Healthy Home

Environment Make-Over

21 Proven Ways to Longevity Living Toxin Free



LONGEVITY LIFEHUB

Welcome...

Get ready to discover how you can take simple steps to reduce, remove and replace toxins in your daily environment with clean solutions so you can thrive by design!

Health is your natural state yet daily living can create obstacles and interference to how the body was designed to flourish and thrive. In this short guide, I will share what, why and how you can enjoy greater energy, vitality and wellbeing beginning today.

Did you know that your daily environment impacts the very expression of the DNA within your cells? This is the science of epigenetics, the signal from above the gene that informs the DNA to express or repress our very potential that lies in our code of life. Our outer environment and the way we interact, perceive and are exposed to it is the stream of information coming into the body. This information is what signals your DNA. Life is constantly informing life and based on the quality of the information and signal determines the quality of the output.

Smoking and air pollution are shown to rival one another in overall mortality rates with longevity impaired greatly by air quality. While these are two common known sources, we often forget there are more toxins hiding in plane sight.

With more than 84,000 unregulated toxins, we don't realize they are all around in our daily environment. Found in household cleaning and personal use products like dryer sheets, deodorants and cleaning supplies to packaged and processed foods, medications and supplements, soda and flavored drinks to the herbicides and pesticides used to grow our food. Our plastic bottles, lids and containers leach known carcinogens, increased by heat exposure and the tap water and air we breathe contain toxic particulates.

Over time this toxic exposure builds up which can create a burden in our body. Many of today's toxins are "fat soluble" meaning they do not easily break down and leave the body but rather store themselves in the fat tissue , acting as endocrine disruptors over time. This means they interfere with the proper hormonal signaling and cross talk within the body. Toxins can create inner chaos, miscommunication that promotes inflammation, breakdown and dis-ease.

The good news is, that through simple awareness, easy choices and inspired action, you can radically reduce your toxic burden, remove irritants from your system and support your body, cells and very DNA to flourish and thrive.

This guide will share an easy 3 step approach along with actionable insights so you can live a toxin free longevity life.

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3 Steps to Your Toxin Free Life

Plan for Success

- ✓ **Reduce** your exposure to toxins and pollutants in your daily environment.
- ✓ **Remove** highly processed chemical filled foods and pollutants with clean options.
- ✓ **Replace** with whole fresh foods, plants in the home, glass over plastic containers and opt for organic, NON- GMO and natural products whenever you can as safe chemical free options.



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Common Toxin's & Where They're Found

By understanding what the common toxins are and where they are in your daily life, you will be at choice to begin to reduce, remove and replace them with better options for your health.

- **BPAs**- bisphenol A- used to make polycarbonate plastic. Polycarbonate plastic is used to make hard plastic items, such as baby bottles, re-useable water bottles, food containers, pitchers, tableware and other storage containers
- **Phthalates**- phthalates are everywhere, whether that's in hair spray, perfumes, nail polish, and other personal care items or shower curtains, food packaging, and other plastics.
- **Volatile Organic Compounds -** to include: benzene, ethylene glycol, formaldehyde, methylene chloride, tetrachloroethylene, toluene, xylene, and 1,3-butadiene- often found in aerosol sprays, detergents, and cleaners.
- **Azodicarbonamide**- yoga mats and flip flops.
- **Flame Retardants**- Brominated flame retardants —Used in many consumer goods, including electronics, furniture, building materials, etc. and have been linked to endocrine disruption among other effects.
- **1,4-Dioxane**- dyes, deodorants, shampoos, and cosmetics, as well as some food supplements
- **Lead**- found in old paint, but also drinking water,
- **PFSAS**-Used to create resistance to stains, water and grease and one of the most ubiquitous chemicals found in the human body. Used in: grease-resistant paper, fast food containers, food and candy wrappers, microwave popcorn bags, pizza boxes, nonstick cookware, stain resistant coatings used on carpets, upholstery, and other fabrics, water resistant clothing, cleaning products.
- **Triclosan**- found in toothpaste & hand soap.
- **Atrazine**- a commonly-used herbicide linked to some serious health issues, including endocrine disruption, reproductive effects, and cancer. Most commonly found in tap water, grains and crops.
- **Aluminum**- beverage cans and pans to the foil you save leftovers and the deodorant you use- linked to cognitive impairment.

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You may not be able to eliminate every point of exposure but you can reduce and control it. And by reducing your exposure to toxins, you'll help reduce the effect they have on your health.

To help you **reduce, remove and replace** - here are some of the most common forms of known toxins that cause hormone disruption and system breakdown.

REDUCE & REMOVE THIS	REPLACE WITH THAT
Harsh Ammonia Cleaners	Vinegar & Water
Fragrances found in many common household items like: soaps, lotions, air fresheners, dryer sheets, candles & more	Choose Unscented to eliminate hazardous chemicals in the air you breathe.
Non Stick Cooking Pans	Copper, Stainless Steel or Glass
Bisphenol A, or BPA found in plastic bottles, canned foods and register receipts	Buy fresh vs canned, use glass instead of plastic and get a digital receipt
VOCs are off-gased from paint, particle board, and petroleum based detergents and products	Choose plant based soaps, non VOC paints and real wood instead of particle board

With chemical exposure all around, it's best to start with your daily environment. Take small, consistent steps to reduce your toxic burden.

Simple things like declining paper receipts and switching from plastic containers and water bottles to glass really does have a compounding positive effect in optimizing your health. Here are suggested simple starting steps in your home and with your food that will immediately help to optimize your overall health and wellbeing.

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Keeping an Environmentally Clean Home

Just a few actions around your home can make a huge difference in the lowering your toxic burden for enhanced health and wellbeing.

Here are some **simple steps to ensure a safe, clean home:**

Bring in green plants to cleanse the air (spider plants, Boston ferns, peace lilies, and fichus are great options!
www.healthline.com/health/air-purifying-plants#Easyplants5

Ditch the chemical cleaners and keep your house sanitized and spotless with vinegar, lemon juice, and baking soda.

Invest in a good water filter for clean, pure water, Berkey systems create purified and structured water for enhanced hydration.

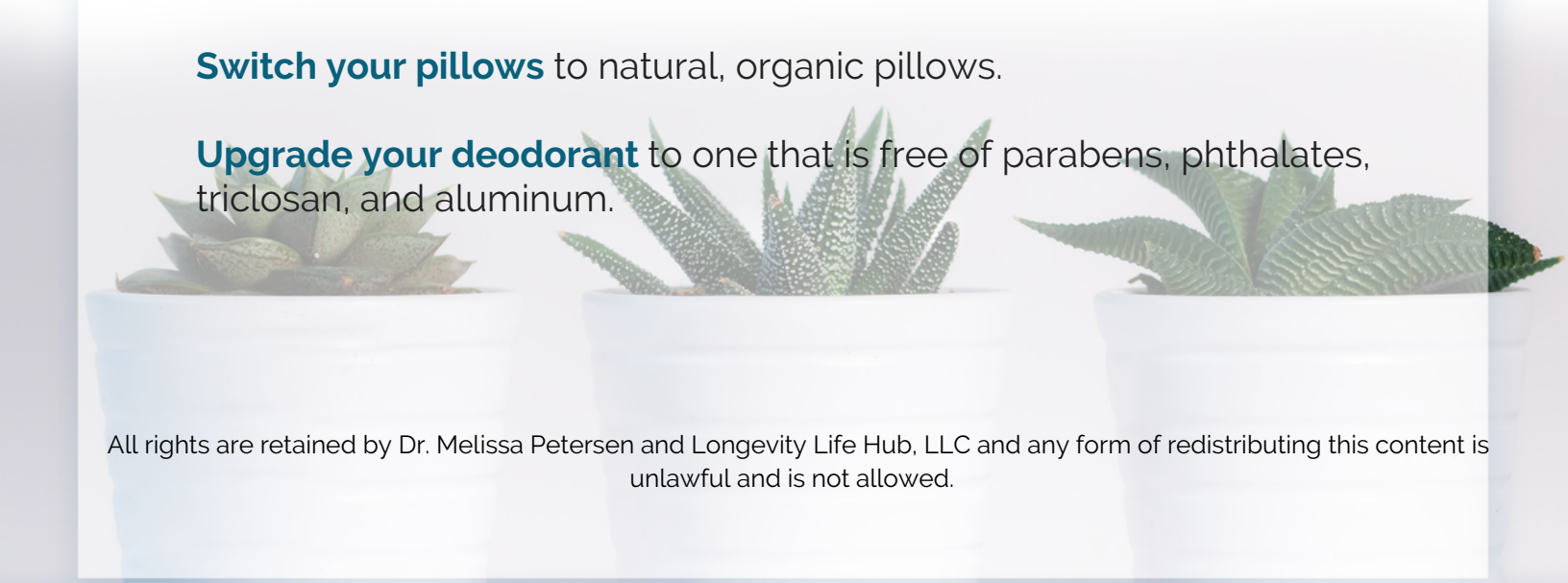
Change your air filters frequently for improved air quality.

Vacuum and dust daily using chemical free cleaning products.

Let the fresh air in for proper ventilation.

Switch your pillows to natural, organic pillows.

Upgrade your deodorant to one that is free of parabens, phthalates, triclosan, and aluminum.



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Clean Energy

A growing body of research is being conducted on the effects of prolonged exposure to EMF or electro magnetic frequencies. Devices in our daily lives such as microwaves, cell phones, Bluetooth, computers, power lines and visible light are all sources of low frequency EMF radiation. In small doses, it is argued that there is no risk, yet we are bombarded daily with exposure that adds up over time.

What becomes important to note is that the cells in your body emit their own electrical frequency. Ongoing exposure interferes with your body's natural energy field. This brings risks with links to cancer, immune and metabolic energy production problems.

There is hope to live in harmony with EMF producing technology but it is key to remember it's all about balance and less is more.

Here are some **simple steps to ensure cleaner energy exposure:**

Keep appliances and devices off or in airplane mode this reduces the EMF signal emitted.

Practice grounding/earthing a process where you increase your exposure to negative ions simply by being in nature and sitting close to the earth on the ground. This process cleanses off the excess positive EMF ions that can harm the system.

Eat antioxidant rich foods this helps to offset the oxidative stress AKA, the "rusting effect" that occurs from over exposure to EMFs.

Enjoy a digital detox take time daily away from your devices or consider a weekend free electronic detox.

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Eating Clean

Many of the toxins and chemicals we are exposed to come from the food we eat in the form of pesticides, herbicides and synthetic chemicals. With these simple actions, you can make a huge difference in your daily nutritional exposure to toxicity!

Clean Out Your Pantry! Highly processed foods in a box, bag or can often contain harmful ingredients. Give the foods to a local food bank and start over with fresh, whole options.

Shop whole, fresh, organic foods - select grass fed, sustainable, cruelty free meats, poultry and fish, go with raw, local or organic dairy free of hormones and antibiotics, choose produce that is seasonal and locally grown with fewer, simpler ingredients. Less is more.

Support your detox pathways. Eat for your liver increasing foods high in vitamin C, enjoy cilantro, turmeric, and supplement with liposomal glutathione- the master detoxifier.

Avoid packaged, wrapped and "heat & eat" meals, such as canned soups, frozen entrees and any fast food. Dine in and try our recipes.

Grow your own food. Vertical gardens make it easy to grow fresh, nutrient dense food in the comfort of your own home.

Shop the bulk section for nuts, seeds, and grains.

Ditch the plastics containers, straws, lids and water bottles they leach toxins. Switch to glass or aluminum for safer, non chemical options.

Check out the Dirty Dozen and Clean 15 to help you navigate the most toxic foods that can put your health at risk. https://www.ewg.org

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Move Your Body

Your body is naturally made to detox through movement and sweat! If you have a toxic burden or buildup in your system, you want to go slow. Consider the following tips to help your system breakdown, gently and safely remove any toxins so you can look, feel and express your best!

Dry Brush: This is the safest and easiest place to begin. This preps the system to move the toxins to the lymph and safely out of the system.

Start at your ankles with long gentle upward brushing strokes using your fingers or an actual dry brush, move up the leg to your pelvic region. Then from your fingers up to your under arm and from your back around to your abdomen for enhanced lymphatic drainage.

Rebound - Rebounding is the next amazing detox practice to add into your plan. It's a fancy name for jumping on a mini trampoline. Research by NASA shows 10-20 minutes a day is 68% more effective than running. Rebounding is the only form of exercise that impacts cellular health directly by producing a G force through acceleration, deceleration and gravity. This activates the lymphatic system and gently moves the toxins through so they don't stay stuck in the tissue.

Sauna- 15 minutes in an infared sauna is clinically shown to remove toxins such as heavy metals while also having longevity promoting benefits including skin rejuvination. Time spent in a hot sauna.

Exercise- In fun and varied ways each and every day. This encourages circulation in the blood and lymph system which enables the proper removal of toxins stored in the tissues. Ideally 150 minutes a week is ideal choosing activities that you enjoy. From walking to gardening, resistance training, bike rides and more- all support health and longevity.

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Knowledge is Power

Know what you are buying to ensure it is optimal for your body. Here are some of the top links to the websites and resources that can keep you informed about toxins. When you know, then you can choose wisely what you deem to be best for your body and health so you can live an optimized life.

EWG Verified Clean Products

Made Safe Top Banned Products

EWG: Guide to Healthy Cleaning

Greenpeace's Detox Outdoor campaign lists which brands are PFAS-free

Friends of the Earth have a guide to going plastic-free here

If you live in the United States, check if your water source is contaminated with PFAS here.

Dirty Dozen EWG Up To Date List

Green Med Info- top natural resource information and education website.

Campaign for Safe Cosmetics

Detox Your Sleep

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Most importantly, when you see these ingredients on a label, get rid of it!

MSG (monosodium glutamate) or any ingredient with "glutamate"	HVP (hydrolyzed vegetable protein) or anything hydrolyzed"	Artificial colors FD&C Red 3, FD&C Blue 1, FD&C Yellow 6	High Fructose Corn Syrup or Corn Syrup Solids
Artificial Sweeteners: Saccharin, Neotate, Aspartame, Sucralose	Artificial Sweeteners: Acesulfame K or Acesulfame Potassium	BHA & BHT butylated hydroxyanisole/ butylated hydroxytoluene	Sodium Benzoate
Sorbic Acid	Nitrate, Nitrite	Sulfates or sulfites	Yeast extract

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By reducing, removing and replacing your exposure to toxins, chemicals and pollutants with natural alternatives you will enhance your energy and health.

Your health, Your Choice!

Small shifts in your daily environment add up to make a lasting positive impact in the expression of your health.

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You were born to flourish and thrive!

Hi, I'm Dr. Melissa Petersen, Precision Longevity and Epigenetic Expert in Thriving and I am dedicated to igniting the limitless potential within so you can look, feel and express your best at every age and every stage of life!

If you want to unlock the power of your DNA and thrive by design, my team and I are here to support YOU.

For more information on how to get started, click here or contact us at hello@docmelissa.com



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