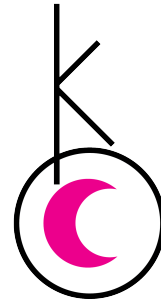


Toxic Load Checklist:

Reduce your cumulative exposure in your home, job, and community



Environmental

- Pesticides and fertilizers (what you breath in, walk on, touch)
- Chemicals (cleaning supply residue, dish soap, cosmetics, lotions, shampoos and deodorants, fabric softener and laundry scents)
- Plastics (PCB, Melamine, Phthalates, PVC, BPA) ex: plastic bags and water bottles, toys that are bendy, smelly, or have an oily residue
- Heavy metals (conventional fish, unfiltered tap water, soil around construction)
- Perchloroethylene (the dry cleaning stuff)
- Water supply (what chemicals are added to your tap water supply, pharmaceuticals, heavy metals)
- Climate change; increased growth of bacteria, viruses, mold exposure, and growth of vectors such as mosquitos and ticks. Unusual, extreme, and sudden weather changes, even for the positive is a stressor on the body

Food and Lifestyle

- Diet (standard american diet, GMOs, nutrient-depleted food supply, pesticides, chemicals, additives, preservatives, fillers)
- Pharmaceuticals (what medicines you're taking, in tap water, in foods such as antibiotics and growth hormones in eggs, cheese, milk)
- Harsh modern living conditions (indoor living, isolation, devices, travel)
- Lack of exercise, long periods of sitting, and access to outdoors
- Bad lighting and lack of air quality (lack of outside time, efficient homes/buildings, and increased exposure to poorly lit conditions such as excessive device time, flourescent activating CNS)

Emotions, Stress

- EMFs (electro magnetic fields - fluorescent lights, electronics, wifi)
- Emotions (chronic exposure to negative energy)
- Geostress (ex: a moldy house, a bad roommate, a stressful job)
- Sensory overload (lack of downtime or Self Care time for Yin activities like meditation, yoga, and walking in nature)
- Social stress, cultural stress, political and world event stress

Healing Checklist

- **Food as medicine:** Increase intake of nutrient-dense organic, whole foods. Reduce intake of anything that comes in a box or can, or has more than three ingredients listed. Food is medicine. Drink more water, and good quality filtered water. Reduce the bad and increase the good!

Diet plans are individual but as a global recommendation, consider the Whole 30, Paleo, Keto. These address inflammation, one of the root causes of illness. They restrict the most common allergens and intolerances and have the most nutrient dense food options.

- **Detox** consider the many DIY options out there and available over the counter at your local health food store or by working with a practitioner.
- **Green Living** take inventory of detergents, soaps, cosmetics, cleaners, electronics, air quality, sleep sanctuary (no plugged in clocks or phones, no light or sounds in room), space clearing with a healer or sage/palo santo, feng shui, MariKondo, indoor plants, salt lamps, decrease device time, increase outside time

Self Care invest in preventive medicine such as vitamins, supplements, herbs, and homeopathics. Take classes, subscribe to newsletters, join fb groups, and read about topics that apply to you or will enhance your toolkit.

Energy Medicine consider energy medicine and other body work for the treatment of emotional healing, blockages, and inherited energy.

Address Root Causes with natural solutions: Most chronic conditions are caused by metabolic deficiencies, inflammation, microbes, gut dysbiosis, and immune dysregulation. Working with a naturopathic doctor, a nutritionist, or a health coach can assess your bio-individual root causes. Testing instruments such as the ION panel or OATs test to look at a snapshot of your levels of vitamins, minerals, neurotransmitters, adrenals, immune system and specific concerns.

<https://www.westhillsreiki.com> to learn more or book a session