



Nourishing Therapies

REDUCING YOUR TOXIC EXPOSURE <i>Check List</i>	
Limit your consumption of processed food	
Read the labels when buying food and other products	
Buy organic meat, dairy, veggies and fruits as much as possible	
Filter your drinking water	
Get a shower filter (or whole house filter)	
Swap your beauty products for natural alternatives	
Swap your cleaning product for natural alternatives (Use vinegar, bicarbonate soda, natural products)	
Limit the use of non-stick pans (Teflon)	
Gradually swap to glass instead of plastic containers	
Do not heat any form of plastic in the microwave	
Dental care: Consider getting mercury amalgams removed. Visit a holistic dentist to see if there are any other sources of toxicity in your mouth, such as an infection. *Wait until Phase 3 of the program to remove amalgams.	