

6 AREAS TO REDUCE

Your Toxin Exposure

*Plus a few
small changes
that can add up*



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In a Toxic World, Let's Strive for Awareness Over Perfection

Our bodies are made to deal with and excrete toxins. However, in today's toxin-laden environments our exposure to toxins can surpass our body's ability to keep up and filter and dump them fast enough. The overflow of toxins becomes a burden on our bodies and can inhibit us from functioning at optimal levels, and if left unchecked can even reduce life longevity.

The concept of "detoxing" is not a 7-day juice cleanse or a sweat challenge but rather a lifestyle built on small foundational changes aimed at reducing our exposure to toxins and supporting the body's natural ability to detox.

If you are looking to reduce your exposure to toxins here are six areas to get you started. Harmful chemicals surround us every day in our lives — they're in our water, in products like household cleaners, processed foods, personal care products, and the items we cook with. Each of these toxins affects our bodies in different ways.

The goal is not perfection - it's not possible to bring our exposure down to zero. The goal is awareness. Once we are aware we can take steps to reduce our level of exposure to toxins, pesticides, mold, endocrine disruptors so our bodies can do what they are made to do.

SYMPTOMS IN RESPONSE TO AN OVERBURDENED TOXIN LOAD

FATIGUE

INSOMNIA

JOINT/MUSCLE PAIN

MEMORY LOSS OR CONCENTRATION DIFFICULTIES

HEADACHES

DIGESTIVE SYMPTOMS

SKIN PROBLEMS

SINUS CONGESTION & ALLERGIES

ASTHMA

CHRONIC INFECTIONS

AUTOIMMUNE DISEASE

NEURODEGENERATIVE DISEASES

HORMONAL DISRUPTION

INFERTILITY

CHEMICAL SENSITIVITIES

CANCER

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How Full is Your Bucket?

PARABENS
GLYPHOSATE
PERFUME



SWEAT
POOP
URINE

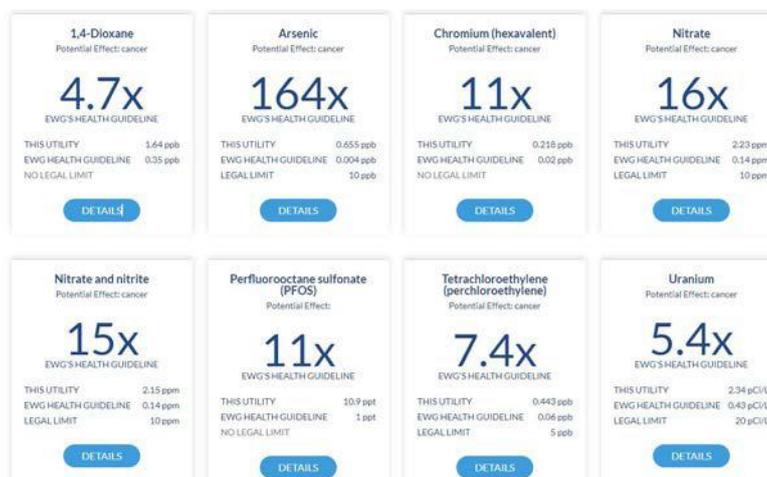
Drinking Water - What's in Your Cup?

Millions of Americans use unfiltered tap water daily to drink, cook, make coffee, shower, water their plants, and unfortunately, drinking water standards set by the federal government are not health-protective. Just because something is within legal limits does not mean it is in the best interest of our health. In 1974, congress passed what is known as The Safe Drinking Water Act (SDWA). This measure enforces drinking water standards by placing limits on levels of harmful contaminants, such as lead and disinfectants. The outline of this measure allows for the testing of only 91 chemicals.

These standards also don't take into account how these toxic contaminants affect certain populations like children, infants, and developing fetuses. The bottom line is for many contaminants, there are no published health guidelines, let alone enforceable standards for many chemicals known to pose risks. So when you drink a glass of tap water, you're potentially getting a dose of toxic contaminants linked to cancer, brain, and nervous system damage, developmental defects, fertility problems, or hormone disruption.

What's in Your Tap Water:

Go to <https://www.ewg.org/tapwater/> and check your zip code to see what contaminants are high in your tap water.



Here's what's in my local tap water



Brands to Check Out:

Water Filters:

- AquaTru
- Berkey
- Aquasana
- Clearly Filtered Water Pitcher with Affinity Filtration Technology

Shower & Bath Filters:

- Crystal Quest - Ball Bath Filter
- Pure Effect Filters
- Pro One Water Filters

Test Your Water:

- Tap Score - independent laboratory water testing



Fragrance

If you avoid one ingredient when you are shopping make it: **FRAGRANCE**.

Ingredients: Water (Aqua), Glycerin, Stearic Acid, Glycol Stearate, Isopropyl Palmitate, Glycine Soja (Soybean) Oil, Fragrance (Parfum), Glyceryl Stearate, Triethanolamine, Cocos Nucifera (Coconut) Oil, Cetyl Alcohol, Caprylyl Glycol, Phenoxyethanol, Carbomer, Hydroxyethylcellulose, Stearamide AMP, Disodium EDTA, BHT, Argania Spinosa Kernel Oil, Rosa Damascena Flower Extract, Amyl Cinnamal, Benzyl Alcohol, Benzyl Benzoate, Benzyl Salicylate, Coumarin, Hexyl Cinnamal, Hydroxycitronellal, Linalool.

Fragrance (also known as: parfum, eau de toilette) is an ingredient commonly found in personal care products, perfume, air fresheners, cleaning products, scented kids toys, and more. Why it's a good idea to avoid this ingredient is the word fragrance is an umbrella term, you as the consumer aren't told what ingredients make up the fragrance in the product. Seeing fragrance as an ingredient could mean it's made up of up to 100 different chemical ingredients some linked to hormone disruption, breast cancer, reproductive harm, allergies, and bioaccumulation. And these fragrance chemicals can pass from the skin into the blood.

Companies are allowed to keep these ingredients secret under the umbrella fragrance term because it is considered a trade secret by the US Food and Drug Administration. The fragrance industry regulates itself (conflict of interest much?) so who is reviewing safety data before the product becomes available to consumers...

As a rule of thumb, I like to avoid synthetic fragrance altogether and choose brands that disclose all of the products' ingredients - there are a handful of brands that pride themselves on being transparent.

Brands to Check Out:

Perfume - Dime Beauty
Bath Wash - Aleavia Body Cleanse
Shampoo/Conditioner - Under Luna
Lotion - Aleavia - Prebiotic Body Lotion
Room Spray - Grow Fragrance



Cleaning Products

It may be hard to break from the idea of what actually "cleans" something or even accepting the downsides of over-sanitizing our environments. A lot of the chemicals used in conventional cleaning products aimed at disinfecting can actually weaken our immune systems, irritate our lungs and contribute to indoor air pollution. Again the point comes up, just because it's sold in stores does not mean it's safe to use.

I remember growing up, one of my weekly chores was to dust the entire house, I can still smell the pledge. If we look at the ingredients on the bottle 8/10 score a C or worse by the Environmental Working Group some linked to damage to DNA, cancer, developmental/endocrine/reproductive effects/skin irritation/allergies, and more. My mom didn't realize the harmful effects this product exposed us to, it's just what was available and what worked. And probably what I'd be using if I never learned the importance of reading labels. Once you know better you can do better!

Quick tip: If it comes with a warning or hazard label - it's a no.
If it contains synthetic fragrance - it's a no.

Brands to Check Out:

- Branch Basics - can replace pretty much everything!
- Bon Ami - I use to clean my tub or sink
- Force of Nature - to disinfect surfaces, handy for if someone is sick in the house or to spray surfaces after cooking (chicken juice etc.).
First time customers Click to save \$15 and get free shipping:
<https://www.forceofnatureclean.com/lp-raf-40-c/?raf=ref9875527>
- Therasage TheraO3 Bubbler - my favorite way to clean fruits and veggies before eating, cooking or juicing. Just fill up your sink with tap water throw in the veggies/fruits drop in the bubbler into the water and turn it on. The machine ozonates the water making it inhabitable for bacteria, viruses, mold and parasites.
- Probiotics for Your Home - like your body your home has a microbiome and it can be beneficial to add back healthy bacteria, this will help prevent musty odors and keep these areas you already cleaned - cleaner at a microscopic level. Check out Probiotics USA or Homebiotic.



Coffee - Is There Mold in Your Coffee?

Coffee is a morning ritual for a lot of people. A lot of us reach for it every morning as we get ready for the day. My main question is - if you have this every day and it brings you joy - why not make sure it's supporting your health and not adding to your toxin bucket. Did you know coffee crops are heavily sprayed with pesticides and chemicals? Depending on how many cups you drink per day the number of chemicals and toxins you are subjecting your body to can add up quickly.

Coffee, is a highly sought after product, not only are crops treated with chemicals, but manufacturers do everything they can to cut costs including inferior drying, re-wetting, large batch roasting, and bad storage practices in the post-production handling of coffee which leaves us consumers with a potentially tainted inferior product.

Coffee once harvested, is processed using different methods that may contain high levels of harmful toxins, pesticides, and mycotoxins (mold) and usually results in contamination with ochratoxin-A in the final product.

Have you ever had a cup of coffee and you experience jitteriness and your heart starts racing? These negative side effects most think are because of the caffeine could actually be the result of the ochratoxins (mycotoxins) in the coffee. The presence of ochratoxins in coffee are significantly impacted by the processing procedures. While molds can be killed off during the roasting process, ochratoxins often survive. Toxins such as aflatoxin and ochratoxin, can cause cell mutation and organ toxicity in humans. This is why it is so important to know where the coffee you are drinking is sourced from and any third-party testing they can provide. Quality and sourcing matters.

Brands to Check Out:

- Organo King Coffee - my favorite! Organic, mold-free, instant coffee with a medicinal dose of powerful immune-modulating reishi spores infused in each serving. I have samples if you want to try!
- Purity Coffee - Organic, mold-free, and third-party tested.
- Kion Coffee - Organic, mold-free, and third-party tested.
- Not a Coffee Drinker? Tea can harbor mold as well, I love Pique tea (organic, mold-free and tested for heavy metals).



Toothpaste

The oral microbiome is an important part of our health and some toothpaste options on the market are filled with harsh ingredients that can disrupt it.

Ingredients to Avoid:

- Fluoride, a known neurotoxin, and can cause enamel fluorosis especially in children.
- Artificial Sweeteners - aspartame (potentially increases the risk of cancer), saccharin (linked to bladder cancer),
- Artificial Colors
- Sodium Lauryl Sulfate (SLS) - a detergent known to cause microscopic tears in the mouth (which can lead to canker sores
- Carrageenan - linked to gastrointestinal inflammation, ulcers, and even colon cancer in laboratory animals.
- Propylene Glycol - linked to damage to the central nervous system, liver, and heart.
- Triclosan - studies link triclosan to a decrease in thyroid hormones and an increase in antibiotic resistance, as well as tumors in mice.
- Diethanolamine or DEA - common in foaming products, this chemical is known as the hormone disrupter. Based on the scoring of EWG (Environmental Working Group), DEA has the score of 10 in the cosmetic category.

When switching to a safer option you still want one that will be effective especially at strengthening and remineralizing your teeth. A better option to accomplish that is a toothpaste that contains hydroxyapatite.

Hydroxyapatite (HAp), in its natural form, is a form of calcium that makes up 97% of your tooth enamel and 70% of the dentin of your teeth. Hydroxyapatite in toothpaste is that it helps to remineralize tooth structure without any known side effects while preventing bacteria from attaching to the enamel of teeth without killing the actual bacteria and disrupting the oral microbiome. According to Ask the Dentist, Dr. Mark Burhenne, DDS "You can heal cavities and prevent new ones from forming by remineralizing your teeth. Hydroxyapatite is one very effective way to do that."

My current oral hygiene routine is to brush, oil pull for 10 minutes, tongue scrape then swish hydroxyapatite powder for a minute, spit and then leave it on my teeth to let it do its thing.

Brands to Check Out:

- Risewell
- Boka - I like the mint flavor (Save 15% <http://bokaoralcare.refr.cc/sophiar>)
- Wellnesse by Wellness Mama (I found this one to be very minty)
- Orawellness - I use their Shine product



Deodorant

Ready to ditch your conventional deodorant? Check that label - does your deodorant contain a variety of harmful chemicals and additives? I remember in my 20's I was always so proud of the fact that I didn't sweat when I worked out! My drainage pathways were blocked and I wasn't helping by using antiperspirant deodorant. Your skin is your body's largest organ and an organ of elimination. If you tested your sweat you'd find toxins, BPA, and heavy metals being excreted (better out than in)! Just as your skin sweats out what your body doesn't need, it can also absorb what you put on it and easily carry it into your bloodstream.

I grabbed a popular deodorants ingredient list, let's take a look: Active Ingredient: **Aluminum Zirconium Tetrachlorohydrate Gly**. Inactive Ingredients: **Cyclopentasiloxane**, Stearyl Alcohol, C12-15 Alkyl Benzoate, PPG-14 Butyl Ether, Cyclodextrin, Petrolatum, Phenyl Trimethicone, Hydrogenated Castor Oil, **Talc**, **Fragrance**, Ozokerite, Behenyl Alcohol, Panthenyl Triacetate, Tocopheryl Acetate, Acetyl Glucosamine.

Aluminum

This is an ingredient you'll see evidence for both sides either it being a harmful or safe ingredient. My view is anything stopping my body from sweating is a no for me. I work too hard to support my detox pathways to plug them up.

Talc

- Cancer (high)
- Non-reproductive organ system toxicity (moderate)
- Contamination concerns (ASBESTIFORM FIBERS)

Fragrance

- Allergies/immunotoxicity (high)
- Endocrine disruption (moderate)
- Non-reproductive organ system toxicity (moderate)
- Ecotoxicology (low)
- Irritation (skin, eyes, or lungs) (moderate)

This swap is where a lot of people start because it doesn't hit the wallet too hard and safer options are becoming more readily available at big box stores. But it is also a challenging swap for a lot of reasons - the main one being "am I going to smell?" I do feel it is an important one because most people apply deodorant every day, so choosing a safer option can have a large impact on reducing your toxin bucket.

I get it this can be a little daunting, but before tackling the deodorant switch, my best advice is this:

- Be patient. Stick to cotton and other breathable clothing materials (stay far away from polyester - you will reek!)
- Do a pit detox before and during the transition
- Pick a cooler time of the year to do it
- You can do it!

Brands to Check Out:

- Agent Nateur
- Holly's Keeping it Real (She has a combo pit detox and deodorant)
- Primally Pure
- Rustic Maka - Charcoal bar and Deodorants



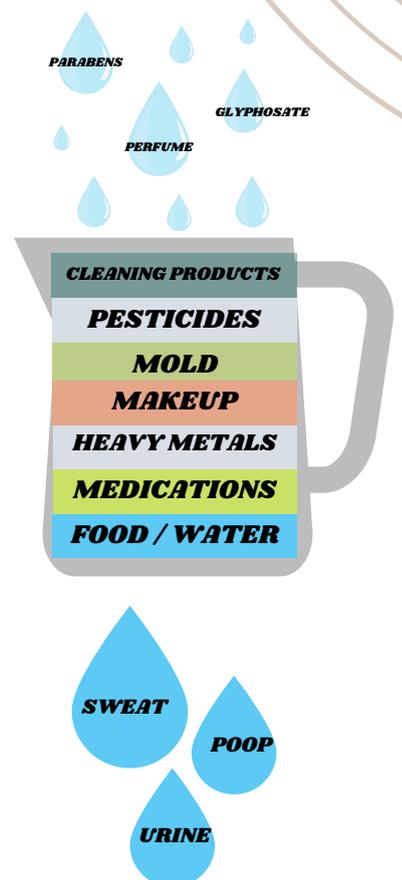
Small Changes You Can Make, That Can Really Add up:

the key is avoiding repeated daily exposure to keep that toxin bucket from overflowing and not allowing toxins to accumulate.

- Practice Reading Labels
- If You Avoid One Ingredient Make It: **Fragrance**
- When it comes to label reading and food, learn to identify **sugar** and the many names it goes by. You'd be surprised how many food items contain sugar.

Here are some:

- Agave juice, Agave nectar, Agave syrup, all varieties, Beet sugar, Blackstrap molasses, Brown rice syrup, Brown sugar, Buttered syrup, Cane juice, Cane juice crystals, Cane sugar, Cane syrup, Caramel, Carob syrup, Castor sugar, Coconut sugar, Confectioners' sugar, Corn glucose syrup, Corn syrup, Corn syrup solids, Date sugar/syrup, Demerara sugar, Dextrose.
- Choose Glass Over Plastic
- Ditch Air Fresheners (check out Grow Fragrance)
- When Buying Produce Avoid the Dirty Dozen:
<https://www.ewg.org/foodnews/dirty-dozen.php>
- Bring your own hand soap when you are out
- Stop wearing perfume or lotions with fragrance
- Bring your own snacks when you're out
- Bring your own filtered water when you are out
- Ditch toxic fragrance filled dryer sheets
- Leave your shoes at the door
- Stop burning toxic candles
- Change your central air house filters regularly
- Improve your Indoor Air Quality
- Books to Read:
 - Dirty Genes by Dr. Ben Lynch
 - The Rain Barrel Effect by Dr. Stephen Cabral
 - Toxic Heal Your Body by Neil Nathan, MD
 - Healing is Possible by Neil Nathan, MD





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