

## **OPTIMAL TOXIC LOAD REDUCTION**

- 1. I use only natural products on my skin and hair Y N**
- 2. I use only natural products to clean my home Y N**
- 3. I do not heat food in plastic ( microwave) Y N**
- 4. I use glass or BPA-free storage containers for food Y N**
- 5. I DO NOT use spray pesticides on my landscapes Y N**
- 6. I DO NOT use commercial -grade dry cleaning Y N**
- 7. I DO NOT eat farm raised fish Y N**
- 8. I limit the intake of big mouth fish to once a month Y N**
- 9. I eat organic fruits and vegetables that are on the Dirty Dozen list Y N**
- 10. I do not have active mold in my home or workplace Y N**
- 11. I practice positive thinking, affirmations and self-talk and minimize ANTS Y N**
- 12. I cultivate relationships with people who enhance my sense of well being and love Y N**
- 13. I drink filtered water Y N**
- 14 I regularly eat cruciferous vegetables such as broccoli, broccoli sprouts,cauliflower,brussel sprouts, bok choy, rutabaga and cabbage Y N**

**15. I eat clean sources of protein ( no factory meat, no GMO, no antibiotics ) Y N**

**16. I eat food that is free of nitrosamines ( found in deli meats, hotdogs, bacon ) Y N**

**17. I do not drink water from plastic bottles Y N**

**18. If I use commercial dry cleaning, I allow my clothes to hang uncovered outside to air out before putting away in closet Y N**

**19. If I have access to a sauna, I use it at least weekly Y N**

**20. I eat beets and beet greens on a regular basis (highly detoxing ) Y N**

**21. I do not overuse Tylenol and Motrin products Y N**

**22. If I take prescription meds regularly/longterm I require my doctor to test my liver functioning Y N**

**23. I buy and use organic materials as much as possible to furnish my home- avoiding flame retardant materials Y N**

**24. I vacuum using a HEPA filter and/or wet mop my floors regularly Y N**

**25. I do not use nail polish Y N**

**26. I wash my hands frequently using soap that is free of chemicals ( antibacterial) Y N**