

THE FUNCTIONAL HOME & TOXIC LOAD AUDIT

Client Name: __ Date: _____

Objective: To identify and mitigate environmental stressors that contribute to your "Total Toxic Burden." This tool focuses on the *Sustain* phase—creating a sanctuary that supports long-term metabolic and hormonal health.

Section 1: Indoor Air & Surface Purity

The goal is to reduce Volatile Organic Compounds (VOCs) and Particulate Matter (PM2.5).

- ☐ **Fragrance Check:** Are there synthetic candles, air fresheners, or "plug-ins" in use? (Goal: Remove/Replace with essential oils).
- ☐ **Filtration:** Is the home equipped with HEPA or PECO air filtration?
- ☐ **Cleaning Products:** Are household cleaners free of phthalates and harsh solvents?
- ☐ **Dust Management:** Is there a "shoes-off" policy to prevent tracking in outdoor pollutants?
- ☐ **Personal Care:** Are "Daily Use" items (deodorant, lotion, soap) free of parabens and synthetic fragrance?

Section 2: Water Purity & Kitchen Sourcing

The goal is to eliminate "forever chemicals" (PFAS) and maximize nutrient density.

- ☐ **Primary Water Source:** Is drinking/cooking water filtered via Reverse Osmosis (RO) or Distillation?
- ☐ **Remineralization:** If using RO/Distillation, are trace minerals being added back?
- ☐ **Food Sourcing:** Are the "Dirty Dozen" purchased organic? (Refer to EWG list).
- ☐ **Soil Health:** Are at least 20% of proteins/produce sourced from local regenerative farms?
- ☐ **Storage:** Has plastic food storage been replaced with glass, stainless steel, or silicone?

Section 3: Digital Hygiene & Circadian Alignment

The goal is to reduce EMF-induced oxidative stress and support the glymphatic system.

- [] **Bedroom Sanctuary:** Is the phone kept in a different room or on Airplane Mode at night?
- [] **Wi-Fi Management:** Is the router on a mechanical timer to turn off during sleep hours?
- [] **Blue Light:** Are blue-light blocking glasses or "Night Shift" modes used after sunset?
- [] **Morning Light:** Does the client get 5–10 minutes of natural sunlight within 1 hour of waking?
- [] **Wearables:** Are smartwatches/rings put into "Airplane Mode" periodically or replaced with mechanical options?

Section 4: Seasonal Living Tracker

Adjusting lifestyle to match natural biological cycles.

Category	Current Season: ____	Implementation Notes
Sleep	(e.g., Winter: +1 hour)	
Diet	(e.g., Summer: Seasonal fruit)	
Activity	(e.g., Winter: Restorative)	

Section 5: Scoring & Reflection

Total "Yes" Checkboxes: ____ / 15

Total Toxic Load Rating: * **0-5 (High Load):** High priority for intervention; bucket is likely overflowing. * **6-10 (Moderate Load):** Good foundation; focus on the "Big Wins" (Water & Air). * **11-15 (Low Load):** Excellent "Sustain" phase maintenance.

Practitioner Observations:

Next Steps (The 80/20 Rule):

Identify the top 3 changes that will have the biggest impact without causing "biological friction" or stress. 1. _____ 2. _____ 3. _____

