Toxins can wreak havoc on your body. Chemical toxins are all around us from fire retardants in furniture and bedding to the fillings in our mouths and these are substances that are interfering with endocrine and cell function. While some environmental toxins may be coming from outside sources, others you may unknowingly be inviting in! The “toxic-load” our bodies live with has been linked to a variety of health issues such as: gut imbalances, hormone imbalances, food allergies, leaky gut, low thyroid function and nutrient deficiencies, skin inflammation, dementia, cancer, brain fog, inability to loose weight, weight gain, mood issues, chronic fatigue and other auto immune issues just to name a few.

**By following these simple steps you can help alleviate a significant amount of the “toxic load” in your life.**

* Eat more whole foods (specifically organic items that haven’t been sprayed with pesticides). Use the Clean-15 & Dirty Dozen food guides, they list the food items that have been tested with the highest and lowest pesticide residue. Try to eat organic from the Dirty Dozen. The clean-15 items are safe to eat conventionally grown (just wash really well with a white vinegar & water solution). <https://www.produceretailer.com/article/news-article/2017-dirty-dozen-and-clean-15-lists-released>. You can web search Clean-15 and the lists will pop up.
* Replace your BPA plastics & PBA free plastics with stainless steel or glass instead, and look for BPA-free canned foods. This is a very important and powerful step to avoid chemicals that are highly disruptive to your endocrine system.
* Remove phthalates, which are found in plastic food containers, shampoo, shaving creams, makeup, skin creams and other beauty products that contain "fragrance or parfum."
* Check your home for lead paint, radon and any other chemicals that may be lurking, testing kits are usually available from your local municipality. You can help your body detox by drinking water, eating deep green colored veggies and exercising enough to sweat.
* Use simple, natural cleaning products. Avoid anything containing glycol ethers. White vinegar is a wonderful substitute and very inexpensive. Mix ½ a cup with a gallon of water and you have a great general all purpose cleaner.
* Check out EWG's skin deep database to make sure what you are putting on your skin is safe. It list toxin free products. <https://www.ewg.org/skindeep/#.Wmi2VJM-euU>