Detox

According to an EWG’s analysis

- 1 in 5 of all products contain chemicals linked to cancer
- 80% of all products contain ingredients that commonly contain hazardous impurities
- 56% of all products contain penetration enhancers that help deliver ingredients deeper into the skin

Take these 6 steps to separate yourself from products that may be harmful to your health.

**Safer Cleaning**
Eliminate unnecessary toxic products by replacing harmful household items with safer alternatives.

**Safer Eating**
Consume high quality, nutrient-dense foods. Choose local, seasonal, and organic produce whenever possible.

**Safer Drinking**
Drink plenty of safe, clean water. Take steps to educate yourself on the pollutants in your city’s water and filter them out.

**Safer Cooking**
Practice healthier cooking by choosing methods that are low-char, such as steaming. Replace non-stick cookware with cast-iron, stainless steel, or glass to avoid consumption of toxins.

**Safer Storing**
Practice healthier storing methods by replacing plastic food storage containers with glass.

**Safer Environment**
Keep your cell phone away from your body and take steps to reduce its use when able.