



Nutrition 120

Strategies for Vibrant Health

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Detoxification Tips

Our modern life exposes us to thousands of toxic chemicals. Evidence linking these chemicals to diseases such as cancer, diabetes, macular degeneration, Alzheimer's and more continues to mount. Avoiding unnecessary chemical exposure is an excellent way to protect your health.

Here are some ways you can minimize your exposure to toxins. This is followed by a list of some specific chemicals that you should avoid whenever possible.

Healthy Living Tips

*Note – all items with a * indicate that you can contact me directly at nutrition120.com for a product that meets this criteria.*

- Buy and eat organic produce and free-range, organic meats as often as possible.
- Avoid high-mercury fish and PCB containing farmed fish. (Go to <http://nutrition120.com/client-forms/> for a list of fish to eat/ avoid).
- Choose a high-quality purified fish or cod liver oil.*
- Avoid processed foods -- remember they're processed with chemicals!
- Only use natural cleaning products in your home.
- Switch over to natural brands of personal care products. (Go to <http://nutrition120.com/client-forms/> for a database ranking the safety of these products).
- Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances as they can pollute the air you are breathing.
- Open the windows to your home for at least 10 minutes a day. Indoor air is very polluted by the off-gassing of carpet, paint, computers and other household items.
- Remove shoes upon entering your home to avoid bringing in pesticides and other chemicals that cling to the bottom of your shoes.
- Avoid artificial food additives of all kind, including artificial sweeteners such as aspartame, splenda/ sucralose, chemical food dyes and MSG.
- Use a sunscreen with titanium dioxide and zinc oxide.* Avoid the other chemicals. Consider installing water filters on all your faucets (even those in your shower or bath.) Whole house water filtration is available as well. At the very least filter your drinking and cooking water.
- Support your health with a high quality supplement regime.*
- Limit your use of drugs, both prescription and OTC, as much as possible.
- Dental fillings are a major source of mercury. If you choose to remove them be sure to have this done by a qualified biological dentist (this is a dangerous procedure, it should only be done by an expert in mercury filling removal).

Chemicals to Avoid

Triclosan – present in toothpaste, antibacterial soap, mouthwash, laundry detergent and more.

Sodium Lauryl Sulfate - present in shampoos, body washes, soaps, bubble baths, skin creams, hair dye, make-up and toothpastes.

Parabens – present in antiperspirants and many cosmetics, as well as sun-lotions.

Propylene Glycol - present in shampoos, body washes, soaps, bubble baths, skin creams, hair dye, make-up, toothpastes as well as *anti-freeze, stain removers, adhesives and more.*

Phthalates - used in some food packaging, toys, automobile plastics, and cosmetic products such as soap, shampoo, nail products, deodorants, and lotions.

Sunscreen Chemicals – Avoid oxybenzone, avobenzone, benzphenon and ethoxycinnamate. Use sunscreens with Titanium Dioxide and Zinc Oxide. *