

Life Hacks & Resources to Implementing a Toxin-Free Lifestyle



Holistic Health, Sustainability, & an Integrative Approach

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This Document is Updated Continually
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Research began in 2012

LIFE HACKS FOR GOING TOXIN-FREE.....

For the past several years sparked by the passing of a young friend to cancer in 2014, as well as my own health issues in 2015 caused by stress and environmental toxins, I have immersed myself in researching preventative and holistic health. From the importance of eating organic food from sustainable sources (for not only our own health but the health of the planet), to eliminating toxins from our environment & personal products, to aligning with functional & integrative medicine, my passion is to educate people how to maintain optimal health through 1000s of hours of research I've dedicated to finding the right resources, then curating the information into easily integrated 'life hacks'. My sole intent is to spread knowledge for your own health.

I am still so amazed at how all these non-toxic products that I make are so inexpensive and work so much better than conventional products. From personal care to house cleaning – there is NO REASON to use toxic products. Between www.amazon.com and www.Iherb.com you can get set up pretty easily! Following is what I have learned and how I live:

Food

- **Weston A. Price Foundation Dietary Guidelines: all organic fruits & veggies, grass fed meats, grass fed RAW dairy, fermented foods, bone broths, as detailed here:** <http://www.westonaprice.org/health-topics/abcs-of-nutrition/dietary-guidelines/> (www.WestonAPrice.org).
- **Sugar Swap:** use local RAW honey (I use [The Bee Store](#)) in coffee (taste just like sugar when in coffee, mochas, etc.). When cooking, anywhere that you use sugar, swap for Local Raw Honey. My triglycerides went from 178 to 78 just by doing this.
- **Flour Swap:** Use Organic Sprouted Spelt Flour as a 1 to 1 sub for regular white flour – it still has gluten, but is closer to the original flour pre-hybridization that is easiest to digest – sour dough it and it's best.
- **Bread:** if you eat bread with gluten, eat white sour dough, as the fermentation makes it easiest to digest.
- **Pro-biotic Rich Food & Drinks:** Sauerkraut, Kimshi, Raw Kefir, Kombucha instead of any kind of sodas.

Water

- **Clean Drinking & Cooking Water:** [Berkey Water Filter](#) (Amazon – this is a one person size, there are bigger for larger families). The Black Filter needs scrubbing every 6-12 months and lasts for 6000 gallons which will be 30 years at the rate I use it, and the Fluoride filter needs replacing every 1000 gallons which will last me about 5 years). The water taste SO PURE!!!
- **Do NOT drink water out of plastic water bottles,** those leach estrogens into your system.
- **Shower filter:** There are many that remove fluoride (home depot).
- [The Importance of drinking enough Water & the role of Sea Salt \(video\)](#) (this will really motivate you)
- Use **Epsom Salts** in every bath a few times per week for magnesium.

Cookware & Storage

- **Cookware:** Stainless Steel Pots & Pans, or Cast Iron, or Ceramic
- **Do not use microwave ovens:** [Article](#)
- **Food Storage:** Use glass with the plastic lids and natural parchment paper (do not let aluminum foil or plastic wraps touch your foods – wrap in parchment underneath if you use them at all).

Supplements

- **Supplements** - these change from time to time as I research more & more, but here is what I currently take): Vitamin C (Nutribiotic Sodium Ascorbate – see Suzanne Humphries, MD video below), fermented cod-liver oil (Blue Ice), or Emu Oil (www.Walkabout.com) turmeric, milk thistle, magnesium (many versions), garlic, chlorella, beet root. Try to find whole food supplements without “magnesium stearate”.

Personal Products (home-made and store-bought)

- **To Find Non-Toxic Products- Environmental Working Group:** <http://www.ewg.org/consumer-guides>
- **Deodorant:** 1 part coconut oil & 1 part baking soda. Let heat in the hot bathroom before putting it on.
- **Home-made Mouthwash:** Filtered water & [peppermint oil](#) (1oz water to 1 drop oil)
- **Toothpaste:** <https://www.iherb.com/pr/Nature-s-Answer-PerioBrite-Natural-Brightening-Toothpaste-with-CoQ10-Folic-Acid-Wintermint-4-fl-oz-113-4-g/67076>
- **Holistic Dentist:** root canals are linked to Breast Cancer, if you have ‘silver’ fillings, get them removed properly by a biologic dentist who knows how (here was mine: <http://www.dentalandholistichealth.com/>)
- **Eye Make-up Remover:** combine 10 parts filtered water and 1 part Vitamin E oil
- **Liquid Foundation:**
https://www.amazon.com/gp/product/B017JX4XH6/ref=oh_aui_detailpage_o00_s00?ie=UTF8&psc=1
- **Tinted lotion:** <https://www.iherb.com/pr/Physician-s-Formula-Inc-Organic-Wear-Tinted-Moisturizer-SPF-15-Light-to-Natural-Organics-1-5-fl-oz-44-ml/44767>
- **Cream Blush Stick:** <https://www.amazon.com/gp/product/B00CFQICJI>
- **Organic Tinted Lipgloss:** <https://www.iherb.com/pr/Hurraw-Balm-Tinted-Lip-Balm-Black-Cherry-15-oz-4-3-g/53446>
- **Pressed Powder:** <https://www.iherb.com/pr/Mineral-Fusion-Pressed-Powder-Foundation-Light-to-Full-Coverage-Neutral-1-0-32-oz-9-g/44436>
- **Sunblock: Sun is healthy and provides our best Vitamin D source** – but if you are going to be skiing or on a boat all day in the sun, then you need some protection. [Badger](#) is non-toxic but hard to work into skin, I use this when going to be in serious sun. Otherwise use [The Naked Bee](#) on my face & neck which is 70% organic and feels amazing.
- **Shampoo:** [J.R. Liggett's, Old-Fashioned Bar Shampoo, 3.5 oz \(99 g\)](#) or any castile bar soap
- **Conditioner:** combine filtered water & apple cider vinegar up to 50/50 in a spray bottle – it won’t leave vinegar smell at all (only while you spray it), then rinse, SOFTEST HAIR EVER!!
- **Bath soap:** any castile bar soap
- **Night-time Vitamin C Serum** (slightly greasy for night): <https://www.amazon.com/PURA-DOR-Organic-Rosehip-Anti-Aging/dp/B00KI3Z2UW>
- **Daytime Vitamin C Serum for under lotions/makeup** (dries quickly for day):
<https://www.amazon.com/Improved-Vitamin-Hyaluronic-Wrinkles-Glowing/dp/B00KOUALMS?th=1>
- **Essential oils:** [Frankincense](#) or [Myrrh](#) essential oils you can rub all over your face, hands, & feet at night, and you can diffuse different ones in your rooms: lemon, orange, eucalyptus, etc...
- **Organic feminine products:** [Naturacare from Iherb](#)
- **Bug Spray:** <https://www.iherb.com/pr/Badger-Company-Organic-Anti-Bug-Shake-Spray-4-fl-oz-118-3-ml/34626>

House Cleaning

- **House cleaning:** [Dr. Bonners Castile Liquid Soap](#), or white vinegar, or baking soda or lemon (**throw away bleach, ammonia, and all toxic cleaners – they don't even work as well**)
- **Laundry:** 7th Generation Fragrance Free soap and [wool balls](#) in the dryer (no toxic fabric softeners!)
- **DO NOT USE ANTI-BACTERIAL anything** – it actually promotes more bacteria [Article](#)

EMF (Electro-magnetic Frequencies) Protection:

- **EMF Blocking iPhone Case & More:** <https://www.defendershield.com>
- **EMF Blocking Fabric** – I encased this in a blanket & cover myself with in when using my laptop & phone: https://www.amazon.com/gp/product/B018298ZLG/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1
- **Cover your Electrical Box outside cheaply:** <https://www.youtube.com/watch?v=9uh9-cMZ9II> I did this!
- **Turn OFF your Wi-Fi!** Use Ethernet cables and adapters to hard wire everything – it provides a WAY better signal and no Wi-Fi swirling around your house. 50” Ethernet cable is about \$10 on Amazon.
- **Turn Off all electronics in your bedroom at night:** Plug everything into a power strip so you can shut that off when you go to bed.

PODCASTS, YOU-TUBE VIDEOS, LECTURES, TALKS, ARTICLES.....

Every single night I go to sleep by putting on a podcast or two on new things I discover (using my EMF blocking phone case of course). I re-listen to them and re-watch the YouTube videos many times since they are so full of information, you can't get it all on one pass. From my continual research, below are only the **best of the best** to get you up to speed fast without having to put the 1000+ hours in to find these. Each of these resonated with me deeply and I have listened to each multiple times. I truly hope this helps you start on your journey of healing!

Weston A Price Foundation – Wise Traditions (100+ Episodes) for maintaining a healthy lifestyle:

There are over 100 episodes and are ALL amazing! Half hour interviews with experts from all disciplines. I can't recommend these highly enough!

<http://www.westonaprice.org/uncategorized/wise-traditions-podcast/>

How Cooking Can Change Your Life (1 video):

Michael Pollan: <http://www.thersa.org/events/video/vision-videos/How-Cooking-Can-Change-Your-Life>

Food Sustainability (Ted Talks) – beautiful examples of TRUE sustainability:

- http://www.ted.com/talks/dan_barber_how_i_fell_in_love_with_a_fish?language=en
- http://www.ted.com/talks/dan_barber_s_surprising_foie_gras_parable?language=en

Functional & Integrative Medicine from a scientific perspective reviewing all the LATEST research (100+ Episodes):

- **Revolution Health Podcast by Chris Kresser** (he's in Berkeley, CA):
<https://itunes.apple.com/us/podcast/revolution-health-radio/id372257397?mt=2>

Heart Attacks & Statin Drugs:

- **What Causes Heart Attacks** (podcast episode): <http://wisetraditions.libsyn.com/rss>

- **Dr. Mercola Interviews Dr. Stephanie Seneff on Statins** <https://youtu.be/hbNSHPco0g>
- **Dr. Mercola Interviews Dr. Seneff (Full Interview)** <https://youtu.be/BIC58VpYE4A>

Natural Remedies for Healing:

- **Natural remedies for healing** - (fascinating lecture given by Barbara O'Neill at a church): <http://youtu.be/YgjzY6cyXEM>
- **Wealth of Info for Keeping Your Family Healthy** (even if you don't have kids, this info is amazing!): <https://wellnessmama.com/>

Cancer Information – Prevention & Healing:

- **This is the only Cancer Doctor you should see:** <http://www.drindai.com/> (carrying on the work of **Dr. Nicholas Gonzalez**)
- **Watch this 4 Minute Video:** <https://youtu.be/1OyHanvUY28> From www.ChrisBeatCancer.com
- Short & Practical Article: “Why Did God Create Cancer?” <https://www.westonaprice.org/health-topics/modern-diseases/god-create-cancer/>
- **Dr. Nicholas Gonzalez** reveals the truth about chemotherapy <https://youtu.be/24YkS4bwHvs>
- **Dr. Nicholas Gonzalez** take on Steve Jobs' cancer treatment <https://youtu.be/kqt3H5YnO1k>
- **Dr. Nicholas Gonzalez** Interview: The Quest For The Cures <https://youtu.be/zUQEWSH9ic>
- **Exploding Autoimmune Epidemic** – Fascinating talk: <https://youtu.be/-aHRMjVHggI>
- **Melatonin's Positive Affect on Cancer Tumors/Chemo:** <https://youtu.be/I7YIRqTNmuY>
- **The Truth About Cancer** – amazing 10 part ‘docuseries’ worth purchasing, but every year or so, you can listen for 10 days to all the content for free. The **new book** just came out, which is a great summary- I have this, if you want to borrow it, let me know! The website looks a little sales-pitchy but don't let that deter you from powerful & important content.
- **Dr. Stephanie Seneff** (MIT Professor): Evidence That Monsanto's Roundup Causing Cancer <https://youtu.be/XFCrtL1iJ4>
- **Suzanne Humphries, MD**, Internist and Nephrologist Vitamin C Basics: <https://youtu.be/JFT5rdwrNV0>
- **Barbara O'Neill** – In Australia, she gives health lectures at a health retreat called Misty Mountain. She is Vegan which *I am not at all*, but it may be a possible short term detox treatment for some cancer patients. Regardless of her diet, she addresses healing the body by teaching all about physiology in her amazing lectures, all free on YouTube, a wealth of information! Here are only 3 of many:
 - The True Cause of Disease (in line with the Truth About Cancer) <https://youtu.be/ky6bwy3PzLw>
 - Cancer Causes and Treatment: <https://www.youtube.com/watch?v=CPWQBU4i6hU>
 - The Wonder of Exercise: <https://www.youtube.com/watch?v=nlxkGzovuEU>

The Truth about Psychiatry & Feminine Medicine:

- **Dr Kelly Brogan** Functional Forum The Evolution of Psychiatry. Where did the serotonin theory of depression actually come from? Where should we be focusing our attention, instead? What is the truth behind psychiatry's most prized memes? <https://youtu.be/Dh6wBYuparQ>
- **Natural Treatment for Depression Explained** - Naicin B3 - Food Matters <https://youtu.be/7K2tqxKf2EE>
- **Feminine Medicine:** <http://functionalforum.com/leaders-of-the-knew-school-feminine-medicine/>
- **Article on Aging:** <http://seniorplanet.org/aging-with-attitude-barbara-beskind-designer/>

The Truth about Immunization:

- **The Vaccine Industry & Your Rights:** <http://wisetraditions.libsyn.com/rss> (podcast)
- **Vaxxed, Producer's commentary:** <http://wisetraditions.libsyn.com/rss> (podcast)
- **Interview with Dr. Judy Mikovits, PhD, 11/22/15 science-vaccines/autism/chronic illness, corruption.**
<https://youtu.be/n6HPE-s1V2o>
- **The Truth About Vaccines** – I bought this, if you want the login & passcode or want to borrow the CDs let me know <https://go.thetruthaboutvaccines.com> You can listen for free every 6 months or so on-line.

Having a Baby? PLEASE Read this book:

- **So You're Going To Have A Baby:** https://www.amazon.com/So-Youre-Going-Have-Baby/dp/1548167606/ref=sr_1_1?s=books&ie=UTF8&qid=1524632824&sr=1-1&refinements=p_27%3AChris+Kirckof

Full-length Documentaries:

- **GMO OMG: Documentary you can watch with Kids**
- **Seeds of Death:** <https://www.youtube.com/watch?v=eUd9rRSLY4A>
- **Genetic Roulette:** <http://gmoawareness.org/2012/09/08/genetic-roulette-movie/>
- **Food Inc.:** <https://www.youtube.com/watch?v=eUd9rRSLY4A>

People & Organizations to follow on Facebook:

- Chris Kresser L.Ac
- Westin A Price, & a local chapter
- GreenMedInfo
- March Against Monsanto
- Dr. Stephanie Seneff
- Dr. Kelly Brogan
- Chris Masterjohn, Ph.D.
- Chris Kirkof
- Jason Christoff