



URBAN REMEDY

Use this as a Checklist as you are Cleaning out your Environment:

It's undebatable that environmental toxins can cause cancer, disrupt our endocrine system and create many other health problems. Endocrine disruptors interfere with reproduction and development, and can cause serious neurological and immune system effects. The chemicals mimic hormones in your body, including the female sex hormone estrogen, the male sex hormone androgen, and thyroid hormones. Environmental toxins show up in the form of things like lead, formaldehyde, BPA, pesticides, mercury, and benzene. Mercury can be found in foods like seafood, pesticides on produce, and in livestock that are fed contaminated fish meal, as well as things like batteries, tooth fillings, and some vaccines (flu).

○ KITCHEN

- Cabinets** - Clear out (donate or throw away) heavy foods that are void of life and cause inflammation. Clear foods that contain dangerous oils such as : Palm oil, Canola oil, Soy oil, Peanut oil, etc. Clear foods that are high in sugar, not organic and processed.
- Get rid of dangerous chemical cleaners**, chemically based dishwasher soap/powder, and other harmful, toxic cleaners.
- Stock your fridge** full of high water content plant based foods all veggies, greens, fruits, sprouts, sprouted nuts seeds, whole non glutinous grains, fresh juices, clean water, and fermented foods like miso, sauerkraut.
- Refrigerator/Freezer** - Clear out (donate or throw away) foods that are expired, processed, high in sugar, genetically modified, or cause inflammation.

Consider removing: Alcohol, soft drinks, Red meat, cured or processed meat (bacon, sausages, and the like), nonorganic animal flesh, white flour products (pasta, bread, cookies, crackers), foods that contain hydrogenated fats and preservatives, refined sugars, and all products containing them artificial sweeteners like aspartame, saccharin, NutraSweet. Consider removing dairy (milk, cheese), fried foods, All genetically modified foods, canned foods, and cigarettes indefinitely for life.

○ BATHROOMS

- Clear out toxic cosmetics and expired products. Consider replacing cosmetics with organic body and face products.

*There are hidden toxic chemicals in many beauty products like face and body creams, hair products, shampoos and conditioners that are known **endocrine disruptors** and **carcinogens**. Most of these chemicals have not been tested for safety. The Environmental Working Group says about 7 percent of the approximately 3,000 high volume chemicals (used in excess of a million pounds a year) have been tested for safety. Federal law fails to provide the EPA and FDA with the tools needed to ban or even limit carcinogens in everyday products. The World Health Organization estimates that as much as 19 percent of cancers are due to environmental exposures.*

○ BEDROOM

- Clear out clutter and surround yourself with things you love and create a space that is open, and where air and energy can circulate freely.
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○ GARAGE

- Ensure the clearing of all chemicals, dust, organize and clean. Donate everything you are not using.