

<p>1 WATER BOTTLE GET: Glass or Stainless Steel AVOID: Plastic</p>	<p>2 COOKWARE GET: Stainless Steel or Cast Iron AVOID: Non-Stick Coating</p>
<p>3 FOOD CONTAINERS GET: Glass containers with snap-on lids especially for hot or warm food, glass mason jars for dry food storage AVOID: plastic for hot or warm food)</p>	<p>4 SPICES GET: non-irradiated, organic spices AVOID: irradiated and/or conventional spices</p>
<p>5 FRESH PRODUCE GET: preferred organic, if budget is tight use EWG's Shopper's Guide to Pesticide Residue (Dirty Dozen™ / Clean Fifteen™ Guide) https://www.ewg.org/foodnews/dirty_dozen_list.php</p>	<p>6 ANIMAL PROTEIN GET: eggs from pastured or organic hens, grass-fed meats, untreated with prophylactic antibiotics, growth hormones, fish with least heavy metal contamination as per seafoodwatch.org LIMIT OR AVOID: processed meats such as conventional hot dogs, lunch meats. Limit grilling and do not char food.</p>
<p>7 PACKAGED FOOD GET: with pronounceable ingredients you can recognize. Limit sugar content to 6-10g/serving size. Make sure there is a 10:1 Total Carb to Fiber Ratio AVOID: food coloring, artificial sweeteners (saccharin, aspartame)</p>	<p>8 FATS GET: Olive oil (extra-virgin preferable), organic Ghee, Coconut oil (unrefined preferable), pastured organic butter AVOID: Hydrogenated oils, conventional vegetable oils, trans fats</p>
<p>9 SKIN & BODY CARE GET: products ranking favorably on the EWG's Skin Deep ® Cosmetics database http://www.ewg.org/skindeep/ AVOID: parabens, phthalates, triclosan, sodium lauryl sulfate, ethylene oxide, lead, 1,3 butadiene, PAH's (polycyclic aromatic hydrocarbons)</p>	<p>10 HOME CLEANING GET: Natural cleaning products ranking favorably on the EWG's Guide to Healthy Cleaning http://www.ewg.org/guides/cleaners or make your own using vinegar, lemon juice, baking soda & hydrogen peroxide AVOID: bleach and chlorine fumes</p>

**TOP 10
CLEAN
MUST-HAVE'S**

<p>1 Remove silver mercury fillings in your teeth by a holistic dentist who understands how delicate this procedure is to avoid exposing you to a toxic heavy metal overload</p>	<p>2 Test your Home water You want zero exposure to fluoride and chlorine. Use water filters not just for drinking water, but in your shower too!</p>
<p>3 Avoid flame-retardant clothing You do not want to wear this too, seeing that we can hardly totally avoid it in our furniture, rugs and technical equipment</p>	<p>4 Wash all new clothes before wearing them for the first time</p>
<p>5 Kick out your Weed Killer! A manicured lawn and pathway comes at a price. Use a blow torch or pure vinegar. Poured concrete is a wonderful alternative option to brick pathways and patios.</p>	<p>6 Ventilate often especially with new cars, furniture, rugs and paint. Fresh air is super healing and costs nothing. Service your heating and air conditioning system regularly. Have your vents cleaned if you have a forced-air system. Avoid conventional scented candles! Use natural candles instead.</p>
<p>7 Electrical Appliances Limit or avoid in bedroom. Unplug any electrical appliances not used. Turn off Wi-Fi at night.</p>	<p>8 No Computer Screen An hour before bedtime!</p>
<p>9 Move Cell Phone away from your head! Use ear phones or the speaker function when speaking on your cell phone. Avoid holding it to your ear.</p>	<p>10 Earthing Walk barefoot outside on the lawn as often as the weather and circumstance allows.</p>

**TOP 10
CLEAN
ACTION STEPS**