

# Detoxify Your Environment

## Breathe Clean, preferable Fresh Air!

- ✓ Plants not only make oxygen, they pull out and neutralize chemical outgassing. (Plan for approximately 2 plants per 100 square feet.)
- ✓ Utilize air purifiers.
- ✓ Clean your filters and air ducts
- ✓ Open windows daily! For at least 10-15 minutes at night while you are getting ready for bed.

## Drink, cook, and bathe in Clean water

- ✓ InfinitiH2O, Reverse Osmosis, Distilled for cleansing only.
- ✓ Install a filter for bathing

## Eat nutritious, Clean food

- ✓ Do not microwave anything, ever!
- ✓ Buy fresh, organic as much as possible.
- ✓ Avoid foods with hormones, preservatives, and/or antibiotics.

## Exercise – Daily

## Keep your skin free from chemicals

- ✓ Read carefully the ingredients on your personal care items.

## Remove toxic materials from your environment

- ✓ Wear natural fibers – cotton, wool, linen, leather.
- ✓ Cut the labels out of your clothing.
- ✓ Eliminate carpets, replace with wood or tile.
- ✓ Avoid pressboard/particle board/medium density fiberboard
- ✓ Remove metal, jewelry, watches

## Clean with human friendly products

## Sleep Well

- ✓ For healing sleep, you MUST get into R.E.M. sleep. To get into R.E.M. sleep your bed, with you on it, must measure 20 mV or less!!!
- ✓ Warm feet, cool head
- ✓ Keep electrical items away from the bed (Yes! Even your alarm clock!)
- ✓ Especially be sure your bedclothes and sheet are natural fibers.
- ✓ A cool air humidifier may be needed if the air is too dry.
- ✓ COMPLETE darkness is mandatory for R.E.M. Sleep. Use black out shades and/or a sleep mask.

**At the very least, make sure your bedroom is a zero toxin area.  
You spend 30% of your life there.  
Keep it pure!**