



be more raw.

ORGANIC LIFESTYLE

CLEANING UP YOUR ENVIRONMENT

In order to help your body begin to effectively deal with your present toxic load (and to prevent it from getting greater), please do the following:

Avoid the toxic exposures most in your control – your diet, personal care products and in your home air:

1. DIET

- Consume everything organic as much as possible.
 - You cannot wash or peel of pesticides or herbicides. They are IN the plant.

If not, then follow *Dirty Dozen and Clean Fifteen* list. Post list on refrigerator or download app Organic Buddies.

- Limit or eliminate fish consumption.**
- If consuming fish limit to 2-3 times per month.**
 - **ALL fish are contaminated with PCBs, DDT, Dioxin, furans, plastics, pharmaceuticals & mercury.**
 - *“Analysis of fish samples included 268 persistent, bio-accumulative, and toxic (PBT) chemicals, most notably mercury, polychlorinated biphenyls (PCBs), and dioxins and furans. Results show that mercury and PCBs were detected in every fish sample from all 500 lakes and reservoirs. Mercury concentrations in fish fillet samples exceeded EPA’s recommended tissue-based water quality criterion of 0.3 ppm at 49% of the sampled population of 76,559 lakes.” - EPA*
- Do not eat any FARMED or ATLANTIC salmon – this is the most toxic food you can currently eat. If it just says “Salmon” it is Atlantic.
- IF consuming fish, ALASKAN salmon (available fresh only from June until October), frozen Alaskan Salmon available year round.
 - Alaskan/Pacific salmon will ALWAYS be labeled as King (Chinook), Red (Sockeye), or Silver (Coho) Salmon. If that distinction is NOT GIVEN, it is farmed salmon being passed off as Alaskan.
 - <http://www.vitalchoice.com/shop/pc/home.asp>
- Limit or eliminate meat consumption (fish = meat).**
- If consuming meat limit to 2-3 times per week.**
 - *Meat takes days to digest and gets stuck in the colon. The average male has 5lbs of undigested meat in their colon at any given time.*
 - Choose wild, grass-fed meat that has been pastured, and free of harmful hormones or antibiotics.
 - <http://www.eatwild.com/products/california.html>
 - <http://www.holdingranch.com/>
- AVOID All refined and processed sugar – sugar reduces the ability of your liver to clear toxic compounds out of the blood stream, suppresses your immune system, not to mention it has proven highly addictive.**
 - Never drink sugary juices made with solely fruit, carrot or beet; always add greens to sweet juices!
 - A small amount of GREEN apple in a predominantly green juice may be acceptable in some cases.
 - Whole fruit is acceptable *if*: Ripe, organic, and patient is not diabetic or has cancer.



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2. PERSONAL CARE PRODUCTS:

Use natural based healthcare/beauty products ex. Deodorants, shampoos, toothpaste.

- Discontinue use of products that contain: Benzoic acid, BHA, BHT, DMDM hydantoin, **fragrances**, dyes, **parfum**, imidazolidinyl urea, sodium lauryl (laureth) sulfate, nonylphenol ethoxylates, phosphates, anything ending in “**paraben**”, polyethylene glycol and anything ending in “eth”.
 - Tom’s of Maine, Burt’s Bee’s, JASON, Juice Beauty, DeVita, Nature’s Gate
 - Check out your personal care products at <http://www.ewg.org/skindeep/>
- Use non-scented laundry detergent and avoid use of dryer sheets unless specified natural. (eg. ECOS, BioKleen, Meyers, TJ’s Brand). Avoid commercial brands that say “scent free” unless they are listed above.
- For gluten intolerant patients check all food labels and healthcare/beauty products to make sure they are free of gluten.
 - This is most important for products that are used in or/around the mouth or used liberally on skin of body.

3. HOME ENVIRONMENT. Begin to reduce the toxicity of the air inside your home.

- Don’t wear shoes indoors – they track VOCs in the home contributing to air toxicity.
- Replace your home air filters every 8-12 weeks (monthly if >1 animal in home) with high quality pleated filters (rated MERV 7-9).
- Limit mobile or cordless phone usage. When using be sure to:
 - Use speaker phone or headset
 - Use protective SAR case that does NOT decrease the reception. Lower the reception bar, the more the phone emits radiation. Good reception = Less Radiation
 - Use text feature rather than phone feature
 - Allow the phone to “answer” before putting up to ear
 - Do not keep on body. If on/near body, put into “Airplane Mode”
 - If using it as alarm clock, put into “Airplane Mode”
- Consider a water filter for entire home, especially shower head.
 - Berkey, Pure Water Freedom are both good options.
 - Ensure filter removes: Heavy metals, fluoride, chlorine, Glyphosate.
- Memorize 5 telephone numbers stored in your mobile. Be sure to choose ones that would be needed in case of an emergency.
- Have dry-cleaning air out in the garage or car trunk for at least 7 days before bringing them into the house.
 - Consider “Green” dry cleaning companies.
- Do not smoke or let allow anyone to smoke indoors. If you do smoke, let’s work on a plan to help you quit.
- Consider replacing your carpet with tile, stone flooring, safely treated wood (eg. Bamboo, maple, oak).
- Replace vinyl shower curtain with cloth/nylon curtain.
- Room air purifier w/ HEPA filter – the best are IQ-Air, Air Doctor, Blue Air or Austin. Make sure you get one with enough CFM (cubic feet of air purified each minute) to clear the air in your bedroom at least once every 30 minutes.
- Highly chemically reactive, those exposed to chemicals on the job, or those who are frequent flyers, get a personal Wein air purifier.