

A woman with a white towel wrapped around her head is shown in profile, drinking from a dark brown ceramic cup. She is wearing a light-colored strapless tube top and light blue denim jeans. The background is a blurred outdoor setting, likely a balcony or patio, with a wooden railing and some greenery. The lighting is soft and natural, suggesting a bright but slightly overcast day.

A FREE GUIDE
PURGE YOUR SKIN

by
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FOOD & DRINKS/ AVOID

- Processed food: Reduce the intake of highly processed foods high in added sugars, unhealthy fats, and artificial additives.
- Sugary Beverages: Limit sugary sodas, energy drinks, and fruit juices.
- Trans Fats: Avoid trans fats found in partially hydrogenated oils, often present in fried and processed foods.
- Excessive Salt: Reduce the consumption of high-sodium foods like salty snacks, processed meats, and canned soups.
- Sugary Snacks and Desserts: Cut back on candies, cookies, pastries, and other sugary treats.
- Refined Grains: Minimize consumption of refined grains like white bread, white rice, and pasta, and opt for whole grains instead.
- Fast Food: Limit fast-food meals, which are often high in calories, unhealthy fats, and sodium.
- Artificial Sweeteners: Be cautious with artificial sweeteners, as some studies suggest they may have adverse effects on metabolism and gut health.
- Processed Meats: Reduce consumption of processed meats like sausages, bacon, and deli meats
- High-Carb Snacks: Be mindful of carb-heavy snacks like chips and crackers
- High-Fructose Corn Syrup: Check food labels and avoid products with high-fructose corn syrup
- Fried Foods: Cut down on fried foodsEmpty & replace garbage
- Canned foods and plastic bottles/containers of water and high-acid foods due to the presence of toxins like bisphenol-A and other plasticizers.
- Foods that contain preservatives such as BHT, BHA, benzoate, and sulfites; food colorings such as FD&C yellow #5, #6, etc.; or artificial sweeteners such as sucralose and aspartame.
- Avoid any type of dairy products while on a detox
- Avoid drinking tap water



FOOD & DRINKS

To avoid toxins in your food and maintain a healthier diet, focus on consuming organic produce in season as much as possible. Prioritize fresh fruits and vegetables, nuts, seeds, lean organic, and pasture-raised meats. Opt for wild-caught fish over farmed fish, and include whole grains and legumes in your meals. Favor herbal teas without added flavors or sweeteners. Use healthy oils like extra-virgin olive oil, coconut oil, and avocado oil. Flavor your dishes with fresh herbs and spices and use natural sweeteners like honey and maple syrup.

Incorporate fermented foods for probiotics and improved gut health. Finally, drink filtered water to reduce exposure to contaminants.

By following these guidelines, you can create a diet that emphasizes whole, natural, and clean ingredients, promoting overall well-being and supporting a healthier lifestyle





HOUSEHOLD POISONS

- **Bleach:** While bleach is effective at disinfecting and removing stains, it can release harmful fumes and may cause skin and respiratory irritation.
- **Ammonia:** Ammonia is a powerful cleaner, but it can also produce toxic fumes when mixed with other chemicals, such as bleach.
- **Aerosol Sprays:** Aerosol cleaning sprays often contain volatile organic compounds (VOCs) that can contribute to indoor air pollution.
- **Harsh Oven Cleaners:** Some oven cleaners contain caustic ingredients that can cause skin burns and respiratory irritation.
- **Furniture Polish with Petrochemicals:** Furniture polishes containing petroleum-based solvents can release VOCs and contribute to indoor air pollution.
- **Window Cleaners with 2-Butoxyethanol:** Window cleaners containing 2-butoxyethanol can irritate the skin and eyes and may contribute to respiratory issues.
- **Non-Stick Cookware:** Traditional non-stick cookware is often coated with perfluorooctanoic acid (PFOA) or polytetrafluoroethylene (PTFE), which can release harmful fumes when overheated.
- **Aluminum Cookware:** While aluminum is a common material used for cookware, acidic foods can cause it to leach into your meals, potentially posing health risks.
- **Copper Cookware (Unlined):** Unlined copper cookware can release copper into foods, which, in excessive amounts, can be harmful to health.
- **Non-Stick Ceramic Coated Cookware:** Some ceramic-coated cookware may contain potentially harmful chemicals, so it's crucial to choose reputable, toxin-free options.

To make your household cleaning routine safer and more environmentally friendly, consider using the following alternatives:

Vinegar, baking soda, lemon juice, castile soap, hydrogen peroxide, eco-friendly, plant-based all-purpose cleaners that are free from harsh chemicals and DIY cleaning solutions.

To ensure safer cooking practices and reduce exposure to potentially toxic substances, consider using the following cookware materials: Cast Iron Cookware, Stainless Steel Cookware (18/10 Grade), Glass Cookware, Enamel-Coated Cookware & Ceramic Cookware.

COSMETICS/AVOID

- **Parabens:** Commonly used as preservatives in cosmetics, parabens can mimic estrogen and may disrupt hormone function.
- **Phthalates:** Often found in fragrances and nail polishes, phthalates are linked to hormone disruption and potential reproductive issues.
- **Formaldehyde and Formaldehyde Releasers:** These preservatives may irritate the skin and respiratory system and have been classified as potential carcinogens.
- **Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES):** These foaming agents can be harsh on the skin and may cause irritation.
- **Polyethylene Glycols (PEGs):** PEG compounds can be contaminated with harmful impurities and may contribute to skin irritation.
- **Synthetic Fragrances:** Synthetic fragrances may contain a mixture of chemicals, and some individuals may be sensitive to them.
- **Triclosan:** Found in some antibacterial soaps and toothpaste, triclosan is linked to potential hormone disruption and environmental concerns.
- **Oxybenzone and Octinoxate:** These chemicals are common in sunscreen and have been associated with coral reef damage and potential hormone disruption.
- **Mineral Oil:** A petroleum-derived ingredient, mineral oil can clog pores and may not be suitable for all skin types.
- **Ethanolamines (DEA, TEA, MEA):** These chemicals may react with other ingredients to form potentially harmful compounds.
- **Talc:** Talc may be contaminated with asbestos, which is a known carcinogen.



To make safer choices when selecting cosmetics and toiletries, consider opting for products with natural and organic ingredients or those labeled as free from harmful substances. Look for products that have undergone third-party certifications for safety and avoid those with long lists of unfamiliar or synthetic chemicals.

Many brands now offer cleaner and safer alternatives, including natural and organic cosmetics and toiletries. Reading ingredient labels and doing some research can help you make more informed decisions about the products you use on your body.