

Lightening Your Load: A Simple Guide to a Cleaner Home

What is "Total Toxic Load"?

Think of your body like a bucket. Every day, things like chemicals in cleaning products, pollutants in the air, and pesticides on food go into that bucket. As long as the bucket isn't full, your body handles it fine. But when the bucket overflows, you might start feeling tired, foggy-headed, or notice your hormones feel "off." Reducing your "load" simply means putting fewer things into the bucket so your body can catch up and heal.

Why This Matters For You

- **More Energy:** When your body isn't working overtime to process chemicals, you often feel more vibrant and less sluggish.
- **Balanced Hormones:** Many household chemicals mimic hormones. Removing them can lead to clearer skin, better moods, and more regular cycles.
- **Better Breathing:** Improving the air in your home can reduce irritation and help you sleep more soundly.

What You Can Do Today

1. **Fresh Air & "Fragrance-Free":** Open your windows for just 10 minutes a day to let fresh air in. Try to stop using scented candles, air fresheners, and dryer sheets. These often contain hidden chemicals that can mess with your health.
2. **Shop the "Clean" Way:** You don't have to buy everything organic! Use the **Dirty Dozen** list (like strawberries and spinach) to know what to buy organic, and the **Clean Fifteen** list (like avocados and onions) to know what is safe to buy "regular" to save money.
3. **Upgrade Your Shower:** We often focus on drinking water, but we also absorb chemicals through our skin and lungs in a hot shower. A simple, affordable shower filter is one of the best ways to reduce your daily chemical exposure.
4. **The "Big Three" Personal Care Swaps:** When you run out of these, try a natural version: **Deodorant** (aluminum-free), **Lip Balm** (since you swallow it!), and **Body Lotion** (since it covers so much of your skin).

Questions to Discuss with Your Practitioner

- Based on my health goals, which one environmental change will give me the "biggest bang for my buck" right now?
 - I feel a bit overwhelmed by these changes—can we pick just two small swaps for me to focus on this month?
 - How do I find a water filter that fits my budget and my specific needs?
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