



Hidden Toxins

We live in a world of toxins. It is impossible to completely eliminate toxic exposure, but important to reduce when possible.

- food
- water
- cooking pans
- cleaning products
- personal care products
- makeup
- fragrances
- candles & air fresheners
- plastics & microplastics
- BPA (cans, plastic, receipts)
- building materials
- vehicle exhaust
- alcohol
- medications & supplements
- relationships
- media
- mental habits



Do not let this list overwhelm you, simply focus on swapping one thing at a time.

SWAP OUT

SWAP IN
