



ENVIRONMENTAL STRESS CLEAN-UP

This is **not** a to-do list. It's a tool for awareness and gradual change.

LET'S DO IT!





HOW TO USE THIS GUIDE

Environmental toxins act as a low-grade, constant stress on the body.

When your system is already under pressure, these stressors matter more.

This guide is designed to help you notice, not fix everything at once.

Rules:

- Pick ONE zone
- Identify ONE product
- Replace only when it naturally runs out
- There is no urgency here, and it's not about perfection

ZONE 1:

WHAT TOUCHES YOUR SKIN

Your skin absorbs what touches it.

Daily exposure adds up.

Inventory Checklist:

- | | | | |
|--------------------------|-----------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | Body wash / soap | <input type="checkbox"/> | Makeup |
| <input type="checkbox"/> | Lotion / creams | <input type="checkbox"/> | Toilet paper |
| <input type="checkbox"/> | Shampoo / conditioner | <input type="checkbox"/> | Underwear / bras / pajamas |
| <input type="checkbox"/> | Deodorant | <input type="checkbox"/> | Menstrual products (tampons, pads) |

How to check products:

- Use EWG Healthy Living or Think Dirty Apps
 - Aim for low-risk scores (green / low numbers)
-

Red flag ingredients :

- Fragrance
- Parabens
- Phthalates
- Triclosan
- SLS / SLES

You don't need to memorize this. Apps do the work for you.



Quick note about fabrics:

- Prioritize natural fibers for items worn close to skin
- Especially underwear, bras, sleepwear

ZONE 2: WHAT TOUCHES WHAT TOUCHES YOUR SKIN

Inventory Checklist:

- | | | | |
|--------------------------|-------------------|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Laundry detergent | <input type="checkbox"/> | Towels / bedding |
| <input type="checkbox"/> | Dryer sheets | <input type="checkbox"/> | Packaging of personal care products |
| <input type="checkbox"/> | Fabric softener | | |

Red flag ingredients:

- Synthetic fragrance
- Optical brighteners
- Soft plastics (BPA concerns)

PSA:



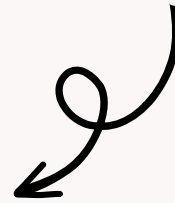
Even “clean” products can irritate hormones
when combined with heavy fragrance.

ZONE 3: WHAT'S IN YOUR FOOD

Inventory Checklist:

- | | | | |
|--------------------------|----------------------|--------------------------|-------------------|
| <input type="checkbox"/> | Meat & dairy sources | <input type="checkbox"/> | Artificial colors |
| <input type="checkbox"/> | Produce | <input type="checkbox"/> | Processed meats |
| <input type="checkbox"/> | Packaged foods | | |

Hormones and pesticides in food =
hormonal stress in your body



ZONE 4: WHAT TOUCHES YOUR FOOD

Inventory Checklist:

- | | | | |
|--------------------------|-------------------------|--------------------------|-------------------------|
| <input type="checkbox"/> | Food storage containers | <input type="checkbox"/> | Plates / utensils |
| <input type="checkbox"/> | Cookware | <input type="checkbox"/> | Heating food in plastic |

Red flags:

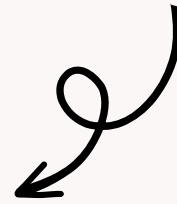
- Plastic + heat = higher exposure
- Nonstick coatings

ZONE 5: WHAT'S IN THE AIR

Inventory Checklist:

- | | | | |
|--------------------------|-----------------|--------------------------|-------------------------|
| <input type="checkbox"/> | Candles | <input type="checkbox"/> | Room sprays |
| <input type="checkbox"/> | Air fresheners | <input type="checkbox"/> | Detergents used indoors |
| <input type="checkbox"/> | Cleaning sprays | | |

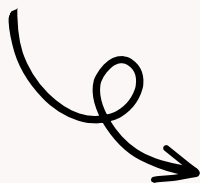
Indoor air often carries more irritants than outdoor air. So open windows, get plants and a HEPA filter.



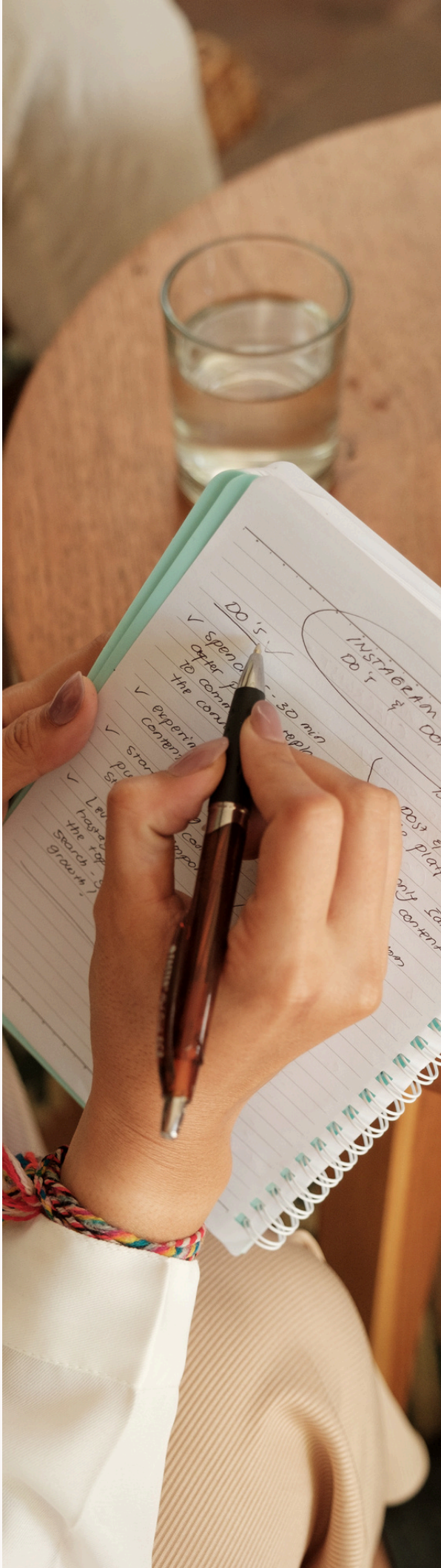
ZONE 6: WHAT HOLDS WHAT'S IN THE AIR

Inventory Checklist:

- | | | | |
|--------------------------|-------------------|--------------------------|--------------------|
| <input type="checkbox"/> | Spray bottles | <input type="checkbox"/> | Storage containers |
| <input type="checkbox"/> | Plastic packaging | | |



Even "clean" products can leach toxins from poor packaging



YOUR JOB:

Choose ONE place to start

Decide:

- Which zone feels easiest?
- Which product are you already close to replacing?
- What change would feel supportive, not stressful?

Hormones heal best in environments that feel safe, not perfect. Don't stress yourself out by changing everything here.