



RHT CLEAN LIVING GUIDE





ULTIMATE GUIDE TO REDUCING YOUR EXPOSURE TO ENVIRONMENTAL TOXINS

The information in this book is for information purposes only and should not be considered a substitute for medical advice. It is not the purpose of this book to diagnose, treat, or cure any disease. Consult with your doctor or a qualified practitioner before making dietary changes, using any supplements, or partaking in any exercise program.

What Exactly Are Environmental Toxins?

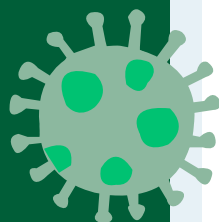
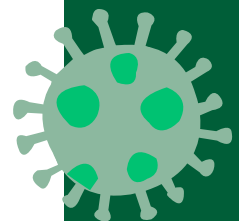
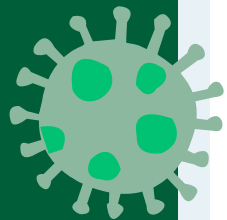
ENVIRONMENTAL TOXINS ARE CHEMICALS IN OUR ENVIRONMENT THAT CAN HAVE A DIRECT EFFECT ON OUR HEALTH. EVERYTHING IS A CHEMICAL – WATER, AIR, AND EVEN WE AS HUMAN BEINGS ARE MADE OF CHEMICALS. BUT ENVIRONMENTAL TOXINS REFERS TO SPECIFIC CHEMICALS THAT ARE TOXIC TO THE HUMAN BODY – CAUSING OR CONTRIBUTING TO NEGATIVE HEALTH EFFECTS.

WHY ARE ENVIRONMENTAL TOXINS AN ISSUE?

Just check out some of these statistics:

- Worldwide, there are approximately 100,000 - 150,000 chemicals registered for use.
- But because of loopholes in our federal policy, in the United States, there are only about 86,000 chemicals registered for use in commerce.
- And of these 86,000, about 62,000 of these chemicals were grandfathered in when the Toxic Substances Control Act was passed – meaning these 62,000 chemicals were given a free pass and automatically assumed safe with absolutely zero requirements to actually prove their safety.
- In the United States, the primary policy that regulates cosmetics (The Food, Drug, and Cosmetics Act) hasn't been updated since 1938!
- According to a report from the Government Accountability Office, the EPA has only ever required testing for fewer than 200 chemicals currently in use.
- Tests performed by the Centers for Disease Control and Prevention have identified over 200 man-made chemicals floating around inside the average person.
- In 2009, the Environmental Working Group tested the umbilical cord blood of 10 newborns and found more than 280 industrial pollutants – meaning our babies are being flooded with toxins before they are even born.

Why is this massive influx of toxins so dangerous? Because toxicity is one of the primary drivers of disease – causing or contributing to just about every health condition known to man.



WHY EVEN LOW DOSES OF ENVIRONMENTAL TOXINS ARE TROUBLESOME

It can be easy and almost obvious to assume that very small amounts of exposure to harmful chemicals are safe – that incredibly small amounts can't possibly have any kind of health effect.

While this might be the case for some chemicals, it's certainly not the case for ALL chemicals. You see, chemicals that mimic our natural hormones can actually be even more harmful at extremely low doses. This is because our hormones and endocrine system are designed to function at extremely low levels – with many hormones being measured in parts per billion.

And unfortunately, all of the testing that regulatory bodies use to determine chemical safety, is primarily assessing for acute effects. Modern toxicology tests and evaluates responses to high doses and doesn't take into consideration the chronic effects of very low doses of chemicals.

That means these endocrine-disrupting chemicals are influencing our bodies in ways that are totally unpredictable.

SO, WHERE ARE ALL OF THESE TOXINS COMING FROM?

Environmental toxins are literally everywhere. We are bombarded with environmental toxins from every angle. The air we breathe, the food we eat, the water we drink, the products we use on a daily basis – all of these are sources of exposure to countless toxins.

While that sounds very scary and overwhelming, it's not all bad news. Because if we know where these toxins are coming from, it means we can do something about it.

The truth is, you're never ever EVER going to be able to completely avoid environmental toxins – they are an inevitable part of life at this point. So that means we can take the pressure off of trying to get our exposure level down to zero. And instead, we can focus on addressing the most impactful sources of environmental exposure and not stress ourselves out about all the rest that we can't control.



How to Lower Your Exposure to Environmental Toxins

BEFORE WE DIVE INTO SOME OF THE MOST POTENT SOURCES OF EXPOSURE TO ENVIRONMENTAL TOXINS AND SOME TIPS ON HOW TO ADDRESS THEM, JUST KNOW THAT MAKING THESE CHANGES CAN OFTENTIMES FEEL OVERWHELMING. BUT MAKING SMALL SHIFTS CAN ADD UP IN A BIG WAY AND HAVE A MONUMENTAL IMPACT ON YOUR WELL-BEING. AND REMEMBER THAT SMALL CHANGES ACCUMULATE – SO OVER TIME, MINIMIZING YOUR EXPOSURE CAN DRASTICALLY IMPROVE YOUR HEALTH AND DECREASE YOUR RISK OF DEVELOPING MANY CHRONIC CONDITIONS.

So let's explore some of the biggest offenders when it comes to environmental toxin exposures and what you can do about them.

YOUR DIET

Your diet is hands down one of the biggest culprits when it comes to environmental toxins. Worldwide, about 5.6 billion pounds of pesticides are used each year. And the United States accounts for 1 billion of those – most of which are applied to farms, forests, golf courses, and lawns.

But our land isn't the only thing being bombarded by toxins. Due to widespread pollution of our oceans, rivers, and lakes, most types of seafood have some degree of contamination which is generally unavoidable.

Since the ingestion of pesticides, heavy metals, microplastics, and other toxic compounds through the foods we eat is one of the top sources of exposure, it makes sense to start here when it comes to minimizing toxins in your life. The best ways to do this are:



Buy Organic Produce

Eating a diet of mostly organic foods can help to dramatically reduce the levels of pesticides in our bodies. Numerous intervention studies have shown that less than 1 week of eating a mostly organic diet can reduce circulating levels of pesticides by 80-90%!

Aim to purchase as much of your fruits & vegetables organic as possible.

Look for Organic, High-Quality Animal and Dairy Products

Toxins move their way up the food chain and can accumulate in animal fat. So look for meat, eggs, and dairy that are organic and are raised in the most natural way possible. In addition to organic labeling, look for labels like grass-fed or pasture-raised.

Avoid or Reduce Consumption of the Most Contaminated Seafood

The food chain in the ocean is quite elaborate – with microscopic plankton being eaten by tiny fish, and that tiny fish being eaten by a slightly larger fish – and so on and so forth until you get to the apex predators of the ocean. Because toxins move their way up the food chain, by the time you reach the apex predators of the ocean, they can be extremely contaminated with a cocktail of chemicals and harmful compounds.

Some of the most contaminated species of fish that should be avoided include:

- Tilefish
- Swordfish
- Shark
- King Mackerel



Tuna is another apex predator of the ocean – but not all tuna is equally contaminated. Larger, older species of tuna have much higher levels of accumulated toxins. Atlantic Bluefin and Bigeye tuna, most commonly served as sushi tuna, have the highest levels of toxins. Yellowfin & Albacore tuna (often referred to as “chunk lite” and “white meat” tuna) have moderate levels of toxins and are best consumed sparingly. Skipjack tuna is the smallest of the tuna species and therefore has the lowest amount of contamination and is the safest tuna to eat.

Avoid Farmed Fish

When it comes to farmed seafood, the following are the 3 biggest offenders:

- **Farmed salmon:** Much of the salmon that you see in restaurants and grocery stores is farmed Atlantic salmon. Farmed salmon, no matter where it's from, can have very high levels of cancer-causing and hormone-disrupting chemicals.
- **Imported shrimp:** Most shrimp is imported from Southeast Asia, where regulations about fish farming are very lax. Shrimp is notorious for being raised in filthy water, and is regularly dosed with antibiotics, pesticides, hormones, and even chemicals that have been banned in other countries.
- **Tilapia:** Nearly all tilapia is farmed, and like farmed salmon can contain a large number of contaminants like pesticides and antibiotics. And because of the types of foods given to farm-raised tilapia (like corn and soy), they have an unnatural ratio of inflammatory omega-6 fatty acids to anti-inflammatory omega-3 fatty acids – drastically reducing their overall nutritional quality.



Look for Wild Caught Pacific Salmon, MASH Fish, and Domestic Shrimp or Shellfish

Wild caught salmon has much lower levels of the kinds of contaminants that their farmed cousins are loaded with. Look for wild-caught species like King (Chinook), Sockeye (Red), Coho (Silver), and Pink (Humpback) salmon. In addition to wild-caught salmon, there is a handful of other healthy, low-contamination fish to look for. SMASH is an acronym to help you remember the smaller, shorter-lived, and less-toxic fish which are:

- Salmon
- Mackerel
- Anchovies
- Sardines
- Herring

Shrimp farmed or caught domestically in the US can be a healthy option as well as farmed shellfish like clams, oysters, and mussels. Farmed shellfish actually tend to be less contaminated than those that are ocean-caught because farming operations can create environments that are relatively free of contaminants. It's always a good idea to do your research and check with the farms to see whether they test their water though.



Cookware and Food Packaging

Even if you buy all the organic contaminant-free food in the world, it can all be for naught if you're cooking it in and storing it in toxic cookware and storage containers. Certain types of cookware can be loaded with chemicals that can leach their way into your food. Let's explore what to avoid and what to look for:

Worst Cookware Options:

- Non-stick (aka "Teflon"): The non-stick coating lining these types of cookware is chock full of toxins that are released when heated to moderate or high temperatures.
- Ceramic non-stick pans: There is limited research surrounding the safety of ceramic non-stick pans, but evidence shows that they may not be much better than conventional non-stick.
- Aluminum: Aluminum in cookware can migrate into your food during cooking.
- Clay: Oftentimes clay vessels contain glazes or paints made with heavy metals like lead that can leach their way into your food.
- Plastic: While you might not be actually cooking in plastic, heating your food in the microwave in plastic containers can cause plastic particles to seep into food.

Best Cookware Options:

- Enameled cast iron
- Enameled Steel
- Cast iron
- Carbon steel
- Stainless steel
- Glass



Guide to Plastics:

The chemicals used to make plastics can easily migrate out of the material, and into the food you are consuming. Even though you can't taste them, and the amounts are very small, these low-level exposures can in fact be very harmful. Things that can amplify and increase the migration of chemicals out of plastics into food:

- Heat
- Oil
- Acidity
- Abrasion

So try to avoid using plastics when it comes to hot, oily, or acidic foods and avoid scrubbing or scratching plastic. This is always a good practice when it comes to plastics, but because there are so many different kinds of plastic, it's also helpful to be mindful of what kind you're using.

The little numbers on the bottom of many types of plastic can help you determine how safe they are. There are 7 numbers in total and you can use this helpful rhyme to remember which are ok and which should be avoided as much as possible: “5, 4, and 2 – all the rest are bad for you.”



Toxins Absorbed Through Your Skin:

The chemicals used to make plastics can easily migrate out of the material, and into the food you are consuming. Even though you can't taste them, and the amounts are very small, theyYour skin is your largest organ. And the products you come into contact with can be absorbed by your skin – making their way into your bloodstream and into your cells. This is particularly troublesome because the average woman uses 12 or more personal care products every day, while the average man uses about 6.

Taking the time to read through the labels on your personal care products and avoid those that contain harmful ingredients is a key component of minimizing environmental toxin exposures.

Key Ingredients to Avoid:

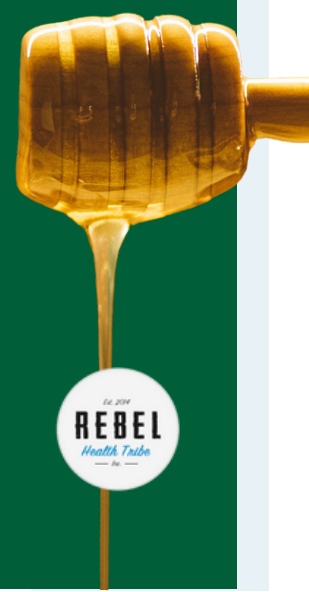
- Any chemical name ending in “-eth” (eg: myreth, cetareth, oleth)
- Cocamide DEA
- DMDM hydantoin
- Diazolidinyl urea
- Diethanolamine (DEA)
- Formaldehyde
- Fragrance or Perfume/Parfum
- Imidazolidinyl urea
- Monoethanolamine (MEA)
- Parabens
- Phenoxyethanol (mostly if you have sensitive skin)
- Polyoxymethylene urea
- Quaternium-15
- Retinyl palmitate
- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Triclosan
- Triethanolamine (TEA)
- Fragrance” or “Perfume/Parfum”



Safer DIY Alternatives:

These toxins can be lurking in just about any personal care product, from shampoo and conditioner to deodorant and toothpaste. While there are thankfully some newer, cleaner brands available on the market, sometimes a good old DIY recipe can do an excellent job – no toxins required. Here are a handful of effective and easy DIY recipes that you can use to replace toxin-filled conventional products:

- **Baking Soda Shampoo (aka: "no-poo"):** Take 1 Tablespoon of baking soda and dilute it in a large cup of water. Pour this over your hair. It won't bubble or foam, but it will get rid of dirty, oily build-up without stripping your hair.
- **Apple Cider Vinegar Shampoo Rinse:** Mix 1-2 tablespoons of ACV and dilute it in a large cup of water. Pour over your hair and rinse with water. This will restore the natural pH to your hair and scalp, and leave your hair soft, and smooth.
- **Avocado Conditioning Mask:** Super rich in the types of oils your hair loves, this is a simple home treatment. Mash up 1/2 an avocado really well and smear it all over your head, making sure you rub it into your scalp. Let it sit for 10 minutes then rinse it out.
- **Coconut Milk Conditioner:** Open a can of coconut milk (or make your own) pour it over your hair, let it sit for a few minutes, and then rinse out.
- **Salt Scrub Exfoliator:** 1/2 cup fine sea salt (do not get coarse or flake sea salt) + 1 cup almond oil, or melted coconut oil + 5-7 drops of essential oil of choice (optional, but a nice touch). Place all the ingredients into a bowl and stir to combine. Pour into a jar with a tight-fitting lid. In the shower, with damp skin, gently rub the salt scrub all over your body starting with your feet and working your way up. Rinse off and towel dry.
- **Honey Face Wash:** 1 tablespoon raw, unfiltered honey + 1/2 tablespoon baking soda. Mix these together in your hand and gently apply to damp skin in small circles. Rinse and pat dry.



- **Yogurt and Honey Calming Face Mask:** 1/4 cup plain yogurt + 1 tablespoon aloe vera gel or juice + 1 tablespoon honey + 1 drop chamomile oil (optional, but really nice!). Mix everything well in a small bowl. Apply to your face and leave on for 10-15 minutes. Rinse and pat dry.
- **DIY Deodorant:** 3 tablespoons shea butter + 3 tablespoons baking soda + 2 tablespoons cornstarch + 2 tablespoons cocoa butter + 2 vitamin E gel caps (or about 8 drops) + a few drops of essential oil (optional – for fragrance). In a glass bowl set over a small pot of simmering water place the shea butter and cocoa butter. Heat until just melted and then remove from the heat. Add the vitamin E and any essential oils and stir to combine. Mix together the baking soda and cornstarch and add to the melted butters. Mix thoroughly and pour into a small jar to set.

Choosing Safer Sunscreens

Sunscreen is notorious for being loaded with health-disrupting chemicals – with many sunscreens actually containing chemicals that can increase your risk of skin cancer. How crazy is that?!

Most toxin-filled commercial sunscreens use harmful chemicals to absorb UV rays. Ingredients to look out for include:

- Avobenzone
- Homosalate
- Octinoxate
- Octisalate
- Octocrylene
- Oxybenzone

Instead, look for sunscreens that block UV rays rather than absorb them. Look for healthier, safer, and drastically less toxic sunscreens that list their active ingredient as Zinc oxide or Titanium dioxide.



Household Products:

Our homes can be bursting at the seams with harmful environmental toxins. Synthetic fragrances, harsh chemicals in cleaning products, and the off-gassing of toxic compounds from countless household products are just a few everyday things that can make our homes highly toxic. Here's what to look out for and what to do instead:

Opt for Safer Fragrances:

Synthetic fragrances have become so commonplace that we often don't even pause to think about whether they can affect our health. Nearly all synthetic fragrances contain dozens of uniquely harmful toxins. Most homes use a number of highly fragranced products like:

- Air fresheners
- Scented plug-ins
- Scented candles
- Household cleaners
- Laundry products
- Personal care products

Ditch synthetic fragrances by avoiding any products with the ingredients "fragrance" or "perfume/parfum". And don't be fooled by "unscented" products – be sure to still scour the ingredients label because sometimes synthetic fragrances are added to neutralize strong chemical smells.

But of course, you still want your home and laundry to smell good – so opt instead for products without synthetic fragrances and try using good-smelling high-quality essential oil blends.



Look for Safer Household Cleaning Products:

Avoid household cleaning products that contain the following ingredients:

- Fragrance - a protected formula of undisclosed chemicals, often containing phthalates which are known hormone disruptors.
- Triclosan - an antibacterial ingredient linked to hormone disruption, particularly of the thyroid.
- Glycol Ethers - a class of solvents commonly used in household cleaners.
- Ethoxylated ingredients - Chemicals with names ending in -eth, like laureth, cetareth, Steareth-2.
- Any ingredients starting with PEG, as these may be contaminated with the carcinogen 1,4-dioxane.
- Methylisothiazolinone – a powerful biocide that is linked to nerve damage.
- Bleach – extremely caustic respiratory irritant.

Safer DIY Cleaning Recipes:

There are some excellent safer and less toxic cleaning products you can buy. But sometimes it can be easy, cost-effective, and fun to whip your own DIY cleaning recipes. Here are a few tried-and-true recipes to get you started:

- **All Purpose Disinfectant:** 1 cup filtered water + 3/4 cup white distilled vinegar + 2 teaspoons rubbing alcohol + 8-10 drops essential oils of choice: (thyme, tea tree, lavender, oregano, clove, rosemary). Add to a new clean, unused spray bottle.
- **Floor Cleaner:** 1 cup filtered or distilled water + 1/2 cup white distilled vinegar + 1/2 cup rubbing alcohol + 2-3 drops of dish soap (not Castile soap) + 20-30 drops of essential oils of choice (thyme, pine, spruce, lemon, tea tree, clove, rosemary).
- **Sink & Shower Scrub:** Baking soda + liquid soap. Mix until you have a consistency that works for the surface you're cleaning. Make only as much as you need as it does not keep well. Apply with a sponge and wipe off.

Natural Support for Optimal Detoxification

NATURAL SUPPORT FOR OPTIMAL DETOXIFICATION

While avoidance and reducing toxic burden are most important when it comes to healthy living in a toxic world - it can also be very beneficial to support our body's natural detox processes.

Here are our favorite detox support products:

EcoDetox

A fully comprehensive detox support formula from Dr. Isaac Eliaz and the team at EcoNugenics. If you're looking for a powerful all-in-one that supports all systems and pathways of detoxification, this is your best bet!

Advanced TUDCA

TUDCA is a powerhouse bile salt that most people are (unfortunately) unfamiliar with. Increasing and improving bile flow, clearing elimination pathways (phase 3 detox), and supporting liver health are just a few of *dozens* of research-backed benefits of TUDCA supplementation.

GlyphoDetox

Formulated specifically to deal with the epidemic of glyphosate toxicity in America today (it's everywhere, including in our bodies!) - this formula has been shown to reduce glyphosate levels by over 50% in 6 weeks. A great protection for a toxin you'll find just about *everywhere* in today's food supply, air, soil, and drinking water.

Glucosinolates & Sulforaphanes

Sulforaphane is a powerful molecule that's been shown to radically increase phase II detox enzymes, serve as a powerful anti-inflammatory agent, and aid specifically in the elimination of certain categories of toxins. This product is made with only the most pure, nutrient-dense broccoli sprouts - a true collaboration between farmers, scientists, and researchers!



LymphActive

The often-overlooked lymphatic system is an essential player on the body's detox team. Lacking a pump (like the circulatory system has), it's important to move our lymph and support lymph quality & flow any way we can. This formula from CellCore Biosciences has several herbal ingredients shown to do just that - and it utilizes their proprietary carbon delivery system for max effect!

BioToxin Binder

This multi-use binder can grab mycotoxins (mold), lipopolysaccharides (LPS - bacterial toxins), toxins found in our food or water, and most anything else that makes it into your GI tract that you'd rather not have there! If you're "pushing" detoxification in any way, it's important to have the ability to bind to those toxins in the gut and carry them out of the body. This is a great option.

BONUS: Due to the special carbon-based formula, this product does not need to be taken away from food like most binders, which is much easier!

Glutathione Complex

Glutathione is well-known as the body's master anti-oxidant and a very important molecule when it comes to detoxification. This liposomal (high absorption) formula from Cymbiotika delivers glutathione effectively, along with several powerful synergistic ingredients including CoQ10 for mitochondrial support. Give your detox capabilities some serious support with this product!

MegaMetalliQ

A truly unique formula from our friends at Microbiome Labs, powered by SmartGuard™ technology - MegaMettaliQ contains probiotic organisms that have demonstrated a capacity to bind to and neutralize various heavy metals and toxins in the gut. If you'd like some more gentle (vs. heavy chelation, etc...) support with heavy metals - this could be a great option!



Ready to Start Tackling the Toxins in Your Life

Environmental toxin exposure levels are an often overlooked aspect of health. The steps outlined in this Ultimate Guide are foundational to reducing your exposure to environmental toxins. You don't have to completely overhaul your life or avoid things you love to reap the benefits of lowering your exposure to these health-disrupting toxins.

Small, consistent shifts and swaps in your life can go a long way in supporting and up-leveling your health. Here at Rebel Health Tribe, we're dedicated to continuous research and discovery, striving to dig deeper and cut through the nonsense. Together, we can help build a healthier, cleaner future for future generations.

