

TOXINS AND HORMONE DISRUPTORS



FOOD

- Sugar
- Gluten/Flour
- Coffee and other forms of caffeine
- Alcohol
- Dairy that is not organic (exception - Greek and Icelandic yogurt)
- Meats/Eggs/Animal Products that are non-organic
- Fruits and veggies on the Dirty Dozen list
- GMO foods (most commonly consumed from corn and soy products)



CLEANING PRODUCTS

- Plastic food containers (it is especially harmful to microwave food in plastic containers)
- Flame-retardant clothing and bed linens
- Insect repellants and chemical pesticides on lawn/garden
- Candles with paraffin
- Dental fillings with mercury
- Chemical cleaning/laundry products (anything that is not labelled as 'biodegradable' and/or 'non-toxic')



BEAUTY PRODUCTS

- Hand sanitizers
- Chemical sunscreens
- Parabens and phthalates
- Formaldehyde (in many Hair treatments/color)
- Perfume (use natural, essential oil based perfumes)

