

# Reclaiming Your Health: Understanding Chemical Sensitivity

## What is "Toxic Load" and TILT?

Think of your body like a bucket. Every day, things like air pollution, cleaning chemicals, and even certain foods add a few "drops" to that bucket. For most people, the body drains the bucket naturally.

**TILT (Toxicant-Induced Loss of Tolerance)** happens when your bucket gets too full or the drain gets clogged. When this happens, your body becomes hyper-sensitive. Even a tiny "drop"—like the smell of perfume or a cleaning product—can make the bucket overflow, leading to symptoms like brain fog, headaches, or extreme tiredness.

## Why This Matters For You

- **Validation:** Your symptoms are real. If you feel sick in certain buildings or near strong smells, it's not "all in your head"—it's your body's warning system.
- **Clearer Thinking:** By lowering your "toxic load," you can clear the "brain fog" and regain your focus and energy.
- **A Safer Path:** Instead of a harsh "detox" that makes you feel worse, we focus on opening your body's natural "exit doors" first so you can heal comfortably.

## What You Can Do Today

1. **Open the Exit Doors:** Before we try to pull toxins out of your body, we must make sure they have a way to leave. Drink plenty of filtered water, move your body daily to stay regular, and try to break a light sweat.
2. **Audit Your Air:** You spend most of your time at home. Switch to "fragrance-free" laundry detergents and avoid "air fresheners" or scented candles. These are often the biggest triggers for a full "bucket."
3. **Eat the Rainbow:** If you tolerate them well, eat foods like broccoli, cauliflower, onions, and garlic. These contain natural building blocks that help your liver package up toxins to be sent out of the body.

## Questions to Discuss with Your Practitioner

- **Tracking Triggers:** Should I keep a "Sensitivity Diary" to see which smells or environments make my symptoms worse?
  - **The "Exit Doors":** Are my digestion and liver ready for a deeper clearing, or should we focus on "drainage" support first?
  - **Home Safety:** Which household product should I replace first to make the biggest impact on my health?
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