

TOXIN CHECKLIST: WHAT TO LOOK FOR

1

EMOTIONAL-MENTAL

- Depleting emotions
- Lack of boundaries
- Negative behaviors
- Overthinking
- Pessimistic thoughts
- Psychological stress
- Unhealthy relationships
- Unloving words
- Worry

2

BEAUTY & PERSONAL CARE

- Aluminum-based deodorant
- Amalgams & composite fillings
- Botox
- Bug repellent
- Dental floss
- Dental sealants
- Eyelash adhesive
- Hair dye
- Hair styling products
- Lotions
- Make-up
- Menstrual products
- Nail polish & remover
- Perfumes & colognes
- Sunscreen
- Tattoos

3

TECHNOLOGY

- Artificial blue light
- Cell phone
- Electromagnetic fields
- Power lines
- Radiation

4

CLOTHES

- Detergent
- Dry cleaning
- Fabric softener sheets

5

FOOD & WATER

- Aluminum cans
- Artificial food colorings
- Artificial sweeteners
- Chemicals in water, soda, food
- Coffee pods
- Conventionally-grown food
- Growth hormones (meat and dairy)
- Methylmercury in fish
- Pesticides, herbicides, insecticides
- Plastic water bottles
- Refined salt
- Refined sugar
- Single-use coffee cups with plastic lids
- Tea bags
- Unfiltered tap water

6

COOKWARE & COOKING

- Aluminum foil
- Grilled, broiled, fried foods (AGEs)
- Plastic storage containers
- Styrofoam
- Teflon and other non-stick cookware

7

HOME & ENVIRONMENT

- Aerosols & air fresheners
- Air pollution (e.g., from fires, factories)
- Candles, incense
- Cleaning products (non-green)
- Dust mites
- Fumes (gasoline, exhaust, smoke)
- Furniture, mattresses
- Household dust
- Mold & mycotoxins
- Swimming pool chemicals
- Synthetic aromatics
- Synthetic rubber
- Thermal receipts
- Volatile chemical products