

# TOXINS & ECO PRODUCTS

## Chemical-free

<https://www.ewg.org/> is a great resource for finding out about the chemicals in your cosmetics and other harmful chemicals. They produce annually what is called the “Clean Green and the Dirty Dozen” fruit and vegetables, so if you can’t afford much organic food, you could eat non organic “clean green” foods, but make sure you buy organic “Dirty Dozen” foods – here is a direct link <https://www.ewg.org/foodnews/dirty-dozen.php>

### Chemical-free unscented laundry Ecoegg

Does 70 washes, then you buy a refill

[https://www.amazon.co.uk/Ecoegg-Fragrance-Free-70-Washes/dp/B07Y2N9Z6B/ref=sr\\_1\\_5?dchild=1&keywords=eco+egg+fragrance+free&qid=1633353070&sr=8-5](https://www.amazon.co.uk/Ecoegg-Fragrance-Free-70-Washes/dp/B07Y2N9Z6B/ref=sr_1_5?dchild=1&keywords=eco+egg+fragrance+free&qid=1633353070&sr=8-5)

### Chemical-free unscented Ecoegg Dryer Eggs

[https://www.amazon.co.uk/Ecoegg-Dryer-Eggs-Fragrance-Free/dp/B00W0V7OPQ/ref=sr\\_1\\_6?dchild=1&keywords=eco+egg+fragrance+free&qid=1633353128&sr=8-6](https://www.amazon.co.uk/Ecoegg-Dryer-Eggs-Fragrance-Free/dp/B00W0V7OPQ/ref=sr_1_6?dchild=1&keywords=eco+egg+fragrance+free&qid=1633353128&sr=8-6)

Avoid conventional Teflon coated pans. Less toxic pans include: -

The Always Pan – many pans in one

<https://fromourplace.co.uk/products/always-essential-cooking-pan>

<https://www.greenpan.co.uk/shop/>

<https://www.concepthousewares.co.uk/visions>

Le Cruset

This company has some great products, including non-toxic food storage products including Ecoleaf compostible cling film, organic cotton food wrap, etc - Ethical Superstore -

<https://www.ethicalsuperstore.com/>

## Reducing Toxins

Toxin Exposure. We can do a huge amount to improve our health and take the burden off our liver and kidneys, simply by addressing our toxic exposure.

Health is often about how many toxins we are exposed to versus how effective we are at eliminating them. Our bodies were never designed to have to detoxify all of huge amount of chemicals we are expecting it to get rid of these days.

Toxins include:

- Solvents, hydrocarbons, cleaning materials, pesticides, herbicides, fertilisers, food additives, PCBs (plastics), vehicle exhaust fumes, combustion products.
- Cosmetics and personal care products (whatever you put on your skin is the fastest way in), fumigants and disinfectants, plasticisers, outgassing from plastics and fabrics, medical drugs (do not however stop any prescribed medications), illicit drugs, heavy metals (e.g. mercury, aluminium, lead), dental materials, Teflon, water

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supply contaminants (many contaminants, especially oestrogen / hormones which is why filtering water is important), tobacco smoke, alcohol, our exposure to veterinary drugs via the food chain but even exposure to animal's flea collars etc.

- Weather, physical effects of the seasons, geopathic stress, volcanoes, dust, biological allergens, noise is a huge “pollutant” these days, EMF (electromagnetic frequency / Wifi), air pollution.
- Physiological / emotional – toxic emotions.

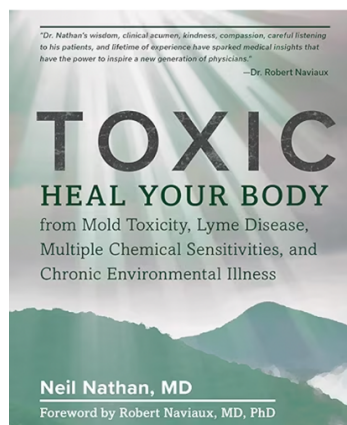
Gradually try and reduce the use of plastics and cling film for storage cooking, swap for glass instead – plastics can compromise the endocrine (hormone) system. Aluminium is present in almost everyone on a hair mineral test so avoid the use in cooking and aluminium pan, Teflon or non-stick pans are also highly toxic. Swap chemical-based cleaning materials for more Eco-friendly options.

Gradually swap your personal care products for ones with less chemicals such as removing sodium lauryl (or laureth) sulphate or parabens or dramatically reduce your products.

There are also a lot of toxins in household mould, new cars, new furniture, carpets, paint. Artificial fragrance, such as perfumes on the body or in candles, sprays, reed diffusers also the candles themselves unless they are soya or beeswax. The more we can reduce of these, the less burden there is on the liver to detoxify other things such as metabolic waste e.g., hormones, histamine etc.

This is an excellent book if you wish to do further reading.

*Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivities, and Chronic Environmental Illness by Neil Nathan MD*



Amazon link

[https://www.amazon.co.uk/Toxic-Neil-Nathan/dp/1628603119/ref=sr\\_1\\_1?crid=LU77ABQWM&dib=eyJ2ljojMSJ9.OTTuT0-voYRoUeohEUYzHTs\\_nRWti0yd3MlgCdetPsTkpcfsDjy4EwMj8hUKZJMBBoehZQnU5v8Tih8CMIPgSGXy\\_H0MBuQbX7T9bINWzvg3PlyUnrV-yHtZiWVBzf8nkY-i8B\\_aUeEa9K7bEwLpOiNi9TZJnr8JgXKDBgt0fbynjEBZeZ-Z785EBdmOGngxQdZPigMY5rm9cK7V4VvjOMKQ3IYcEXZJK91uRu\\_Xw.NwEO41rpZ9FQxQgidOoWFFerCvi2WobzLiOEVMrV0Ii&dib\\_tag=se&keywords=toxic+heal+your+body&qid=1711213640&sprefix=toxic+heal+your+body%2Caps%2C557&sr=8-1](https://www.amazon.co.uk/Toxic-Neil-Nathan/dp/1628603119/ref=sr_1_1?crid=LU77ABQWM&dib=eyJ2ljojMSJ9.OTTuT0-voYRoUeohEUYzHTs_nRWti0yd3MlgCdetPsTkpcfsDjy4EwMj8hUKZJMBBoehZQnU5v8Tih8CMIPgSGXy_H0MBuQbX7T9bINWzvg3PlyUnrV-yHtZiWVBzf8nkY-i8B_aUeEa9K7bEwLpOiNi9TZJnr8JgXKDBgt0fbynjEBZeZ-Z785EBdmOGngxQdZPigMY5rm9cK7V4VvjOMKQ3IYcEXZJK91uRu_Xw.NwEO41rpZ9FQxQgidOoWFFerCvi2WobzLiOEVMrV0Ii&dib_tag=se&keywords=toxic+heal+your+body&qid=1711213640&sprefix=toxic+heal+your+body%2Caps%2C557&sr=8-1)

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