

Detox Your Home

5 Natural Solutions to
Heal Your Brain &
Boost Your Energy



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Step One: Always Read The Label

When purchasing new products, always read the label

- The shorter the number of ingredients on the label, the safer the product usually is
- The higher the ingredient is on the list, the more of it the product contains
- Added fragrances and colorings in household products are often toxic
- 'Flavor' and 'Fragrance' on a label can indicate a group of (toxic) chemicals
- 'and other ingredients' is often used to protect a patent, & may indicate numerous toxins
- The words 'natural' and 'organic' are not always enough - mold is 'natural' and 'organic';
- The words 'non-toxic'; 'petroleum-free'; 'paraben-free' or other such terms are legally binding and can be trusted

Step Two: Recognize & Reduce Toxic Ingredients

Go through your cleaning products and toiletries at home

Look out for the following ingredients when checking the label. Where possible, avoid. There are always toxin-free alternatives available. They may (sometimes) be more expensive, but are worth their weight in gold, brain power, and avoiding future medical bills.

The list below is extensive. It is also not complete. But it is surprising how quickly you will begin to evolve an 'instinct' for toxic chemicals. They really are everywhere (and especially where you least expect them). If you want more information about identifying the most and least toxic household and personal care products, [visit www.ewg.org](http://www.ewg.org)

- Anything ending in 'Paraben' or Phenoxyethanol (parabens mimic estrogen, leading to hormone imbalance)
- Petroleum, Mineral Oil or Paraffin (derived from crude oil, neurotoxic, blocks skin pores)
- Formaldehyde (illegal, so look out for its pseudonyms; a powerful carcinogen, neurotoxic)
 - ✓ quaternium-15
 - ✓ DMDM hydantoin
 - ✓ imidazolidinyl and diazolidinyl urea
 - ✓ sodium hydroxymethylglycinate
 - ✓ 2-bromo-2-nitropropane-1,3 diol (Bronopol)
 - ✓ glyoxal
 - ✓ oxaldehyde
- Triclosan (antibacterial which increases bacterial resistance, lower fertility)
- Benzalkonium chloride (hormone imbalance, carcinogen)
- Hydroquinone (carcinogenic, neurotoxic, melanin inhibitor, irritant)



- Quaternary Ammonium Compounds (QUATS; skin irritant, asthma)
- Thimerosal or merthiolate (aka mercury, found in some cosmetics and medications)
- DBP, DEP, DEHP (aka phthalates; cause organ damage, birth defects, hormone imbalance)
- Propylene glycol (neurotoxic, allergic skin and respiratory reactions, organ damage)
- BHA, BHT (carcinogenic, hormone imbalance)
- Ammonia (respiratory disorders)
- Talc (can cause lung cancer)
- FD&C plus color plus number (carcinogenic)
- Chlorine (hormone imbalance, respiratory problems, irritant)
- Polyethylene glycol or PEG (lowers immunity by stripping skin of natural oils, carcinogenic, allergic reactions)
- Sodium hydroxide (respiratory burns, carcinogenic)
- TEA, MEA & DEA (lots of side effects, including fetal brain damage)
- Urea (joint pain, psychological disorders, lowers immunity, allergies)
- Ends in 'siloxane' (lowers fertility, hormone balance, lowers immunity)

Step Three: Find Alternatives

Find alternatives to toxic toiletries and cleaning products

Now you know which harmful toxins are hidden in your toiletries and household products, you might want to dedicate a morning's shopping, or an hour or two online to look for alternatives to potentially toxic products. To save time and energy (at least until you have developed a nose for toxins), specialty stores selling health products are a good idea (so is visiting www.ewg.org).

When searching for alternatives, products which list something as being '-free' are **legally bound** to not contain that product. This helps when looking for new items for the home. Examples are:

- Phthalate-free
- No BPAs (plastic-free bottles)
- Para ben-free
- Toxin-free
- No VOC or Low VOC (paints & solvents)

For alternatives to fragrances or air fresheners, essential oils are the perfect solution. Essential oils often have additional benefits such as antimicrobial properties, concentration-enhancing effects, relaxation, and improved digestion.



Step Four: Home Air Check

Improve your indoor air quality

Now you have removed the worst toxic culprits from your home and bathroom, it's time to improve the quality of the air you breathe. It's simply not possible to clean the planet's air. But there are other ways to improve air quality, some of them much more expensive than others. To improve air quality within indoor spaces where you spend a lot of time, choose at least two of the following, and continue to add whenever the opportunity arises:

- Air purifier
- Complete home-ventilation system with HEPA filters
- Open the windows (not in areas with medium to high traffic, or smog)
- Add trees, bushes or **large green plants** to your gardens (plant high hedges or trees in front of roads, replace some areas of lawn with large bushes or flower beds, add evergreens for winter protection)
- Purchase indoor plants (listed plants are NASA Clean Air Study winners)
 - ✓ Peace Lily
 - ✓ Chrysanthemum morifolium
 - ✓ English ivy
 - ✓ Mother-in-law's tongue
- Regular dusting, vacuum cleaning (with HEPA filter) and cleaning (with toxin-free products)
- Dehumidifiers or humidifiers
- Remove high-VOC wall finishes (mask & ventilation): repaint with No-VOC alternatives

Step Five: Detox Yourself

Yourself as a source of toxic stress

Your immediate environment could also include yourself. There is something in your body that might already be causing serious neurological damage - fillings.

Amalgam fillings contain high levels (50%) of mercury which - like all heavy metals - is highly toxic, especially where the brain is concerned. A good dentist will be able to remove amalgam fillings and replace them with non-mercury alternatives. However, not all traditional dentists remove fillings the right way. To find a holistic oral care dentist, visit the site of the International Academy of Oral Medicine and Toxicology at www.iaomt.org. Many people have encountered huge differences in mental status within weeks of having their fillings removed, including vast improvements in concentration levels, energy levels, and sleep quality.



An End To Toxins?

It's impossible to live in a toxin-free environment without making significant sacrifices to your quality of life. A toxin-free environment is basically living in a bubble. By following the **five steps towards toxin-free homes**, you will make a tangible, long-term difference to detoxify your brain, boost your energy, and live a long upgraded life!



Meet Dr. Elena Villanueva and Dr. Ryan Wohlfert



Dr. Elena Villanueva is an internationally recognized health coach and crusader for ending the global mental health crisis and educating the public and other health professionals that mental health conditions are actually 'brain health' issues and when the underlying causes are found, the brain health conditions can be reversed. Elena's expertise is using a data driven approach to find and address the underlying causes of depression, anxiety, memory loss, Parkinson's, and other mental health disorders and disease.



Dr. Ryan Wohlfert has helped thousands of patients upgrade their brain, energy, and longevity online and at his multiple chiropractic, nutrition, and wellness clinics. He's the co-creator and host of the Superhuman Brain Masterclass, bringing together the world's top neuroscientists, brain researchers, doctors, and biohackers to uncover proven solutions to upgrade the brain to high energy and performance, reaching 100,000+ people worldwide. He believes people can break-free from dependence on drugs and medications... and be their own guarantee.