



There are many toxins that contribute to chemical overload in your cells. These include but are not limited to:

Alcohol	Fresh Paint
Aerosols	Pesticides
Artificial sweeteners	Second-hand smoke
Flavor enhancers	Scented products and perfumes
Food preservatives	Tap Water

In an effort to protect your cells and maintain good health, it is advised that you avoid chemicals as much as possible. Going Green does not have to be challenging as there are many products now available to choose from, in your local grocery store, health food store or specialty market. Look for products that are organic, chemical free and environmentally friendly. They are usually all-natural, biodegradable, plant based products, with no harsh chemicals, fumes or residue.

Cosmetics

New carpets

Petroleum products

Formaldehyde

Outdoor pollutants

Cleaning compounds

Soft/carbonated drinks

Printing and office products