



BANISH
4 KINDS
OF BODILY TOXINS
FOR GOOD!

CLEAN IT UP!

↪ *Challenge Guide*

WHOLISTIC WELLNESS CLINIC

WELCOME!

Thank you for downloading your
Clean It Up Challenge Guide!

Your body has an amazing built-in detox system to help battle toxins.

But the fact is, our environment is teeming with potentially harmful chemicals. They can be found almost everywhere, including:



- What you put **IN** your body,
- What you put **ON** your body,
- What you live with in your home, and
- What you live with in your environment

When you total it all together, it can be a lot for your system to handle.

Taking stock of your toxic load – and reducing it as much as possible – can be a major step in improving your wellness.

This guide will bring awareness around the toxins you may be exposed to, and help you reduce it wherever possible.

Let's get started!

Wholistic Wellness Clinic



A person wearing a grey turtleneck sweater is seated at a wooden dining table, eating a meal. The meal includes a white plate with a salad of purple and green leafy vegetables, a carrot, and three small roasted potatoes. A slice of bread is also on the plate. To the left, there is a glass of orange juice and a loaf of bread. In the foreground, there is a halved grapefruit, a small bowl of white cream, and a wooden cutting board with sliced apples and cubed mango. A large teal circular graphic is overlaid on the bottom left of the image, containing the text 'DAY 1' and a subtitle.

DAY 1

*What You Put
In Your Body*

DAY 1

WHAT YOUR PUT IN YOUR BODY

Fact: the thought of cleaning up your diet can be overwhelming.

Also fact: It's actually pretty simple, as long as you keep one thing in mind:

THE LESS PROCESSED, THE BETTER!

We usually think of processing as what happens after our food is grown (both plants and animals) when it's turned into a "food product."

Most of us think of breakfast cereals, snacks, or convenience foods when we hear about processed foods.

BUT ... to truly clean up your diet, you have to shift the way you look at it.

Processing also includes everything that happens **BEFORE** food makes it to the manufacturer. That includes:

- 🌱 the seeds your food is grown from
- 🌱 the environment it is raised in
- 🌱 the drugs and chemicals it is exposed to



DAY 1: WHAT YOU PUT IN YOUR BODY

This doesn't mean you have to suddenly switch to an all-organic, non-GMO diet that has you spending hours in the garden and kitchen, growing, raising, and preparing everything you eat from scratch – unless you want to!

Instead, it's about making smart and informed choices when you hit the grocery store or farmer's market.

THE TRUTH ABOUT ORGANIC FRUITS AND VEGETABLES

- There's not much science backing up the idea that organic produce is more nutritious than conventionally grown produce.
- BUT ... with conventionally grown produce, you're likely boosting your exposure to pesticides, antibiotics, and other chemicals. **Pesticides are strongly associated with cancer and neurodevelopmental issues.**



FRESH *Tip!*

Consider buying organic frozen produce to save money. Because it's frozen shortly after being picked, it retains more of its nutrients. The nutrients in produce start to degrade as soon as they are picked.

DAY 1: WHAT YOU PUT IN YOUR BODY

CHEMICALS & PESTICIDES

What we put on our food ultimately becomes what we put in our body.

One of the most widely used is Glyphosate, heavily applied to crops like soy and corn—ingredients that show up in countless everyday foods.

These chemicals don't just stay on the fields. They can leave residue on foods, leach into ground water, and travel through air as “pesticide drift.”

Over time, this creates low-level, repeated exposure through what we eat and drink.

Research continues to explore links between pesticide exposure and health concerns including certain cancers, neurological conditions, hormone disruption, and more. While no single exposure tells the whole story, the cumulative load matters. That's why being mindful of food quality, sourcing, and supporting the body's natural detox pathways can make a difference.

Ways to support your body through supplementation (available at WWC):

- Supreme Nutrition Glypho-X
- OHS Fulvic Minerals
- Better Daily Detox Plus
- Ex-Chem Homeopathy
- Binder options: Supreme Takesumi or Better Bind



DAY 1: WHAT YOU PUT IN YOUR BODY

Your **FRUIT & VEGGIE** *Homemade Wash*

- ✓ **1 cup Hydrogen Peroxide**
- ✓ **1 cup White Distilled Vinegar**
- ✓ **20 drops Grapefruit Seed Extract (available at WWC)**

Mix all ingredients in a glass spray bottle. **Rinse** fruit and veggies with water, then spray and toss with **Homemade Wash**. Let the wash sit on the produce for a few minutes. **Rinse** again thoroughly with water. Enjoy!

Cleaning your produce is a simple way to help reduce what you're putting IN your body and support a healthier home overall. While washing may not remove everything, it can help lower residue and surface contaminants before you eat.



DAY 1: WHAT YOU PUT IN YOUR BODY



- 🌿 For some people, choosing organic produce is an ethical and environmental choice because organic food uses fewer pesticides and less impactful farming methods.
- 🌿 Some conventional produce is exposed to more pesticides than others. *The Environmental Working Group* publishes a list of the “dirty dozen” and “clean fifteen” fruits and vegetables, based on the amount of pesticides they contain. For cost effectiveness when purchasing produce, aim to buy the Dirty Dozen organic. While still encouraged, it is not as important to buy the Clean 15 all organic.
 - Dirty Dozen
 - Clean 15

DAY 1: WHAT YOU PUT IN YOUR BODY

The **DIRTY DOZEN**



Spinach



Kale



Strawberries



Grapes



Nectarines



Peaches



Cherries



Apples



Blackberries



Pears



Potatoes



Blueberries

The **CLEAN 15**



Pineapple



Sweet Corn



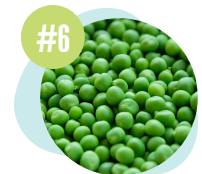
Avocado



Papaya



Onion



Sweet Peas (frozen)



Asparagus



Cabbage



Cauliflower



Watermelon



Mango



Banana



Carrot



Mushroom



Kiwi

**Credit to EWG for their recommendations.*

DAY 1: WHAT YOU PUT IN YOUR BODY

SHOULD YOU CUT OUT GMO (GENETICALLY MODIFIED) FOODS?

In the food industry, GMO refers to crops that have their genes altered to improve growth, nutrition, resistance to bugs/pests, hardiness, and also the general ease of farming them.

It's a hot topic because officials say GMO foods are safe, while others aren't so sure and want more long-term studies on their possible effects on our health and on the environment.

In the US, it's estimated that as many as 80% of foods in supermarkets contain ingredients that come from GMO crops.

Foods in the US that are commonly GMO include soy, corn, canola, alfalfa, sugar beets, potatoes, and apples.

As of 2022 in the US, GMO foods are required to be labeled as “bioengineered.”



DAY 1: WHAT YOU PUT IN YOUR BODY



ARTIFICIAL SWEETENERS

Artificial sweeteners are lab-created sugar substitutes commonly found in “**diet,**” “**sugar-free,**” and **low-calorie** foods and drinks.

While they may reduce sugar intake, many artificial sweeteners have been linked to negative effects on the body – especially the brain and nervous system.

Some research suggests they may disrupt neurotransmitters, contribute to headaches, mood changes, brain fog, cravings, and overstimulation of the nervous system, making them potentially neurotoxic over time. They can also negatively impact gut health, which is deeply connected to brain function, inflammation, and overall wellness.

Common artificial sweeteners to watch for on ingredient labels include aspartame, sucralose, saccharin, Ace-K (acesulfame potassium), neotame, and advantame. High Fructose Corn Syrup is also a highly processed sugar and best to be avoided.

Healthier sweetener options include raw honey, pure maple syrup, coconut sugar, dates, monk fruit, and organic stevia leaf. While all sweeteners should still be used in moderation, these options are generally less processed.

DAY 1: WHAT YOU PUT IN YOUR BODY



PICKING POULTRY

Here's what all the labels on chicken and turkey actually mean, according to government regulations. It might be different than you think!

Free-Range: This simply means that the birds are granted access to the outdoors.

Certified Organic: Organically raised poultry is raised in a free-range environment, plus all their feed must be certified organic, with no synthetic fertilizers or pesticides, animal by-products or other additives.

Raised Without Antibiotics: The birds are raised without antibiotics for health maintenance, disease prevention or treatment of disease. Other drugs can still be used.

No Hormones: Using hormones in poultry is prohibited. This label claim is accurate but meaningless in the marketplace.

Natural: No additives or preservatives are used after the poultry was processed. Some chicken may still contain added broth, however.

DAY 1: WHAT YOU PUT IN YOUR BODY

Vegetarian-Fed or All-Vegetable Diet: This one is controversial because chickens and turkeys aren't naturally vegetarian creatures and most poultry feed contains some animal byproducts. Also, birds like to be able to forage for some of their own food.

Certified Humane Raised & Handled: This label means the birds were raised with basic standards of care and allowed to “be birds” – perching, pecking, scratching, foraging for food, etc.

Farm-Raised: This is not a regulated label term.

Pasture-Raised: This is also a labeling term that isn't regulated. However, an oversight group has set a standard for what it means. The birds must be raised outside but have access to housing that protects them from extreme weather and predators.



DAY 1: WHAT YOU PUT IN YOUR BODY

DECODING EGG CONTAINERS

Have you ever stood in front of the stack of egg containers at the grocery store, wondering which is best? There are so many labels and claims to choose from! Here's a quick guide:

Pasture-raised: This means that the chickens go outdoors in an area where they can hunt on their own for larvae and grubs to eat. Their eggs tend to be more nutritious.

Organic: The hens ate organic feed and were not raised in cages. This doesn't necessarily mean they were allowed to go outside.

Free-range or free-roaming: This means that the hens producing the eggs were either raised outdoors or given access to the outdoors. This doesn't account for the quality of that outdoor time, however.

Some free-range hens may be able to forage for plants and insects, but others may not. Also, if the hens are living crowded conditions, they may not go outside when access is given.

Cage-free: Hens raised this way have unlimited access to food and water, but they can still live in overcrowded barns and chicken houses and not have outdoor access.

Omega-3 enriched: This doesn't mean the chickens were fed organic food or were allowed outside. It simply means they were fed diets high in omega-3.



DAY 1: WHAT YOU PUT IN YOUR BODY



WHAT ABOUT CONVENTIONAL, GRASS-FED, OR ORGANIC MEAT?

This is where your choices definitely make a difference.

First: grass-fed beef is more nutritious. It is higher in vitamins (especially A & E) and antioxidants than grain-fed beef, plus it is lower in saturated fat, and higher in healthy fats.

Second: what grass-fed DOESN'T contain is also important.

Animals raised conventionally – in factory farms and fed a grain-based diet – live in poor conditions that make them more prone to diseases, in part because of the antibiotics used in their feed.

PLUS ... many factory farms use fertilizers and chemicals that can pollute the environment.

A Consumer Reports study compared 300 grain and grass-fed meat samples.

They found 18% of the grain-fed samples were contaminated with antibiotic-resistant bacteria (aka “superbugs”). That’s compared with only 6% of grass-fed samples, and 9% of samples from animals raised with organic feed or without antibiotics.

DAY 1: WHAT YOU PUT IN YOUR BODY

FOOD SENSITIVITIES

Diet-wise, sometimes “cleaning it up” can mean eliminating otherwise healthy foods that don’t agree with you.

You might notice after eating certain foods, you feel bloated, get rashes or flushed skin, or have digestive upsets. Or maybe you even get a runny nose!

These could be foods you have sensitivities or intolerances to.

Some of the most common foods include **gluten**, **dairy**, and foods that are high in FODMAPS (fermentable oligo-, di-, mono-saccharides and polyols), which are short-chain carbs found in everything from apples and some cheeses to milk, beans, and beer.

If you think you have an intolerance, you can experiment with eliminating the food to see if your symptoms ease.

You could also consider getting tested for sensitivity. While these tests can change over time, they can be great tools to help decrease high stressors impacting your healing now.



DAY 1: WHAT YOU PUT IN YOUR BODY

RECOMMENDED FOOD SENSITIVITY TESTING

At Wholistic Wellness Clinic we offer a variety of options for food sensitivity testing. Our most common test is ran by KBMO Diagnostics (<https://kbmodiagnostics.com/>)

KBMO FIT 22: Measures 22 different foods, colorings and additives.

KBMO FIT 132: Measures 132 different foods, colorings and additives.

KBMO FIT 176: Measures 176 different foods, colorings and additives.

KBMO Gut Barrier Panel: included with the FIT 176, FIT 132 and FIT 22 tests and is also available to order individually. It includes the following gatekeeper markers: Candida, Zonulin, Occludin and Lipopolysaccharides (LPS) often recognized with leaky gut dysfunction.

A simple finger prick – the FIT tests measure IgG and Immune Complexes, **the most common food-related pathways**, to create the most sensitive test on the market. Contact WWC today for availability and pricing.



DAY 1: WHAT YOU PUT IN YOUR BODY

DO YOU KNOW WHAT'S IN YOUR TAP WATER?

Even though there are government requirements for safe levels of various chemicals in public water supplies, some experts argue the regulations haven't kept up with science.

They worry that the regulations allow higher levels of pollutants than is safe for our health.

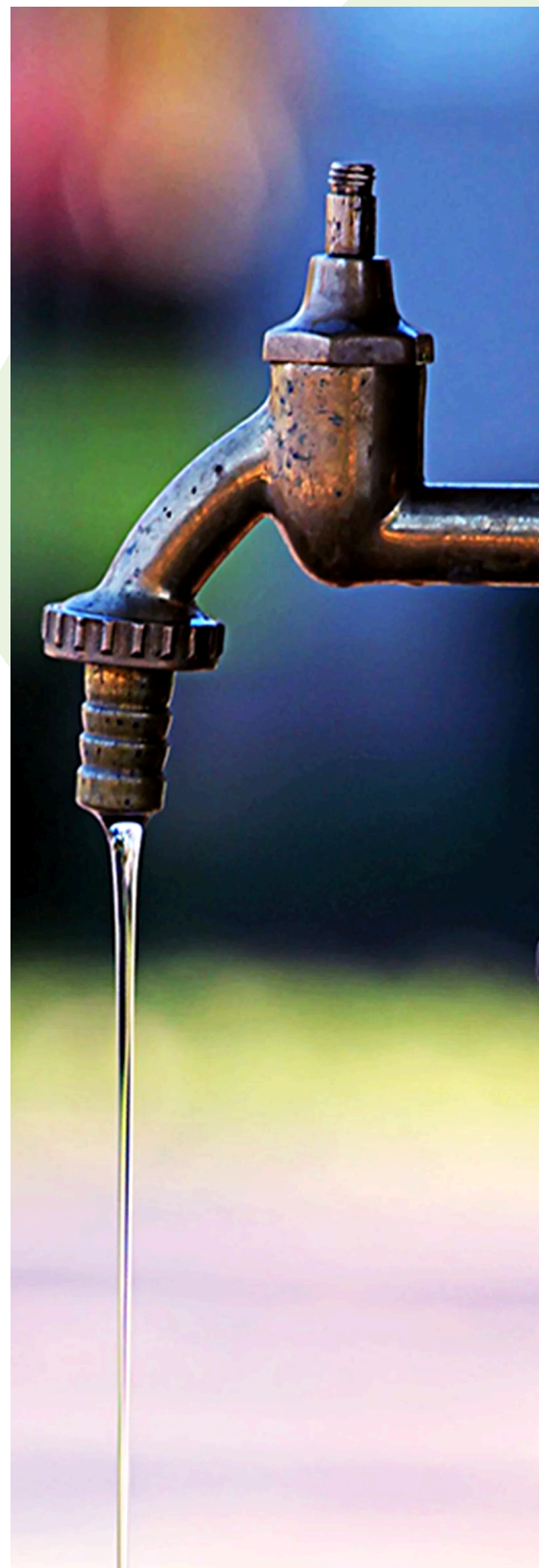
In the US, the Environmental Working Group estimates that up to 100,000 cancer cases are linked to water contaminants. Yikes. (You can search for your city's performance [here](#).)

If you have a well or want to gather your own data, find a certified lab to test your water because home testing kits may not always be accurate.

TIP: To truly create a safe haven in your home for healing, consider installing a filter. There are several types to choose from.

Our WWC Favorite Water Filters:

SpringWell (whole-house filter) or
Aquasana (under sink & shower filters).



DAY 1: WHAT YOU PUT IN YOUR BODY

Your **CLEAN IT UP** Checklist



- ✓ **Avoid processed foods whenever possible** – read your food labels! If it has more than 5 ingredients, words you can't pronounce, or refined grains/sugars, it's probably not going to advance you toward your goals.
- ✓ **Cut back on sugar.** Added sugars are empty calories that send your body's hormones (including insulin) into a frenzy.
- ✓ **Consider buying organic/non-GMO foods.**
- ✓ **Make the healthiest meat/chicken/egg choices your budget can allow.**
- ✓ **Think about using a water filter** to create a safe haven for healing in your home.
- ✓ **Experiment with avoiding foods** that you suspect may be causing symptoms.



DAY 2

What You Put
On Your Body

DAY 2

WHAT YOU PUT ON YOUR BODY



When you get ready in the morning – showering, shampooing, moisturizing, deodorizing, etc. – your goal isn’t just to look good (and not be smelly!).

You also want to feel great and take great care of your body.

But all too often, the ingredients in the products we use aren’t really good for us.

They can cause irritation, allergies, and some are actually linked to serious health risks.

It’s worth checking to make sure you’re using the healthiest possible products.

Using healthy products used to mean spending a lot of extra money or settling for less-than-desirable results.

But that’s no longer the case!

The market is filled with safer and healthier alternatives, and new brands are offering a wide array of products at practically every price point.

DAY 2: WHAT YOU PUT ON YOUR BODY

HERE'S A RUNDOWN OF A FEW INGREDIENTS TO BE ON THE LOOKOUT FOR, AND WHY.

Note

*If you want to take a deeper dive into this topic and explore specific products, ingredients, and more, check out the “Skin Deep” database **here**.*

Parabens: These synthetic antimicrobials and preservatives are usually found in products that contain a lot of water. Think: shampoos, cleansers, body wash, etc., although they also appear in deodorants.

Parabens mimic estrogen and can affect hormone function in your body. They have actually been found in breast tumor biopsies.

Check ingredient labels for methyl-, ethyl-, butyl-, or propylparaben, or when purchasing look for products labeled “paraben-free.”



DAY 2: WHAT YOU PUT ON YOUR BODY

Phthalates: A plasticizer, phthalates are found in many items we use every day, from flooring to detergents to raincoats and even children's toys.

But they also are found in cosmetics, perfumes, and nail polish ... even though they usually aren't listed on ingredient labels!

That's because they are often found in "proprietary" formulas used by manufacturers to help stabilize scent and color, plus they can help stop nail polish from chipping.

According to the CDC, phthalate exposure is considered widespread.

They are linked to birth defects, damage to organs, low sperm counts in adult men, thyroid problems, and other health issues.

Look for phthalate-free products, and choose water-based nail polish.

Synthetic Fragrances: These include common allergens. Plus, remember those phthalates? The word "fragrance" on a label is a tipoff the product contains them.

To avoid synthetic fragrances, don't simply rely on ingredient lists. Instead, look for labels that say, "no synthetic fragrances" or "natural fragrances only."



DAY 2: WHAT YOU PUT ON YOUR BODY



Nanoparticles or “microfine” particles: A new development, these super-small particles of common ingredients are used in many products, including sunscreens and anti-aging products.

They are used because their tiny size is believed to help them better penetrate the skin – which raises concern when they are used in conjunction with parabens, phthalates, or other not-so-healthy ingredients.

There’s also worries about the environmental impact of nanoparticles because of their ability to avoid filtration.

Sodium lauryl/laureth sulfate: This synthetic detergent and foaming agent is linked to eye and skin irritation.

There’s also another concern with SLS that may occur during manufacturing. Some products go through a process called “ethoxylation” to make them less harsh, which can lead to being contaminated with 1,4 dioxane, a suspected carcinogen.

DAY 2: WHAT YOU PUT ON YOUR BODY

Diethanolamine (DEA) and Triethanolamine (TEA): Found in body wash and shampoo, these emulsifiers and foaming agents may cause allergic reactions and are linked with potential health issues. DEA is banned in Europe.

Diazolidinyl and Imidazolidinyl Urea:

A synthetic preservative that's used in shampoos, lotions and sunscreens. It can cause allergic reactions in some people, and it may release formaldehyde.



DAY 2: WHAT YOU PUT ON YOUR BODY

CONSIDER CLEANER CLOTHING CHOICES

What we wear matters. Our skin is our largest organ, and the fabrics we wear all day can affect our comfort, exposure to chemicals, and overall wellness.

When possible, choose natural fibers like organic cotton, linen, hemp, wool, silk, and TENCEL™. These materials tend to be more breathable, contain fewer chemical residues, and don't shed microplastics like synthetic fabrics.



Cleanest choices:

Organic Cotton, Linen, Hemp



Good choices:

100% cotton (non-organic), wool, silk



OEKO-TEX Certification = safe to wear

low harmful residues, but still processed



Look for certifications such as GOTS (organic textiles) and OEKO-TEX Standard 100 (tested for harmful substances).

Try to limit fabrics like polyester, nylon, acrylic, and heavily processed bamboo viscose, which may contain more chemical inputs and contribute to microplastic exposure.

Small changes add up. Start with the items closest to your skin—underwear, pajamas, bedding, and baby clothing—and build from there.

DAY 2: WHAT YOU PUT ON YOUR BODY

Your **CLEAN IT UP** Checklist

- ✓ **Scour the labels** on your personal care products and get rid of the items that don't meet your guidelines.
- ✓ If you want to take it next level, **download the “EWG” or “Think Dirty – Shop Clean” app** on your phone, and scan the barcode of your products at home to see how they rate. Use these apps to buy a cleaner choice.
- ✓ **Make a list of products you need to replace.** Prioritize products you use every day.
- ✓ **Go shopping!** Laundry detergent, soaps, makeup, skin care, cleaning products, and more products we trust linked on **WWC's Amazon Storefront** or stop by the clinic for our in-stock favorites.



DAY 3

*What You Live
with in Your Home*



DAY 3

WHAT YOU LIVE WITH IN YOUR HOME



The products we clean with, the air we breathe, the scents we diffuse, the cookware we use, and even what touches our skin every day all contribute to our toxic load.

Your home should be your safe haven. Yet studies suggest the average home contains hundreds of chemicals from cleaning products, fragrances, plastics, pesticides, and more. While our bodies are designed to detoxify and protect us, constant exposure over time can place an extra burden on those natural defenses.

Too much exposure, for too long, can overload your body's defenses, making you and your family vulnerable to chronic illnesses like asthma, and even type 2 diabetes, heart disease, and cancer. The good news? Small changes can make a big difference.

DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

OUR CLEANING FAVORITES

Creating a healthier home doesn't have to be complicated, but can often feel overwhelming at first. You're not alone!

Our cleaning favorites that actually work:

- Branch Basics
- Truly Free
- Norwex
- Rowe Casa Organics
- Vervita essential oils

We love choosing simple, effective products that help reduce unnecessary chemical exposure in our homes. That means opting for fragrance-free laundry products, plant-based all-purpose cleaners made with safer ingredients, and using Norwex microfiber cloths to reduce the need for harsh chemicals. We also prefer wool dryer balls instead of traditional dryer sheets, unscented dish soap and dishwasher detergent, and natural ways to freshen our homes.

Remember: Progress over perfection. You don't have to replace everything overnight. Every small, intentional swap is a step toward creating a healthier home and lowering your family's overall toxic load.

Looking for more clean product recommendations?

Check out our **Amazon Storefront**, which we're constantly updating or stop by **Wholistic Wellness Clinic to shop many of our favorite in-stock items** and let our team help you find products that fit your family's needs.



DAY 3: WHAT YOU LIVE WITH IN YOUR HOME



It's not just about the household cleaning products you use. From your cookware – to your carpeting and rugs – to the paint on the wall – to the air that you breathe ... not to mention what gets tracked in on your shoes, your home can be loaded with potentially harmful substances!

Fortunately, cutting down on the toxic load doesn't mean totally rehabbing your home. But it DOES take some awareness and consistent action.

The results definitely are worth it!

Replace your everyday household cleaner with this DIY version. You can find washing soda at the grocery store or hardware store.

DIY Cleaning Solution

- ½ tsp washing soda
- 1 tsp liquid dish soap (choose a green brand)
- 2 cups hot water
- 3–4 drops organic essential oils – good options for cleaning include lemon, tea tree, or peppermint.

Mix them up in a spray bottle and get to work!



DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

COOKWEAR & FOOD STORAGE

The food you eat is only part of the equation – what you cook it in and store it in matters, too. Making the switch to cleaner cookware and glass food storage is a simple way to reduce your daily exposure to unnecessary chemicals.

Many traditional nonstick pans are coated with chemicals that can break down over time, especially when scratched or overheated. Some older cookware may contain compounds linked to hormone disruption and other health concerns. Likewise, plastic food containers and cutting boards can release chemicals into food, particularly when heated.

Why choose cleaner cookware?

- Avoids potentially harmful nonstick chemicals
- More stable at high cooking temperatures
- Helps reduce your everyday toxic load
- A long-lasting investment in your family's health

Why switch to glass food storage?

- No plastic chemicals leaching into food
- Safe for reheating in the microwave and oven (when manufacturer approved)
- Doesn't absorb stains, odors, or flavors
- More durable and recyclable than plastic over time

Small swaps like these may seem simple, but they can significantly reduce the number of chemicals your body encounters every single day. Our favorite clean kitchen picks – including **GreenPan cookware** and glass food storage containers – can be found in our Amazon Storefront under Kitchen Essentials.

DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

The average person spends about 90% of their time indoors, making the air inside your home an important part of your overall health.

Indoor air can contain dust, mold spores, pollen, pet dander, VOCs, and synthetic fragrances from candles, plug-ins, air fresheners, laundry products, and cleaning supplies. Reducing these exposures can help lessen your body's everyday toxic burden.

Simple ways to improve your home's air quality

- Choose fragrance-free household and personal care products.
- Skip candles, wax melts, plug-ins, and aerosol air fresheners.
- Use a high-quality air purifier, like Air Doctor.
- Replace your HVAC/furnace filter every 3-6 months.
- Open windows when weather allows for fresh air circulation.

Cleaner air is a simple but powerful way to create a healthier home



DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

Your

ALL NATURAL *Weed Killer*

✓ **1 Gallon White Vinegar**

✓ **¼ Cup Dish Soap**

✓ **2 Cups Epsom Salt**

Keep your lawn weed-free without harmful chemicals!
Combine all ingredients in a lawn and garden sprayer and mix well. Spray directly onto unwanted weeds.
Reapply as needed for best results.

INSECT & TICK REPELLENTS

Look for more natural insect repellents like Mighty Mint, and don't forget to be prepared for tick season. A Tick Key, Tickless collar attachment for pets, and Vet's Best lawn spray are a few of our go-to resources for protecting your family, pets, and yard. Find all of our favorites linked in the WWC Amazon Storefront!



DAY 3: WHAT YOU LIVE WITH IN YOUR HOME



THE HEALTH STRESSOR YOU CAN'T SEE: ELECTROMAGNETIC FIELDS

Electromagnetic fields (EMFs) are **invisible energy waves** produced by electronic devices such as cell phones, Wi-Fi routers, computers, Bluetooth devices, smart meters, and household wiring. While research is still evolving, some studies suggest EMF may negatively influence biological processes.

Because reducing unnecessary exposure is simple and low-risk, many people choose to take practical steps to minimize their overall EMF load as part of a healthier lifestyle.

Steps to Reduce EMF Exposure

1. **Give your body a break:** turn off all electronics when you're not using them. Avoid sleeping with electronics next to your bed, or at minimum place them in Airplane Mode.
2. **Add EMF protection to your phone:** designed to help reduce effects of EMF exposure from your cell phone, available at WWC
3. **Consider whole-home protection:** Brimhall EMF Harmonizer to reduce your home's overall EMF burden. Available online.
4. **Get grounded:** Grounding may help support your body's natural electrical balance. Place your feet on the earth and consider grounding bags for your home.

DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

WHY MOLD MATTERS

Mold can affect more than your home – it may impact your health, especially if you're sensitive or have underlying health concerns.

Step 1: Test Your Home

We recommend starting with an Immunolytics Agar Plate Mold Test Kit to evaluate mold levels in your home.

Step 2: Address the Source

If mold is present, removing the visible mold isn't enough. It's important to identify and fix the underlying moisture problem to help prevent mold from returning.

Step 3: Clean Your Home

WWC favorite products to help support the remediation process:

- EC3 Electrostatic Fogger Rentals – available at WWC
- EC3 Fogging Solution, Mold Spray, & Beeswax Candles
- Superstratum Every Day Wipes

Need Professional Help?

If testing indicates elevated mold levels, consider working with a qualified mold inspector or remediation professional. Our **Trusted Local Resources** include:

Mold Detection: Pawsitive Mold Detective

Independent Mold Inspection: Pure Health Mold

Mold Remediation: Steve Feldmann (PuroClean)/Mike Burhite (Renew Services)

Water Damage Cleanup: Joe Alger – HomePro Services



DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

Your **CLEAN IT UP** Checklist



- ✓ **Keep your shoes at the door.**
- ✓ **Open your windows as often as possible.** Indoor air can be 5x more polluted than the air outside.
- ✓ **Get your cooling & heating system cleaned regularly** and be sure to replace filters.
- ✓ **Get a few air-filtering houseplants.** Top choices include spider plants, rubber plants, aloe vera, snake plants, and areca palm.
- ✓ **Use “clean” laundry detergents** and replace your store-bought dryer sheets with wool dryer balls.
- ✓ **If you dry clean your clothes, air them out in your garage or other home outpost** for a couple days before wearing them.

DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

Your **CLEAN IT UP** *Checklist*

- ✓ **Replace your vinyl shower curtain with one made with natural materials.** Remember the plasticizing phthalates from Day 2? You don't need them around you when you are enjoying a hot, steamy shower!
- ✓ **Go through your stash of plastic containers** and get rid of anything with a recycling label of 1, 3, 6, or 7 because they likely contain phthalates, BPA, or styrene. Upgrade to glass containers if possible.
- ✓ **Next time you paint,** choose a brand with low VOCs (volatile organic compounds).
- ✓ **Get rid of pesticides in your home and on your lawn.** These are designed to kill insects and pests, after all, and they are linked with irritation, breathing issues, nausea, nerve problems, headaches, and more. If you have a pest problem, seek out the least toxic solution.
- ✓ **Switch to Norwex cloths to clean your home.**

DAY 3: WHAT YOU LIVE WITH IN YOUR HOME

Your **CLEAN IT UP** *Checklist*

- ✓ **If you don't already have a vacuum cleaner with a HEPA filter, upgrade when you can.** In addition to dust, the filter can reduce harmful bacteria, particles, and pathogens.
- ✓ **Test your home for radon and mold.** If you live in a home built before 1975 and suspect you have lead paint or asbestos in your home, don't disturb it and call in the experts!
- ✓ **Decrease EMF** in your home, especially while sleeping.



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