

DITCH & SWITCH

tips for lowering your toxic load

Switch product suggestions found on our Shop Page [click here](#)

To shop a specific category, simply click on the box

DID YOU KNOW?

Did you know that the average woman applies over 168 chemicals a day to her body through things like soap, makeup, shampoo and hair products? 168 chemicals a day!



WEEK 1 - KITCHEN

- Dish soap
- Hand soap
- Dishwasher detergent
- Counter cleaner
- Stovetop cleaner
- Floor Cleaner
- Window spray

WEEK 1 - LAUNDRY

- Laundry detergent
- Dryer sheets
- Stain remover
- Bleach



WEEK 2- BATHROOM

- Hand soap
- Shampoo
- Conditioner
- Body wash
- Body lotion
- Toothpaste
- Dental floss

WEEK 2- SKINCARE

- Face wash
- Face lotion
- Face toner
- Deodorant
- Sunscreen
- Nail polish
- Perfumes

MISCELLANEOUS

- Carpet fresheners
- Water bottle
- Candles
- Water filter
- Air freshener
- Bug spray
- BPA receipts

WEEK 3- COOKWARE & UTENSILS

- Pots & pans
- Tea/ coffee kettle
- Fry pan
- Lunch box
- Loaf pans
- Plastic wrap
- Bake pans
- Cooking Utensils
- Muffin pans
- Measure cups
- Colander
- Cutting board
- Pizza trays
- Plastic food storage



Did you know? Children and babies are more vulnerable to the effects of toxicants. We have vetted several [bath & body products](#) for kids, and even [toys](#) in our Nourish Shop.

There are approximately 80,000 chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. The simple truth is, we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime. These toxins build up over time in our system and can greatly impact our health on numerous levels. Lowering your toxicant load - overtime can help shift your health.