

## **POST PURIFICATION:**

### **GENERAL SUGGESTIONS FOR DECREASING TOXICITY AND HARMFUL CHEMICAL EXPOSURES**

Certain chemicals applied to your skin or in the air can be absorbed by your body and may cause harm to your cells and organ systems. They can cause inflammation and increase the body's production of free radicals, thus increasing your likelihood of developing chronic health problems.

#### **FOOD**

Shift your food purchases and consumption to organic when possible. It is most important to use organic dairy products (milk, cheese, yogurt, ice cream, etc.).

Free-range meats and eggs are desirable to purchase as organic. Salmon and Pollock are lower mercury containing fish.

#### **HOUSEHOLD PRODUCTS**

Purchase the most natural cleaning and other household products you can find.

Avoid spraying pesticides or herbicides in your home or property.

Avoid furniture with particle board or buy used furniture that has had a chance to "off gas".

Let a new car off gas by keeping the windows open.

Use an air filter such as a Hepa filter with a charcoal filter to clean the debris in the air.

Minimize the amount of regular carpet in your home, or use natural carpets.

#### **HAIR, SKIN CARE AND MAKEUP**

For skin and hair products (including shampoo and colors) look for products without alcohol, sodium lauryl sulfate, paraben, phthalate or other petrochemicals.

Avoid using hair sprays.

Use low-toxin make-up and skin creams (avoid products with: phthalates, parabens, propylene glycol, alcohols and fragrances). In general, skin care products from health food stores without the above ingredients are a safer bet.

Consider using sunblocking and antioxidant creams on your skin: low solvent products with CoQ10 and Vitamin C.

#### **WATER**

Water can have many toxins and thus regular consumption of unfiltered water can significantly contribute to the toxic load of your body.

It is better to filter tap water with a multi-stage carbon filter or reverse osmosis filter.

Try to avoid bottled water in soft plastic containers as the plastics often leach into the water. Mineral waters in glass bottles are generally safe.

Have approximately 6-8 glasses of water or healthy liquids each day. Use glass or ceramic when possible.

#### **PLASTICS**

Avoid plastic bottles and containers with the numbers 3, 6 and 7 on the bottom. These are most likely to leach plastics.

Minimize the use of plastic water bottles that have been in a hot car. Do not microwave in plastic containers.