



HOME TOXINS ARE  
SLOWLY KILLING YOU  
GET TIPS TO REDUCE THEM

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Reducing harmful chemicals (toxins) and supporting your body's detox processes is crucial in attaining good health. Even if you don't have a major illness or disease, you may have a high level of toxins lingering in your body which will affect your health. Detoxing can support weight loss, increase energy, and improve digestion. It can clear your skin, balance hormones, benefit overall healing, and so much more.

We live in a world that is constantly bombarding us with harmful chemicals from all angles. It is said that today, the average person has over 700 environmental chemicals in their body. Even newborn babies average over 287 chemicals at birth. All of this has a harmful impact on your health. It's no wonder illness and disease rates are on the rise.

# SO, WHAT ARE TOXINS?

They're substances that are poisonous to the body and can be found just about everywhere. In your water, air, food, clothing, and everything else in your environment can contain toxins. The good news is that you can do something about it by reducing toxins with lifestyle changes and supporting your body's own detox processes.

Increasing your awareness of what they are is the first step to reducing them.

## SOME OF THE MORE COMMON...

- BPA - in plastics, food and drink containers, dental sealants, and coating on cash register receipts
- Cleaning products - bleach, all-purpose cleaners, and more
- Fragrances - perfumes, colognes, room sprays, household products
- Heavy metals - mercury, lead, aluminum, arsenic, nickel, cadmium, etc.
- Pain medications - prescription opioids and other narcotics, or benzodiazepines commonly prescribed for anxiety or insomnia
- PCBs – paints, plastics, and rubber products
- Pesticides & Herbicides - lawn products like Roundup
- Pollution - vehicles, planes, power plants, industrial facilities, etc.
- Others: formaldehyde, VOCs, dioxins, phthalates, triclosan, asbestos, and mold

# WAYS TOXINS ARE ABSORBED

Toxins contribute to countless health problems and are absorbed via...

- Breathing in pollution and fragrances
- Through skin, anything in contact with your skin, such as water, beauty/personal/cleaning products
- Ingesting anything, such as food, water, beverages, supplements, medications

You may have detoxed your body, but have you ever detoxed your environment? Although detoxing your body is good, it's difficult to make progress if you don't reduce toxins at the source. Unfortunately, most living and workspaces today are FULL of toxic chemicals.

I realize this sounds pretty scary but don't worry and there's no need to freak out. The improved product choices you make and healthier lifestyle habits you form can make a real difference.

## HERE ARE SOME SIMPLE WAYS TO START REDUCING TOXINS IN YOUR HOME TO LIVE HEALTHIER

Now, I know this may feel like a lot right now but take these suggestions one item at a time. Trying to makeover your entire home in one day is going to be overwhelming, and you don't need to update your whole home in one day. Nobody has time for that. Just replace one or two items at a time, and every time you do, you can celebrate that you're one step closer to your goal.

# ENFORCE A “NO SHOE” RULE

An easy way to reduce toxins is to simply leave your shoes at the door. This prevents you from bringing in chemicals. Your shoes track in lawn pesticides, coal tar, and even feces. Yuck! So, give your toes some freedom and your health will be better for it too.

I'm pretty sure you wouldn't wash your dishes in your toilet, would you? If you're not cleaning your sink regularly, you might be doing worse than that. Did you know a kitchen sink usually contains 100,000x the germs as the bathroom or toilet?

(According to the National Health Service.) Pretty yucky, right? Just make sure you're using a toxic-free cleaning solution and a washable cloth, so you aren't negating your efforts!

# SANITIZE YOUR SINK





# ADD MORE GREEN INSIDE YOUR HOME

Plants are able to remove harmful toxins (formaldehyde, xylene, benzene and toluene) that enter our spaces through things like household cleaners and synthetic materials. Some of my favorites are Spider plants, Mother-in-law's tongue, English ivy, and Dracaena.

# GIVE YOUR ELECTRONICS THE NIGHT OFF

Never sleep with your cell phone or other electronics in your bedroom or at a minimum turn them to airplane mode. For any gadgets or items, you do need to keep in your bedroom, you can use electrical tape as an easy way to cover up any annoying glowing that they may give off which interferes with brain wave activity.

This way you get the sleep you need, it improves all aspects of your health, from immune function to mood, to weight management, to cognitive function, to your body's ability to heal, and more.

**Turn off the wi-fi** in your home during sleep hours. Make this easy by getting a simple timer for the outlet and can automatically turn it off in the evening.



## FRESHEN THE INSIDE AIR BY OPENING THE WINDOWS

Did you know that the air indoors is up to 5 times more toxic than outdoors.

Use **essential oils** in your home instead of synthetic scents, perfumes and/or air fresheners which compromise your body's immune system.



## SWITCH OUT HOUSEHOLD PRODUCTS

This is a big one. Did you know that most lavender-scented products actually contain no lavender at all? They're just chemicals that have been blended to give you the impression that you are smelling the real deal.

Household cleaning products are among the most chemical-filled and carcinogenic products. We inhale and inadvertently ingest them. Switch to green cleaning products, or even better, make your own! It's so easy. And it doesn't take as much time as you think to make them. Plus you will save a ton of cash too!



## PASS UP THE PLASTIC

Pass on plastics, even BPA-free plastics. Plastics contain harmful BPA (Bisphenol A) and phthalates that mimic estrogen in your body. This disrupts your hormones. Plastics are everywhere! They're in water, most canned food, and processed beverages. They're also in water bottles, food storage containers, food wrappers, cookware, cups, straws, and utensils. And they're even in other common items such as clothing (polyester), pet toys, and shower curtains.

Once you start diving into it, there are all kinds of great alternatives to other single-use plastics in your kitchen too. You can replace plastic wraps with silicone lids or an alternative natural wrap, plastic straws with stainless steel or another type of reusable straw, and plastic water bottles with metal water bottles.

# DITCH NON-STICK

Choose your cookware and kitchen items carefully. Avoid typical nonstick cookware, such as Teflon and T-Fal. They contain harmful fluoride compounds that leach into your food. Le Creuset is ideal for nonstick ceramic cookware but can be out of budget for many people. Another non-stick alternative is SCANPAN. This features a ceramic-titanium coating free from toxic PFOA and PFOS. Cast iron and stainless steel are good economical options.



I hope you found these tips helpful to get started.

But in all honesty, it is just a start.

Are you ready to learn about more ways to reduce  
toxins in your daily life?

**YES, I'M  
READY TO  
LEARN!**



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