Tips

Organic items are now a mainstay of many retail providers, but here is a list to get you started.

Shopping Guide	Suggested Retailers
Food • Protein/Dairy (Organic, Preferably Grass-fed) • Organic, Non-GMO Grains (e.g., (e.g., millet, quinoa, brown/wild rice, oats) • Fruits/Vegetables: ➢ Refer to EWG's Shopper's Guide to get familiar with the Dirty Dozen and Clean Fifteen produce items.) • Healthy Fats ➢ Butter from grass-fed cows (e.g., Kerrygold Irish Butter), olives, avocados, raw, organic nuts and seeds ➢ Organic walnut and extra virgin olive oils for marinades and dressings ➢ Organic coconut and avocado oils for cooking • Filtered Tap Water (preferably filtered through a reverse-osmosis system) • Organic Coffee and Teas • Sweet Leaf Stevia Sweetener (sugar substitute) • Seasoning: Sea Salt, Herbamare, Coconut Aminos, Fresh Herbs for seasoning	CostCo Trader Jo's Sprouts Whole Foods Market ThriveMarket.com AuthenticFoods.com Amazon.com, VitaCost.com iHerb.com
Kitchen/Cooking Supplies • Cooking/Food Storage: Replace non-stick cookware with iron, stainless steel, ceramic or glass pans and containers • Trash and Garbage Bags – Xylobags Biodegradable Bags	Target, WalMart and Amazon.com LifeWithoutPlastic.com
Household Cleaning Supplies • Check out the EWG's Healthy Guide to Cleaning • Dryer Sheets: 7th Generation Dryer Sheets with Essential Oils or Wool Dryer Balls w/Organic Lavender Essential Oil • Air Fresheners: Essential Oil Diffuser With Lavender Essential Oil • Cleaning Products: Ecover, 7th Generation	Target, WalMart Amazon.com Vitacost.com
Toiletries/Make-up – • Look for brands with the "Eco-Cert" label, "USDA Organic" or "Certified ToxicFree" seal. Honorable mentions: ➢ Mouth (Aurome're Toothpaste and Mouthwash, Radius Natural Silk Floss) ➢ Facial Skin Care (Ann Marie Organic Skincare, Juice Beauty, Josie Maran) ➢ Body Care (100% Pure, Ann Marie Gianni, Juice Beauty, Josie Maran, One Love Organics) ➢ Deodorant (Primal Pit Paste or Stick) ➢ Hair Cleansing/Styling (Nurture My Body, Intelligent Nutrients, John Masters Organics) ➢ Waxing (Parissa Organic Wax) ➢ Nail Polish (Zoya)	Amazon.com Vitacost.com Online Brand Provider
Make-up • Look for brands with the "Eco-Cert" label, "USDA Organic" and "Certified ToxicFree" seal. Or explore the EWG Skin Deep Cosmetic Database for a list of safer cosmetics. ➢ Brands: Juice Beauty, W3ll People, Vapour Organic Beauty	Amazon.com Online Brand Provider

Appendix B: Set Up Your Kitchen and Pantry

Many cross-contaminants are air-borne and can intermingle with other items in the pantry. A good regular cleaning is the only way to ensure you are maintaining an irritant-free kitchen. If you haven't by cleaning your kitchen with hot, soapy water from top to bottom including the pantry, cabinets, drawers, countertops, sinks and appliances. Then, invest in a few key pieces of equipment to make food preparation go faster.

Electric Appliances	Food Preparation/Cooking	Serving and Storage
☐ High Powered Blender ☐ Juicer	☐ Set of Stainless Steel or Cast-Iron Cooking Pans with Lids (e.g., 8-quart, 2-quart and 11-12 inch skillet) ☐ Stainless Steel Roasting Pan ☐ Ceramic Mixing Bowls ☐ Stainless Steel Spatula ☐ Stainless Steel Grater ☐ Stainless Steel Colander ☐ High Quality, Sharp Knives ☐ Stainless Steel Measuring Cups ☐ Stainless Steel Measuring Spoons ☐ 2 Wooden Cutting Boards (1 for Meats/1 For Produce) ☐ Large Wooden or Bamboo Spoons	☐ Ceramic Plates and Bowls ☐ Glass Drinkware ☐ Stainless Steel Silverware ☐ Glass Storage Containers – Multiple Sizers

If you're someone who enjoys food, you're also going to need to revamp your recipe catalog to align with a "cleaner" Yes/No Food List and simple "Ingredient Substitutions."

YES / NO FOOD LIST

YES*

MEAT, FISH, EGGS
Beef
Whole Chicken, Breast, Thighs
Chicken Eggs
Lamb
Pork (Only 2 ounces)
Turkey Breast, Thighs, Ground Turkey
Turkey Sausage
Wild-Caught Fish

PLANT-BASED PROTEIN
Raw Hemp Seeds
Raw Chia Seeds
Bee Pollen

DAIRY
Butter (Grass Fed)
Cheese (Raw)
Kefir – Cow, Goat, Sheep (Raw)
Milk – Cow, Goat, Sheep (Raw)
Yogurt - Greek

VEGETABLES
Artichoke
Arugla
Asparagus
Artichoke
Asparagus
Avocado
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Cilantro
Collard Greens
Cucumber
Egg Plant
Fennel
Garlic
Ginger Root
Kale
Lettuce (All Varieties)
Mushrooms
Mustard Greens
Onions
Parsley
Parsnip
Peppers
Potato
Pumpkin
Spinach
String Beans
Tomato
Turmeric Root
Winter Squash
Zucchini

FRUITS
Apple
Apricot
Banana
Berries – Blackberry, blueberry, boysenberry, raspberry, strawberry
Cantaloupe/Melons
Cherry
Cranberry
Fig
Goji Berry
Grape
Grapefruit
Lemon – ½ lemon
Lime – ½ lime
Medjool Dates
Melons
Nectarine
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Tangelo
Watermelon

WHOLE GRAINS AND PASTA
Amaranth
Brown Rice – ¼ cup
Brown Rice Pasta
Jasmine Rice – ¼ cup
Millet
Quinoa – ¼ cup
Wild Rice – ¼ cup

Almond Meal
Amaranth Flour
Brown Rice Flour
Coconut Flour
Quinoa Flakes or Flour
Sweet Rice Flour
Tapioca Flour

LEGUMES
Adzuki Beans
Black Beans
Garbanzo Beans
Heirloom Beans
Lentils
Kidney Beans
Pinto Beans
White Beans

SEA PLANTS
Nori
Kombu
Hijiki
Arame
Dulse

RAW NUTS, SEEDS AND BUTTERS
Almonds
Almond Butter
Brazil Nuts
Cashews
Chia Seeds
Flax Seeds
Hazelnuts
Hemp Seeds
Macadamia Nuts
Pecans
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

OILS
Avocado Oil
Extra Virgin Olive Oil
Virgin Coconut Oil

SPICES
Allspice
Basil
Bay Leaf
Black Pepper
Cardamon
Chili Powder
Cloves
Cinnamon
Coconut Aminos
Cumin
Curry Powder
Dill
Herbamare
Italian Seasoning
Nutmeg
Oregano
Peppercorns
Peppermint
Rosemary
Sea Salt
Thyme
Turmeric
Vanilla Powder

SWEETENERS
Coconut Sugar
Pure Maple Syrup
Raw Honey
Stevia

OTHER FOODS
Almond Milk
Apple Cider
Arrowroot Powder
Baking Powder
Coffee
Cornstarch
Cacao (Raw)
Coconut Milk
Herbal Teas
Vinegars
Yeast

NO

MEATS, FISH, EGGS
Shellfish
Deli Meats
Duck
Goose
Lamb
Pheasant
Venison
Goose
Pheasant
Processed Meats
Prosciutto
Duck Eggs

DAIRY
Buttermilk
Cottage Cheese
Cream
Cream Cheese
Evaporated Milk
Gelato
Ice Cream
Sour Cream
Whey
Whipped Cream

VEGETABLES
Lima Beans
Okra
Peas (Sugar Snap, Snow, Frozen, Split)
Sun Dried Tomato
Sweet Potato/Yam

FRUITS
Guava
Kiwi
Mango
Passion Fruit

WHOLE GRAINS AND PASTA
Barley
Buckwheat
Couscous
Kamut
Oats
Pasta
Rye
Spelt
Soy Beans and Products Made w/Soy Protein Isolate, Protein Powder or Textured Vegetable Protein
Tofu
Tempeh
Tamari and Soy Sauce
Wheat

CORN
Corn (Cobb/Frozen)
Hominy
Grits
Masa
Polenta
Cornmeal
Corn Flour
Foods Made w/Corn…
Dextrose, Sorbitol
Maltodextrin, Starch
Vegetable Gum and Protein
Foods Made W/High Fructose Corn Syrup
Xantham Gum

LEGUMES
Black-eyed Peas
Broad Beans
Butter Beans,
Cannellini Beans
Split Peas

RAW NUTS, SEEDS AND BUTTERS
Peanuts
Peanut Butter

OILS
Refined Vegetable Oils
Sesame Oil

SWEETENERS
Agave Nectar
Cane Sugar (Including Organic Sugar)
Sucanat

OTHER FOODS
Processed Foods

** Choose organic or wild-caught plant or animal sources wherever possible… and non-GMO grains*

Appendix C: Ingredient Substitutions

Ingredient	Amount	Substitution
Bread Crumbs (w/Gluten)	1 cup	1 cup quinoa flakes, 1 cup Ian's Gluten-Free bread crumbs or 1 cup gluten-free oats (pulsed in food processor or blender)
Brown sugar	1 cup packed	1 cup of coconut palm sugar or use ¾ cup golden Lakanto and ¼ cup of coconut palm sugar. (*Hint: Pre-mix and put sugars through a food processor to create a fine sugar for baking.*)
Cornstarch	1 tablespoon	1 tablespoon of arrowroot powder
Cracker crumbs (w/Gluten)	1 cup	1 cup gluten-free oats (pulsed in a food processor)
Egg	1 Egg	1 tablespoon of chia seeds soaked in 3 tablespoons water or ¼ cup of applesauce
Flour (w/Gluten)	1 cup	1 cup gluten-free flour (aka brown rice flour, coconut flour, sorghum flour, quinoa flour, millet flour and amaranth flour)
Gelatin	1 tablespoon	2 teaspoons agar agar
Honey	1 cup	1 1/4 cup coconut palm sugar plus 1/3 cup water
Milk	1 cup	1 cup rice milk, almond milk or coconut milk
Sour cream	1 cup	1 cup plain Greek yogurt
Soy sauce	1/2 cup	½ cup of coconut aminos
Vegetable oil–for baking	1 cup	1 cup applesauce
Vegetable oil–for frying	3 tbs.	3 tbs. avocado oil or refined coconut oil
White sugar	1 cup	¾ cup classic Lakanto sugar and ¼ cup of coconut palm sugar. (*Hint: Pre-mix and put sugars through a food processor to create a fine sugar for baking.*)