



Checklist For Reducing Blocking Factors and Toxic Load

Place an "X" next to any item that you are currently using or doing. Remove them from your life as you are able or swap them out for less toxic and healthier products.

The Environmental Working Group (www.ewg.org) is a great resource to check toxic load of many consumer products. You might find these EWG guides very helpful in swapping out personal products:

- EWG Consumer's Guide for cleaning supplies: <http://www.ewg.org/guides/cleaners>
- EWG Skin Deep for make up and personal care products: <http://www.ewg.org/skindeep/>

	ALUMINUM
<input type="checkbox"/>	antiperspirants
<input type="checkbox"/>	cookware – pots, pans, ladles
<input type="checkbox"/>	eating utensils
<input type="checkbox"/>	aluminum foil for wrapping food
	AIRBORNE CHEMICAL EXPOSURES
<input type="checkbox"/>	aerosol hair sprays
<input type="checkbox"/>	aerosol air fresheners
<input type="checkbox"/>	chemically-scented candles
<input type="checkbox"/>	chemically scented "air fresheners" for auto, home
<input type="checkbox"/>	cigarette/cigar smoke
<input type="checkbox"/>	dryer sheets
<input type="checkbox"/>	fabric cleaners
<input type="checkbox"/>	freshly painted rooms
<input type="checkbox"/>	furniture polish
<input type="checkbox"/>	herbicides, pesticides
<input type="checkbox"/>	new carpet off-gassing
	NOTE: Always have fresh air circulation indoors. Use air purifiers as needed to clean the air or dust, molds, allergens, chemicals
	CLOTHING
<input type="checkbox"/>	non-cotton/wool/alpaca clothing
<input type="checkbox"/>	non-cotton/linen/wool/alpaca bedding
	DETERGENTS / DISH SOAPS
<input type="checkbox"/>	fabric softeners
<input type="checkbox"/>	non-biodegradable dish washing liquid soaps
<input type="checkbox"/>	non-biodegradable dish washer soaps
<input type="checkbox"/>	non-biodegradable "dry cleaning" clothes
<input type="checkbox"/>	non-biodegradable wash detergents
	DRUGS
<input type="checkbox"/>	non-prescription, over-the-counter drugs
<input type="checkbox"/>	prescription drugs - minimize with your physician's consent and guidance
<input type="checkbox"/>	"recreational" or illegal drugs
	NOTE: Research any drug use using Google or a Physician's Desk Reference and learn about short/long term side effects. Look for adverse symptoms that may have come on after you started taking a drug in the drug's side-effects list
	ELECTRO-MAGNETIC FIELDS
<input type="checkbox"/>	cell phones (use speakerphone)
<input type="checkbox"/>	electric blankets
<input type="checkbox"/>	electric razors
<input type="checkbox"/>	electric toothbrushes
<input type="checkbox"/>	electric hair dryers
<input type="checkbox"/>	wireless headsets (bluetooth)

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☞	waterbed heaters
☞	x-rays (only take when absolutely necessary)
☞	living within 300 feet of telephone poles/transformers
Do not sit or sleep close to the following:	
☞	CRT computer monitors
☞	CRT TV's
☞	electric panels or fuse boxes
☞	freezers
☞	ovens
☞	refrigerators
HOUSEHOLD CLEANSING AGENTS	
☞	all non-natural, chemical cleaning products
LIGHTING	
☞	non-natural, non-full-spectrum lighting at home
☞	non-natural, non-full-spectrum lighting at work
MICROWAVE	
☞	microwaved food, beverages
FOOD	
☞	alcohol
☞	canned products
☞	dairy – pasteurized, homogenized, BGH
☞	farm-raised fish
☞	non-organic fruits
☞	non-organic vegetables
☞	non-range fed beef
☞	non-fertile eggs from non-range fed chickens
☞	processed meat products
☞	soda pop
☞	sport drinks
☞	soy products (except fermented products such as tempeh, natto, miso, soy sauce)
Refined grain and flour products:	
☞	breads
☞	cakes
☞	cereals
☞	cookies
☞	crackers
☞	pastas
FOOD ALLERGIES	
HAIR / SKIN TREATMENTS - all commercial, non-natural, chemical products for skin and hair	
☞	after shaves, perfumes
☞	antiperspirants
☞	body lotions
☞	colognes
☞	deodorants
☞	hair coloring
☞	lip balm
☞	lipstick
☞	makeup
☞	permanents

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☞	shampoo
☞	soap
	INVADERS
☞	candida
☞	fungus
☞	parasites
	PLASTIC STORAGE CONTAINERS
☞	food storage containers not labeled as #5PP, #2HDPE, or #4LDPE
☞	plastic water bottles not labeled as #5PP, #2HDPE, or #4LDPE
	STRESS
☞	physical stress – overtraining, over laboring
☞	structural – cranial, spinal, tmj
☞	mental stress – overworking
☞	emotional stress – family, friend, love, work
☞	insufficient regular sleep
	TEETH
☞	root canals
☞	metal fillings, crowns (especially mercury)
	TOOTHPASTE / MOUTHWASH
☞	chemical mouthwashes
☞	toothpastes made from synthetic chemicals and containing fluoride
	WATER
☞	cooking with tap water or softened water
☞	drinking with tap water or softened water

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**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.