

Checklist For Reducing Blocking Factors and Toxic Load

Place an "X" next to any item that you are currently using or doing. Remove them from your life as you are able.

ALUMINUM

- .. antiperspirants
- .. cookware – pots, pans, ladles
- .. eating utensils
- .. aluminum foil for wrapping food

AIRBORNE CHEMICAL EXPOSURES

- .. aerosol hair sprays
- .. aerosol air fresheners
- .. chemically-scented candles
- .. chemically scented "air fresheners" for auto, home
- .. cigarette/cigar smoke
- .. dryer sheets
- .. fabric cleaners
- .. freshly painted rooms
- .. furniture polish
- .. herbicides, pesticides
- .. new carpet off-gassing

Always have fresh air circulation indoors. Use air purifiers as needed to clean the air or dust, molds, allergens, chemicals

CLOTHING

- .. non-cotton/wool/alpaca clothing
- .. non-cotton/linen/wool/alpaca bedding

DETERGENTS / DISH SOAPS

- .. fabric softeners
- .. non-biodegradable dish washing liquid soaps
- .. non-biodegradable dish washer soaps
- .. non-biodegradable "dry cleaning" clothes
- .. non-biodegradable wash detergents

DRUGS

- .. non-prescription, over-the-counter drugs
- .. prescription drugs - minimize with your physician's consent and guidance
- .. "recreational" or illegal drugs

Research any drug use using Google or a Physician's Desk Reference and learn about short/long term side effects. Look for adverse symptoms that may have come on after you started taking a drug in the drug's side-effects list

ELECTRO-MAGNETIC FIELDS

- .. cell phones (use speakerphone)
- .. electric blankets
- .. electric razors
- .. electric toothbrushes
- .. electric hair dryers
- .. wireless headsets (bluetooth)
- .. waterbed heaters
- .. x-rays (only take when absolutely necessary)
- .. living within 300 feet of telephone poles/transformers

Do not sit or sleep close to the following:

- .. CRT computer monitors
- .. CRT TV's
- .. electric panels or fuse boxes
- .. freezers
- .. ovens
- .. refrigerators

HOUSEHOLD CLEANSING AGENTS

- .. all non-natural, chemical cleaning products

LIGHTING

- .. non-natural, non-full-spectrum lighting at home
- .. non-natural, non-full-spectrum lighting at work

MICROWAVE

- .. microwaved food, beverages

FOOD

- .. alcohol
- .. canned products
- .. dairy – pasteurized, homogenized, BGH
- .. farm-raised fish
- .. non-organic fruits
- .. non-organic vegetables
- .. non-range fed beef
- .. non-fertile eggs from non-range fed chickens
- .. processed meat products
- .. soda pop
- .. sport drinks
- .. soy products (except fermented products such as tempeh, natto, miso, soy sauce)
- (refined grain and flour products)
- .. breads
- .. cakes
- .. cereals
- .. cookies
- .. crackers
- .. pastas

FOOD ALLERGIES

HAIR / SKIN TREATMENTS - all commercial, non-natural, chemical products for skin and hair

- .. after shaves, perfumes
- .. antiperspirants
- .. body lotions
- .. colognes
- .. deodorants
- .. hair coloring
- .. lip balm
- .. lipstick
- .. makeup
- .. permanents
- .. shampoo
- .. soap

INVADERS

- .. candida
- .. fungus
- .. parasites

PLASTIC STORAGE CONTAINERS

- .. food storage containers not labeled as #5PP, #2HDPE, or #4LDPE
- .. plastic water bottles not labeled as #5PP, #2HDPE, or #4LDPE

STRESS

- .. physical stress – overtraining, over laboring
- .. structural – cranial, spinal, tmj
- .. mental stress – overworking
- .. emotional stress – family, friend, love, work
- .. insufficient regular sleep

TEETH

- .. root canals
- .. metal fillings, crowns (especially mercury)

TOOTHPASTE / MOUTHWASH

- .. chemical mouthwashes
- .. toothpastes made from synthetic chemicals and containing fluoride

WATER

- .. cooking with tap water or softened water
- .. drinking with tap water or softened water