



Avoiding daily exposure to harmful chemicals is nearly impossible. However, there are many things you can do to minimize your exposure and increase your ability to help clear toxins that you do absorb.

Reduce your exposure:

1. Eat local, seasonal, and organic non-GMO produce whenever possible. Go to the Environmental Working Group (EWG) website and familiarize yourself with the “Dirty Dozen” and the “Clean Fifteen” in the EWG's 2017 Shopper's Guide to Pesticides in Produce™.
2. Choose grass-fed, free range, organic animal products whenever possible.
3. Choose wild caught fish and avoid farmed fish whenever possible. Refer to the EWG Good Seafood Guide.
4. Avoid processed foods that can be full of synthetic food additives.
5. Avoid fried food, and use cooking methods that don't char food. Steaming is great!
6. Choose an oil suited for high-heat cooking such as sunflower oil, avocado oil, palm oil, or sunflower oil. Don't cook past its smoking point which is when toxins are created.
7. Avoid using non-stick cookware. Stainless steel and cast iron is best.
8. Use glass or stainless steel containers to heat and store food.
9. Use glass or stainless steel refillable water bottles and travel mugs.
10. Look for canned food that says BPA-free.
11. Consider an air filter in your bedroom or office to reduce airborne contaminants.
12. Have a no-shoes policy in your house to eliminate tracking in toxins from outdoors.
13. Use only natural, fragrance-free and toxin-free household cleaners and detergents.
14. Avoid using dryer sheets and fabric softeners.
15. Use only natural, toxin-free personal care products. Toxins are easily absorbed through our skin — 27 seconds from bottle to bloodstream! Check out the app Think Dirty.

Increase toxin elimination:

1. Drink plenty of clean, filtered water. I recommend half your body weight in ounces daily.
2. Start your day with 1 to 2 glasses of water with fresh squeezed lemon in the morning.
3. Incorporate foods that support the liver and improve the elimination pathways:
 - Get plenty of foods rich in antioxidants and polyphenols (blueberries and cruciferous vegetables such as broccoli are at the top of the list).
 - Cilantro. Add a handful to your smoothie or chop some up and add it to your salad or top your fish with a mound.
4. Make sure your elimination system is running smoothly. We flush toxins through our stool, and if we're constipated then we're not getting rid of toxins efficiently.
5. Sweat! Get plenty of exercise or take a sauna. Toxins are released through our sweat.
6. Dry brush. It improves circulation and stimulates the lymph nodes, and is said to generally help the cells and body remove waste.
7. Get a massage. Deep tissue massage improves circulation and lymphatic flow.
8. Meditate. It reduces stress and anxiety, and improves mental function. It can also reduce negative thought patterns or feelings that influence our physical chemistry. Even five minutes a day can help.
9. Do a detox!! I recommend doing a 14-day detox twice a year to help reduce the buildup of toxins. Ask me about the detox/cleanse that I recommend.