



TOXIN-FREE LIFESTYLE

food | home | life

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If I could bottom-line what creating and maintaining health is all about, it would be this:

Toxins in - Toxins out

Our bodies are continuously detoxing - through our liver, kidneys, lymph and other systems- all day, every day. When the toxic load is greater than the ability to detox, well, that's when we get "sick".

Those symptoms we call being sick are really just symptoms of detoxification. So it just stands to reason that the less toxins that go in, the less toxins our bodies have to work to 'detox' and the healthier we'll be. Less colds, headaches, sinus drainage, discomfort, loss of productivity and, the better we feel!

Choosing a toxin-free lifestyle seems more challenging than ever in our fast-paced world. From the beauty and cleaning industry to our food and environment, we are exposed to toxins day after day, everywhere. On top of that we now have stress from our technology-driven lives - smartphones, laptops, iPad - we're never not exposed to Wifi, with a constant influx of information, entertainment, and bad news. All of these things put a toxic-load on our bodies, emotions and wellness. But on the flip-side, there is so much more awareness and many more products and options to avoid the more conventional, toxic ones.

Detoxing is always supportive to our health. Like removing layers of unhealthy foods from our lives, flushing layers of toxins is a wellness tool to improve everything from our respiratory system to our digestive system, our thyroid and hormones, too.

This doesn't have to be an all at once process, although I won't discourage that at all! The easiest place to start is cleaning supplies because they can be replaced with inexpensive, household staples like vinegar and baking soda. There are many non-toxic brands sold at any big-box stores in addition to most grocery stores.

START YOUR DETOX

BEAUTY TOXINS: FRAGRANCE, PARABENS, DIOXANE, PETROCHEMICALS, OILS, PLASTICS, PETROLEUM WAX

SOLUTION: ESSENTIAL OILS, REAL OILS - CASTOR, COCONUT, SESAME

DIET TOXINS: FOOD ADDITIVES, COLORS, PRESERVATIVES, ARTIFICIAL AND NATURAL FLAVORS, ARTIFICIAL SWEETENERS AND SUGAR ALCOHOLS, HFCS, MSG, SULFITES, HYDROGENATED OILS AND INDUSTRIAL OILS LIKE CORN, SOYBEAN, NITRATES, BHA, BROMIDE, PESTICIDES, HERBICIDES, PLASTICS, PETROLEUM WAX

SOLUTIONS: GROW YOUR OWN VEGGIES, SPROUTS, MEAL PREP,

DIET NEXT LEVEL: ELIMINATE GLUTEN, SUGAR, DAIRY, PROCESSED & FAST FOODS

KITCHEN DETOX: PLASTICS, MICROWAVES, ALUMINUM PANS

SOLUTION: GLASS, SILICONE, BEESWAX BOWL COVERS

DIGITAL DETOX: REMOVE TV & PHONES FROM BEDROOMS

WELLMIND - DIGITAL DETOX, SOCIAL MEDIA DETOX, NEWS DETOX, GET OUTSIDE, OPEN WINDOWS, GO FOR WALKS, PRACTICE NERVOUS SYSTEM REGULATION, MEDITATION, EFT TAPPING

8 WAYS TO REDUCE TOXIC EXPOSURE

While toxins affect us all, children are particularly vulnerable. Fortunately, there are several simple yet effective methods that you can take advantage of right now to reduce further exposure. Use this checklist to help your family reduce their toxic exposure.

EAT ORGANIC

Changing what your family eats can significantly reduce your exposure to toxins. For example, when you switch to organic foods, you will considerably reduce the number of toxins your family is exposed to.

USE SAFE COOKWARE

Non-stick cookware is made with toxic substances and can release dangerous chemicals into your food. Choose cast iron or stainless cookware to reduce your toxin exposure.

FILTER THE WATER IN YOUR HOME

Bottled water contains a very toxic endocrine system disruptor known as BPA that leaches from plastic water bottles into the water you drink. Choose instead an affordable portable water filter for your home or install a home water filtration system.

REDUCE THE USE OF TOXIC HOUSEHOLD CLEANERS

Eliminate or at the very least reduce the amount of toxic commercial products you use. The skin's rate of absorption reduces as we grow older, which means your children's skin is even more porous.



TOXIN-FREE PRODUCTS

Non-Toxic Household Cleaning Products

Seventh Generation All-Purpose Cleaner
Seventh Generation Disinfectant Wipes
Brandless Lemon Verbena Disinfectant Wipes
Mrs. Meyers Lemon Verbena Dish Soap
Planet Inc Ultra Dishwashing Liquid
Brandless Tub & Tile Cleaner
Seventh Generation Toilet Bowl Cleaner
Thrive Market Fragrance-Free Laundry Detergent
Ecover Fresh Fabric Softener
Puracy Natural Stain Remover
Thrive Market Glass & Mirror Cleaner

Organic Bedding and Linen Companies

Nest Bedding
Whisper Organics
Avocado Green

Safe Cookware & Storage Containers

Stainless steel
Ceramic
Glass
GreenPan

EMF Protection Companies

Defender Shield
Shield Your Body
Earth Calm
Earthing

Sue Williams

WELLNESS

Hi, I'm nutrition coach Sue Williams. I help people to transform their health and how they feel using whole food nutrition. In my 8-week coaching program we always discuss detoxing your life, home, and your body.

When you develop healthy habits to create healthful living, you don't want toxins to derail your progress and success. Environmental toxins can negatively affect your thyroid, brain health, mood, and your ability to maintain a healthy weight

I invite you to schedule a free consultation call where I can learn your goals and desires and you can learn what working together would look like. Your health is worth it.

Use this QR code to bring you to my scheduling page to find a time that works for you.

Or, visit my website, www.suewilliamswellness.com.

I look forward to meeting you!

