



The Wellness Matrix

Intentional Nutrition, Intuitive Health

www.thewellnessmatrix.com

BYE BYE TOXINS

Your Guide on How to Limit Exposure to
Environmental Toxins in Every Aspect of Your Life

WELCOME

I am excited to bring you this guide that is simple and easy to use! You no longer have to spend hours researching clean brands as we've done all the hard work for you! Simply click on the link to the product you want to buy, and it will direct you to the sales page. Stay healthy!





THE BAD GUYS



Environmental toxins are both naturally occurring and human-made chemicals that can cause cancer and disrupt our endocrine system. Disruption of our endocrine system (which regulates our hormones) can lead to developmental problems, infertility, and can significantly impact the nervous and immune systems. There are hundreds of environmental toxins. We can't avoid them all, but here are some that we can limit our exposure to.

Lead

- Paint
- Children's Toys
- Soil
- Plumbing
- Jewelry

Formaldehyde

- House building materials (plywood, pressed-wood)
- Glues and adhesives
- Cigarette smoke
- Fuel-burning appliances

Radon

- Home air (second leading cause of lung cancer in the US)
- Water

Mercury

- Seafood
- Silver dental fillings
- Broken thermometers
- Broken CFL bulbs

Cadmium

- Batteries
- Plastics
- Metal coatings
- House dust

BPA's

- Plastic food and drink packaging
- Metal can linings
- Thermal paper receipts

Parabans

- Cosmetics
- Shampoo and conditioner
- Packaged foods
- Skin care

PFAS

- Cookware
- Clothing
- Cosmetics
- Drinking water
- Wrappers
- Stain resistant furniture

Pthalate's

- Shampoo and conditioner
- Cosmetics
- Lotions
- Deodorant
- Nail Polish
- Anything that says "fragrance"

Pesticides

- Non-organic foods
- [EWG's Dirty Dozen \(most contaminated produce\)](#)

Benzene

- Laundry Detergents
- Tobacco Smoke
- Gasoline/Oil
- Pesticides
- Inks
- Plastics

Arsenic

- Soil
- Rice
- Fish
- Drinking water

FOOD STORAGE

Storing and reheating foods in plastic is a no-no. Some liners of cans can also be dangerous for our health. Among the most common harmful compounds found in food storage are bisphenol A and phthalates, however these are just a couple of the many. Stainless steel and glass are the best containers for water and food. Below are the safest options for food storage.

Food Storage

- [Bklyn Bento](#) (stainless steel)
- [Collapse-It](#) (silicone, light and small)
- Glasslock (glass, heavy)
- [Homelux Theory](#) (silicone reusable bags)
- [Le Crueset Stoneware](#) (ceramic)
- [Lunchbots](#) (stainless steel)
- [Prep Naturals](#) (glass)
- [Pyrex Simply Store](#) (glass)

Water Bottles & Cans

- Avoid plastic bottles with recycle number 3, 6, 7, or 9 (usually found on the bottom of the bottle)
- If you need to drink water out of a plastic bottle, recycle numbers 1 or 2 are best.
- [EWG article](#) named 78 brands that use BPA in their cans and 31 brands that do not.
- [S'well](#)
- [Hydro Flask](#)
- [Lifefactory](#)

COOKWARE

All cookware is not created equal. Non-stick cookware that was made before 2013 can be especially harmful as this was before PFOA was banned. There are still compounds in cookware that can leach into the food and cause health problems. If your non-stick cookware is scratched, it is time to replace it. Stainless steel is generally safe, but not everyone likes to cook with it. Most cast iron, glass, and some ceramic are considered safe.

Stovetop

- [Caraway](#) (ceramic)
- [Cuisinart Tri-Ply](#) (stainless steel)
- [Green Pan](#) (ceramic)
- [Lodge](#) (cast iron)
- [Our Place](#) (ceramic)
- [Xtrema Cookware](#) (ceramic)

Baking

- [Pampered Chef](#) (clay)
- [Pyrex](#) (glass)
- [TeamFar](#) (stainless steel)
- [Xtrema Cookware](#) (ceramic)

SEAFOOD

Seafood can be so good... or so bad for you. Seafood is a staple of a healthy diet as it provides omega 3 fatty acids that are anti-inflammatory and needed for brain health and neurological development. There are other ways to get omega 3's, but seafood is among the best. That being said, due to high levels of heavy metals in our oceans, fish can be a danger to our health. The predator fish have the highest levels of heavy metals. See below for a guide on how often to eat which types of fish and always buy wild caught, never farmed!

Enjoy Two to Three Servings Per Week

- Anchovies
- Catfish
- Clam
- Crab
- Flounder
- Haddock
- Hake
- Herring
- Mackerel
- Oyster
- Perch
- Pollock
- Salmon
- Sardine
- Scallop
- Shrimp
- Sole
- Squid
- Trout
- Whitefish

No More Than One Serving Per Week

- Chilean Sea Bass
- Grouper
- Halibut
- Mahi Mahi
- Monkfish
- Rockfish
- Sablefish
- Snapper
- Stripped Bass
- Albacore Tuna
- Yellowfin Tuna

Avoid

- Bigeye Tuna
- King
- Marlin
- Shark
- Swordfish
- Tile fish
- Tilapia



HOUSEHOLD CLEANERS

It's time to phase out the windex, tide pods, and clorox bathroom cleaners. These cleaning products often have neurotoxins, hormone disruptors, and carcinogens that can have short and long term health effects.

It can feel overwhelming when thinking about switching over all of your cleaning products, so start slow. When something runs out, refer to this list and replace it with one of the items below.

Kitchen/Living

- [Aunt Frannie's Cleaning Vinegar](#)
- [Dr. Bronner's Pure Castile Liquid Soap](#)
- [MADE OF dish soap](#)
- [Seventh Generation All Purpose Cleaner](#)
- [Truce Wood Cleaner](#)
- [Aunt Frannie's Floor Cleaner](#)
- [Seventh Generation Disinfectant Wipes](#)
- [Thrive Market Dish Soap](#)
- [Seventh Generation Dishwasher Detergent](#)
- [Arm and Hammer Fridge and Freezer Baking Soda](#)

Bathroom

- [Seventh Generation Toilet Bowl Cleaner](#)
- [Aspen Clean Glass Cleaner](#)
- [Green Shield Organic Glass Cleaner](#)
- [Seventh Generation Tub and Tile Cleaner](#)
- [ECOS Shower Cleaner](#)
- [Attitude Sensitive Skin Natural Bathroom Cleaner](#)
- [FIT Organic Lime, Calcium, and Rust Remover](#)
- [Aura Cacia Aromatherapy Mist](#)

Laundry

- [PUR Home Laundry Detergent](#)
- [Aspen Clean Laundry Detergent](#)
- [Attitude Laundry Detergent and Fabric Softener](#)
- [Seventh Generation Chlorine Free Bleach](#)
- [Biokleen Stain and Odor Remover](#)
- [Wool dryer balls](#)



SKIN & ORAL CARE

Skin is the largest organ in our body and what we put on it can be directly absorbed into our bloodstream. A great example of this would be nicotine patches which deliver nicotine through the skin and help decrease symptoms of withdrawal when quitting smoking. Every single day we are putting a variety of substances on to our skin which is why it's so important to make sure we're choosing clean skin care products.

Facial Cleansers/ Makeup Removers

- [Just The Goods, Lightly Foaming and Exfoliating Face Wash](#)
- [Akar Skin, Clarify Cleanser](#)
- [ARGANAT, Facial Tonifying Cleanser](#)
- [Rooted Beauty, Purifying Detox Scrub](#)
- [Rooted Beauty, 3-in-1 Micellar Water](#)
- [Rooted Beauty, Facial Towelettes](#)

Body Wash

- [Soap For Goodness Sake, Bar Soap](#)
- [Grove Collaborative Bar Soap](#)
- [Attitude Super Leaves Lemon Body Wash](#)

Lotion

- Body
 - [Just The Goods, Vegan Hand and Body Lotion](#)
 - [Sea Kind](#)
 - [Attitude Fragrancy Free](#)
 - [Indie Lee Moisturizing Oil](#)
 - [Tata Harper Repairative Moisturizer](#)
- Face
 - [Silk Therapeutics, Hydrating Primer](#)
 - [Rooted Beauty, Daily Moisturizer](#)
- Sunscreen
 - [Alba Botanica](#)
 - [Think Sport](#)
 - [Biosannace](#)
 - [Suntegrity](#)

SKIN & ORAL CARE

Continued

Hair

- Shampoo/Conditioner
 - [INNA Organics](#)
 - [Attitude](#)
 - [Avalon Organics](#)
 - [Puracy Shampoo / Conditioner](#)
 - [Pure Zero Shampoo / Conditioner](#)
 -
- Dry Shampoo
 - [QET Botanicals](#)
 - [Billie](#)
- Hairspray
 - [QET Botanicals](#)

Oral Care

- [David's Natural Toothpaste](#)
- [Tom's of Maine Toothpaste](#)
- [Modere Mouth Rinse](#)
- [Organic to Green Lip Balm](#)
- [Lowen's Natural Skin Care Chapstick](#)

Makeup

- [Mineral Fusion](#)
- [Beauty Counter](#)
- [Rejuva Minerals](#)
- [Beautify Counter](#)
- [W3LL People](#)

Feminine Hygiene

- [Cora Organic Cotton Tampons](#)
- [Rael 100% Organic Cotton Menstrual Regular Pads](#)

Nail Polish

- NCLA

AIR/WATER

Air pollution is caused from car emissions, chemicals from large factories, mold, dust, pollen, and more. It's impossible to escape it, but we can help decrease our exposure by purifying the air in the places where we spend the most time.

Water is known as the universal solvent for it's amazing ability to dissolve many different substances (including the toxic ones like pesticides, fertilizers, heavy metals, and more). These substances work their way in to our drinking water and can be extremely harmful to our health!

Air Purifiers

- [Check the Quality of the Air Where You Live](#)
- [HealthPro Series Room Air Purifier](#)
- [Coway Air Purifier](#)

Water Purifiers

- [Check the Quality of the Water Where You Live](#)
- [Pristine Hydro](#)
- [Berkey Filters](#)

