



PURIFYING YOUR PERSONAL ENVIRONMENT

Actively detoxifying your body from toxic chemicals and environmental contaminants is one of the best things you can do to support overall health.

Here are a few common toxins you may be encountering on a daily basis:



- Pesticide residues on fruits and veggies
- BPA in canned foods, water bottles, and food storage containers
- Triclosan, a synthetic antibacterial ingredient in personal care products like soaps and hand sanitizers that can disrupt your gut's healthy microbiota.

Help minimize your exposure to these common environmental and household toxicants. Here's how:

Eating “Clean” and Pesticide-Free

While we often think of produce as having a “health halo,” the truth is that certain fruits and veggies are a significant source of health-depleting pesticide residues. But you can reduce your exposure with some basic knowledge around eating clean.

The Environmental Working Group (EWG), a non-profit specializing in environmental toxins and food safety, publishes an annual [Shopper's Guide to Pesticides in Produce](#). It lists conventionally grown fruits and vegetables with the highest and lowest pesticide residue levels. Knowing what you can buy conventionally and when you need to choose organic will help you stay safe and save hard-earned cash.



Refreshing Your Personal Care Routine

Personal care products, such as shampoo, lotion and makeup, constitute a significant source of toxins and can adversely impact your health., which we can't afford in our new world. However, it can be exhausting scouring the labels for potentially harmful ingredients.



Once again, the EWG takes the guesswork out of selecting safe, non-toxic personal care products with its [Skin Deep Cosmetics Database](#). Now you can quickly decode the ingredients in your personal care products and find healthier alternatives.

Cleaning House Without Toxins

House cleaning products aren't necessarily "clean" at all; many contain chemicals, such as volatile organic compounds (VOCs) in fragranced cleaning products that can increase your toxic burden and compromise immune health. [The EWG's Guide to Healthy Cleaning](#) helps you make informed, empowered decisions about cleaning products by rating commonly-used cleaning products, interpreting ingredients labels, and offering safe, non-toxic alternatives to conventional cleaning products.

