

Redefining Healthy

6 WEEKS OF SIMPLE STEPS TO BIG CHANGES IN YOUR HEALTH, HAPPINESS, AND LIFE

WEEK 3 WORKBOOK:

START TOSSING THE TOXINS FROM YOUR HOME AND PERSONAL CARE SUPPLIES



As we're paying attention to the things we are putting into our body, now we're taking a look at the things we put onto our body and in our homes.

We're unknowingly surrounded by toxins in our homes and in our common household supplies. The good news is -- by knowing the common culprits, you can replace them and improve your health and your family's too.

Let me give you a little more background on why we need to limit our exposure to harmful things in our environment. Your liver is responsible for cleaning toxins and wastes from your blood and separating out the useful nutrients to help your body run optimally. If the toxins aren't broken down fast enough the first time around, they are recirculated through your blood until the liver has the material it needs to handle them.

The reason we're talking about limiting the amount of toxins in our everyday life is simple. **We are bombarded by so many chemicals on a daily basis that we have no control over toxins such as gasoline, environmental pollutions, pesticides, EMFs (Electromagnetic Fields).**

That little list alone puts stress on our liver and the bodies ability to detoxify. **We need to limit our toxic load on our bodies by limiting the amount of chemicals we come in contact with on a daily basis.**

Remember when we were talking about the food last week and the idea was to make tweaks to our diets? Well this is how we are tackling the toxins too!

Don't get overwhelmed by this part. **This is a process. You don't have to throw everything out all at once!** It took me a year to go through everything and replace it with healthier nontoxic options. **As you take a step at a time, you'll feel more energized and excited to be supporting your health in this way.**

ACTION STEPS

HERE ARE MY FIVE TOP ACTION STEPS FOR TOSSING TOXINS OUT OF OUR HOMES AND PERSONAL CARE SUPPLIES

ACTION STEP #1: TAKE OFF YOUR SHOES

One quick and easy tip is to have people remove their shoes when they enter your house, limiting the amount of toxic environmental toxins dragged in. Most people aren't aware how many toxins their shoes are dragging in daily. Just by taking a minute to have people remove their shoes cut down on these toxins. It also eases up on cleaning!

BABY STEP #1:

Start taking your shoes off the moment you walk into the house. Find a nice basket or shoe rack to store your shoes.

ACTION STEP #2: RE-EVALUATE YOUR PANS

The next action step is to re-evaluate your pans. When Teflon gets scratched, toxic chemicals get released. It also emits toxic fumes when overheated. This has been linked to cancer in lab animals.

The goal is to slowly get rid of your nonstick pans (Teflon) and slowly replace them with stainless steel. I started by getting a stainless steel saute pan, and over time, replaced the whole set with stainless steel. (Again, this is a process! You don't have to throw every pan out at once!

BABY STEP #2:

Take a look at your existing Teflon pans. Do they have scratches? Make a long-term plan to replace them. Start with a small saute pan.

ACTION STEP #3: SWITCH TO GLASS

Many plastic water bottles have BPA and other toxic materials that have been shown to leach into the bloodstream, affecting hormone levels. **This action step is about making the conscious decision to not drink out of potentially hazardous material from plastic water bottles.** One way to make this switch is to replace plastic drinking bottles with a stainless steel or glass water bottle. (If you live by me, you probably see me around town with my trademark glass bottle and glass straw!)

BABY STEP #3:

Find a glass water bottle you like and can see yourself using! Check online, at Whole Foods Market, or at a local health food store. **Here's one I recommend.** Get rid of any plastic water bottles from your kitchen and recycle them.

ACTION STEP #4: CHECK YOUR HEALTH AND BEAUTY PRODUCTS

Make sure there are no parabens or phthalates from your skin products.

Parabens and phthalates are two chemicals that have been found in cosmetics that can have an adverse effect on your hormone levels. According to The National Institute of Environmental Health Science:

“Endocrine disruptors are chemicals that may interfere with the body’s endocrine system and produce adverse developmental, reproductive, neurological, and immune effects in both humans and wildlife. Endocrine disruptors can mimic hormones in your body potentially producing an overstimulation.”

Make sure that any skin product you get is specifically labeled “paraben-free” and look for the simplest ingredient list. (If there are a ton of words you don’t understand on the label, they are often going to be chemicals that you DON’T want going into your bloodstream!)

I am very particular about the products I put on my skin and face. My favorite go-to cosmetic line is **Life On Mars**. They’ve extensively researched and tested ingredients on their makeup line so that it’s both safe, gorgeous, and long-lasting.

BABY STEP #4:

Read the labels of your existing cosmetics. After you use up the product replace with a safer cleaner brand (like **Life On Mars**).

ACTION STEP #5: CHECK FOR THE SNEAKY TOXINS AROUND YOUR HOUSE

Check on the sneaky toxins you’d never guess. Each of these common household items are actually made with toxic materials:

- **Plastic tupperware:** Plastic tupperware often contains BPA -- especially if it has been microwaved or scratched.
- **Plastic shower curtain:** Most plastic shower curtains are made with chemicals that emit toxic gas.
- **The carpets on your house:** Most carpets contain stain-resistant chemicals that can be a hazard to your health!
- **Chemical fertilizers for the lawn and as garden:** Fertilizers like miracle grow are packed with toxins that have been linked to cancer.

I recommend swapping them out with the following:

- Swap a plastic shower curtain out with an **organic cotton one**.
- Ditch the plastic tupperware, **use glass storage containers**. I like the brand **Pyrex**.
- Replace stain-resistant carpets with carpets made from **natural fibers like wool, or sisal**. We replaced ours with these carpets.
- Instead of chemical fertilizers, **use compost from your compost pile**. This also saves money, is better for the environment, a way to reuse vegetable scraps and is healthier for you and your family. My family uses this **indoor compost container** and this **outdoor compost container**.

Remember, like I said: This is a process. You don't have to throw everything out at once! What's important is that you get started.

Here's plan to tackle the toxins in your home:

BABY STEP #5:

Choose two items from the list above that you are going to throw out and replace this week. Then, decide what else you would like to replace and allow yourself three months to do it.

Write down the two items you are going to tackle this week:

- 1
- 2

What else do you want to replace, and by when?

	Other Items to Replace	By Date
1	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>

FINAL THOUGHTS

- Do not be alarmed by the number of toxic items you come across! That is not the goal. The goal is to “do better, when you know better.”
- Come up with two types of plans:
 - *a short-term plan* for replacing things that are obvious (scratched Teflon), or replacing plastic for glass.
 - a long-term plan for replacing plastic tupperware, shower curtains, rugs, etc
 - Remember you are not on anyone's timetable!
- Replace “toxic” items with non-toxic when you run out ie: makeup, skin lotion
- This is all a work in progress!
- For more information about *tossing the toxins* from your home and personal care supplies, check out Chapter 7 in *The Healthy Girl's Guide To Breast Cancer*.