



PHASE 1

**CLEANING UP
YOUR ENVIRONMENT**

DR. NICOLE LEWIS



In order to help your body begin to deal with your present toxic load please consider the following.

Avoid the toxic exposures most in your control:

- Food
- Personal care products
- Home

Food

- AVOID the 12 MOST toxic fruits and vegetables. Refer to EWG.org for the Dirty Dozen and Clean 15.
- AVOID farmed or Atlantic salmon. Freely eat Alaskan Salmon which will be labeled as King, Red (Sockeye) or Silver salmon.
- Enjoy fish with the lowest mercury content: clam, ocean perch, alaskan salmon, tilapia, sole, catfish.
- Enjoy grass-fed meat that has been raised hormone and antibiotic-free.
- Enjoy organic dairy products, eggs and olive oil.
- AVOID sugar. Sugar reduces the ability of the liver to clear toxic chemicals.
- AVOID BPA and phthalates. DO NOT heat or microwave food in plastic. Avoid hot beverages and leftovers in styrofoam containers.
- Switch from plastic water bottles to glass or stainless steel.

Personal Care

- Enjoy natural based healthcare and beauty products.
- AVOID products containing: benzoic acid, BHA, BHT, fragrances, dyes, perfumes, sodium lauryl (laureth) sulfate, "-paraben", polyethylene glycol and anything ending in "eth".
- Enjoy toothpastes such as Tom's, Dr. Bronner, DeVita, Nature's Gate.
- Enjoy non-scented laundry detergent and AVOID the use of dryer sheets unless they are a natural brand (ECOS, Seventh Generation, BioKleen, Meyers).
- Enjoy the use of wool dryer balls.
- Enjoy natural deodorants such as Toms, Native, Primal Pit paste, etc.

Home

- AVOID wearing shoes indoors.
- AVOID the use of pesticides and insecticides in and around the home.
- Replace your home air filters every 8-12 weeks, or once per month if there are animals in the home.
- Enjoy a cloth or nylon shower curtain in place of vinyl.
- Enjoy an air purifier with HEPA filter such as IQ-Air, Blue Air or Austin.
- Enjoy a filtered water in the kitchen and attachable water filtration to the shower head. Consult EWG.com/tapwater to help choose a purifier most beneficial for your area.
- AVOID handling receipts. High levels of BPA are found in most receipts. Enjoy an electronic receipt or ask for it in your bag.