

DITCH & SWITCH

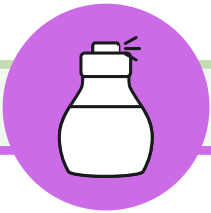
tips for lowering your toxic load

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



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 2- PERSONAL CARE

1. **Ditch** your toxic shampoo and conditioner & **Switch** to a non-toxic alternative.
2. **Ditch** your toxic bar soap & **Switch** to a non-toxic alternative.
3. **Ditch** your toxic body lotion & **Switch** to a non-toxic alternative.
4. **Ditch** your toxic perfume & **Switch** to not using any or an essential oil.
5. **Ditch** your mobile water bottle & **Switch** to glass, or BPA free option.

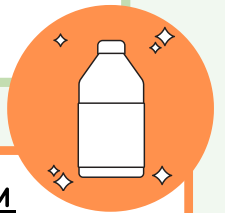
Ditch those toxic products responsibly—remember, they are considered hazardous chemicals—using either: www.earth911.com or ask your local Department of public works.



WEEK 1 - HOUSEHOLD ITEMS

1. **Ditch** your toxic laundry detergent & **Switch** to a non-toxic alternative.
2. **Ditch** your toxic dishwasher machine detergent & **Switch** to a non-toxic alternative.
3. **Ditch** your toxic dish washing soap & **Switch** to a non-toxic alternative.
4. **Ditch** your toxic kitchen counter spray & **Switch** to a non-toxic alternative
5. **Ditch** any artificial candles/plug-ins & **Switch** to essential oils.

Tips of buying alternative products. Try your local natural food store. Resources available on the Environmental Working Groups site or app..



WEEK 3- COOKING & RANDOM

1. **Ditch** your toxic cookware & **Switch** to a cast iron, stainless steel or glass..
2. **Ditch** your toxic food storage & **Switch** to glass.
3. **Ditch** your plastic food storage bags & **Switch** to beeswax food wraps.
4. **Ditch** canned items & **Switch** fresh options.
5. **Ditch** your faucet water & **Switch** to filtered water.
6. **Ditch** shoes at the door & **Switch** to barefoot.
7. **Ditch** receipt at the store & **Switch** to digital or not taking the receipt.

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.