

| Checklist For Reducing Blocking Factors and Toxic Load | | | |
|---|-----------------|-----------------|-----------------|
| INSTRUCTIONS: Place a "1" in each column for things that are TRUE (things you are using or doing). These are areas of opportunity to reduce your toxic load. Review your total score at the bottom. Based upon your score, look to reduce your toxic load in the areas that you marked "1." Retest yourself every few months and watch your score improve. | | | |
| The Environmental Working Group (www.ewg.org) is a great resource to check toxic load of many consumer products. You might find these EWG guides very helpful in swapping out personal products: <input type="checkbox"/> EWG Consumer's Guide for cleaning supplies: http://www.ewg.org/guides/cleaners <input type="checkbox"/> EWG Skin Deep for make up and personal care products: http://www.ewg.org/skindeep/ | Test 1 Date: | Test 2 Date: | Test 3 Date: |
| ALUMINUM | | | |
| D antiperspirants | | | |
| D cookware – pots, pans, ladles | | | |
| D eating utensils | | | |
| D aluminum foil for wrapping food | | | |
| AIRBORNE CHEMICAL EXPOSURES | | | |
| D aerosol hair sprays | | | |
| D aerosol air fresheners | | | |
| D chemically-scented candles | | | |
| D chemically scented "air fresheners" for auto, home | | | |
| D cigarette/cigar smoke | | | |
| D dryer sheets | | | |
| D fabric cleaners | | | |
| D freshly painted rooms | | | |
| D furniture polish | | | |
| D herbicides, pesticides | | | |
| D new carpet off-gassing | | | |
| NOTE: Always have fresh air circulation indoors. Use air purifiers as needed to clean the air or dust, molds, allergens, chemicals | | | |
| CLOTHING | | | |
| D non-cotton/wool/alpaca clothing | | | |
| D non-cotton/linen/wool/alpaca bedding | | | |
| DETERGENTS / DISH SOAPS | | | |
| D fabric softeners | | | |
| D non-biodegradable dish washing liquid soaps | | | |
| D non-biodegradable dish washer soaps | | | |
| D non-biodegradable "dry cleaning" clothes | | | |
| D non-biodegradable laundry detergents | | | |
| DRUGS | | | |
| D non-prescription, over-the-counter drugs | | | |
| D prescription drugs - minimize with your physician's consent and guidance | | | |
| D "recreational" or illegal drugs | | | |
| NOTE: 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 | | | |
| D cell phones (use speakerphone) | | | |
| D electric blankets | | | |
| D electric razors | | | |
| D electric toothbrushes | | | |
| D electric hair dryers | | | |
| D wireless headsets (bluetooth) | | | |
| D waterbed heaters | | | |
| D x-rays (only take when absolutely necessary) | | | |
| D living within 300 feet of telephone poles/transformers | | | |
| Do not sit or sleep close to the following: | | | |
| D CRT computer monitors | | | |
| D CRT TV's | | | |
| D electric panels or fuse boxes | | | |
| D freezers | | | |
| D ovens | | | |
| D refrigerators | | | |
| HOUSEHOLD CLEANSING AGENTS | | | |
| D all non-natural, chemical cleaning products | | | |
| LIGHTING (use white or hallogen bulbs) | | | |
| D non-natural, non-full-spectrum lighting at home | | | |

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| D non-natural, non-full-spectrum lighting at work | | | |
| MICROWAVE | | | |
| D microwaved food, beverages | | | |
| FOOD | | | |
| D alcohol | | | |
| D canned products | | | |
| D dairy – pasteurized, homogenized, BGH | | | |
| D farm-raised fish | | | |
| D non-organic fruits | | | |
| D non-organic vegetables | | | |
| D non-range fed beef | | | |
| D non-fertile eggs from non-range fed chickens | | | |
| D processed meat products | | | |
| D soda pop | | | |
| D sport drinks | | | |
| D soy products (except fermented products such as tempeh, natto, miso, soy sauce) | | | |
| Refined grain and flour products: | | | |
| D breads | | | |
| D cakes | | | |
| D cereals | | | |
| D cookies | | | |
| D crackers | | | |
| D pastas | | | |
| FOOD ALLERGIES | | | |
| D insert number of known food allergies or intolerances | | | |
| HAIR / SKIN TREATMENTS - all commercial, non-natural, chemical products for skin and hair | | | |
| D aftershaves, perfumes | | | |
| D antiperspirants | | | |
| D body lotions | | | |
| D colognes | | | |
| D deodorants | | | |
| D hair coloring | | | |
| D lip balm | | | |
| D lipstick | | | |
| D makeup | | | |
| D permanents | | | |
| D shampoo | | | |
| D soap | | | |
| GUT INVADERS | | | |
| D candida or other fungi | | | |
| D bacteria | | | |
| D parasites | | | |
| MOLD | | | |
| D past or present known mold in home | | | |
| D past or present known mold at work | | | |
| PLASTIC STORAGE CONTAINERS | | | |
| D food storage containers not labeled as #5PP, #2HDPE, or #4LDPE | | | |
| D plastic water bottles not labeled as #5PP, #2HDPE, or #4LDPE | | | |
| STRESS | | | |
| D physical stress – overtraining, over laboring | | | |
| D structural – cranial, spinal, tmj | | | |
| D mental stress – overworking | | | |
| D emotional stress – family, friend, love, work | | | |
| D insufficient regular sleep | | | |
| TEETH | | | |
| D root canals | | | |
| D metal fillings, crowns (especially mercury) | | | |
| TOOTHPASTE / MOUTHWASH | | | |
| D chemical mouthwashes | | | |
| D toothpastes made from synthetic chemicals and containing fluoride | | | |
| WATER | | | |
| D cooking with tap water or softened water | | | |
| D drinking with tap water or softened water | | | |

Score 0 0 0