



HOUSEHOLD RECOMMENDATIONS

ITEMS THAT SHOULD
BE REMOVED OR
LIMITED

PERSONAL CARE ITEMS

- * FRAGRANCED BODYWASH/SHAMPOOS/LOTIONS/PRODUCTS
*CONTAINS **PARABENS, PHTHALATES, CHEMICALS, AND CARCINOGENS**
- * PERFUME SHOULD BE LIMITED AND USED ON CLOTHING
- * CLOTHING MADE WITH POLYESTER, NYLON, AND ACRYLIC
*THESE FABRICS ARE MADE WITH **CHEMICALS, SYNTHETICS, PLASTIC, PFAS, AND PHTHALATES** -THE HEAT,SWEAT AND FRICTION ONLY EQUALS ABSORPTION INTO YOUR SKIN

KITCHEN ITEMS

- * **PLASTIC** CONTAINERS, CHOPPING BOARDS, BOTTLES, NON-STICK COOKWARE ETC.
*ALL LEAK **BPA'S, PHTHALATES, MICROPLASTICS AND PFA'S** INTO YOUR BODY
- * ULTRA PROCESSED FOODS, CANNED FOODS AND REFINED OILS
*NEGATIVELY AFFECTS HEALTH IN MANY WAYS, **POTENTIALLY CAUSING SERIOUS HEALTH PROBLEMS**
- * DISH SOAP & CLOTHING DETERGENT
*CONTAIN **PHTHALATES, CHEMICALS, & SYNTHETICS**
- * ALUMINUM FOIL
*WHEN USED AT HIGH TEMPERATURES IT CAN LEAK INTO YOUR FOOD WHICH IS HARMFUL

OTHER ITEMS

- * SCENTED CANDLES
* **ENDOCRINE DISRUPTOR**
- * WIRELESS HEADPHONES SHOULD BE USED WITH LIMITATION
*THEY **EMIT 150 TIMES MORE RADIATION** THAN WIRED HEADPHONES, ITS RADIATION DIRECTLY TO YOUR BRAIN