

# The Hidden Toxins You Must Avoid

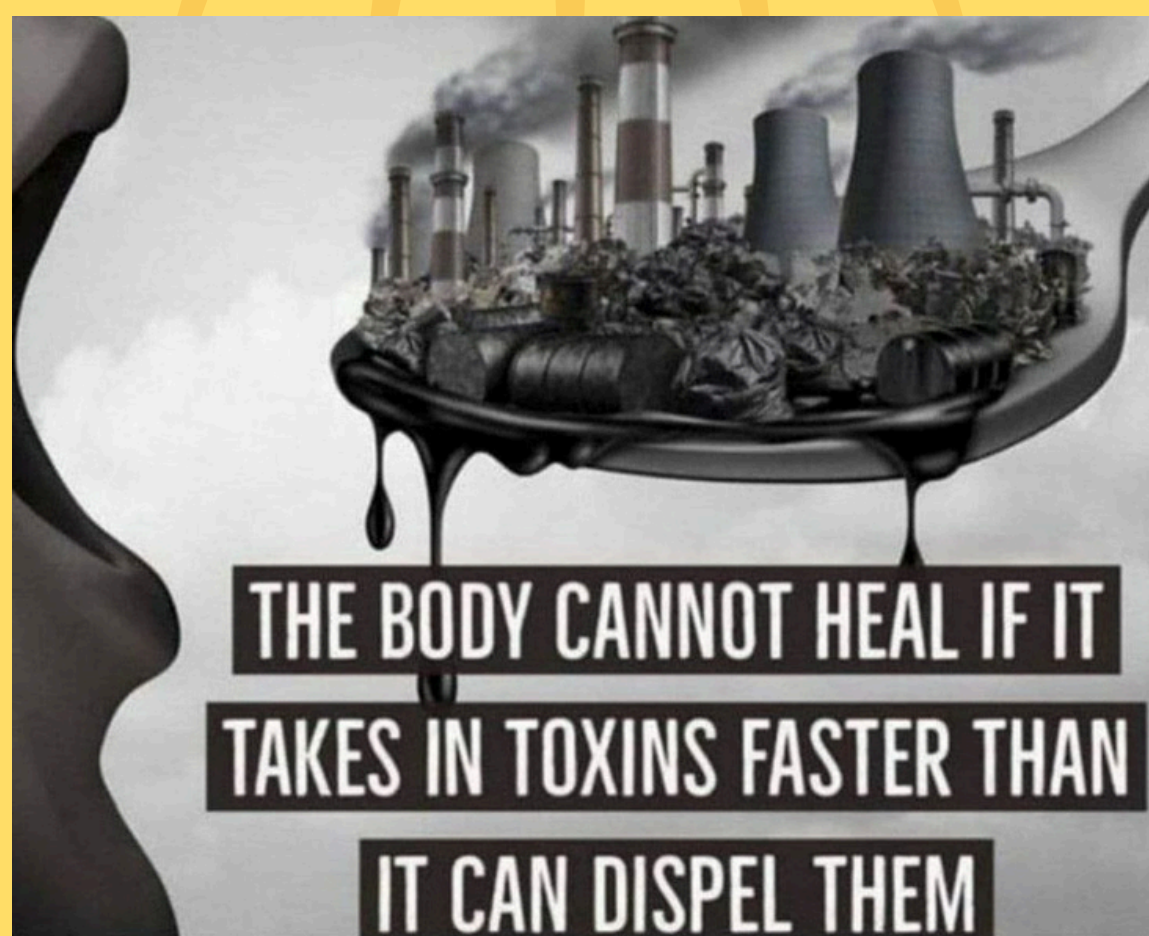


# WELCOME TRIBE!

This book I created to shine a light on the toxins we are flooded with daily. I know it's not the biggest book, but the information is super important and can greatly impact your health short-term and long term. Also, it can greatly help you lose weight as **toxins get stored as body fat!**

This book is by no means a full list of the toxins we are exposed to every day. I did not want to overload new people with living holistic life choices. **This book was meant to be a beginner's guide** to help people transition to a healthier life step by step.

Protip: If you are able to avoid **most** of the things written here, you will allow your body to process and eliminate the toxins it takes in. However, if you have the attitude "I don't care... I'm gonna die anyway so why even bother!" Your body will not have time to detox and you will find that you **feel like crap, look like crap, and eventually get a serious disease!**



The goal here is to just **do the best you can**... This book will give you awareness of the dangers that we are exposed to every day. Please don't panic if you ingested a toxin or have for years, just try to do better every day moving forward (and your body will thank you)!



# SODIUM FLUORIDE TOOTHPASTE

***Yes, Sodium fluoride has been used as a rat poison for a long time!***

***IT TAKES LESS THEN A GRAM OF FLUORDE TO KILL A CHILD! ITS A TOXIC POISON!***

A 2012 study in the Environmental Health Perspectives found that "children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas." There have been many studies investigating the relationship between fluoride and learning/memory, and of these studies, 50 found that elevated fluoride exposure is associated with reduced IQ in humans and impairment of learning and/or memory capacity!

I personally have not used any fluoride product for over 10 years, and have not had any cavities or dental work! Fluoride consumption not only harms your physical health and mental health, but it also artificially hardens your teeth from living tissue that can repair itself (cavities ) to over hardened blocks that actually get cavities easier and if the dose is too high it causes white stain splotches on their teeth called "fluorosis".

**USE THIS INSTEAD.....**

**Buy A FLUORIDE FREE TOOTH TOOTHPASTE at most grocery stores /health stores.**

**OR better yet make your own!**

***Coconutoil + baking soda + Spearmint oil = natural tooth paste***



# HAND SANATIZERS

***Anytime we apply anything to the skin it gets absorbed quickly into the bloodstream!***

***MORE THAN 80 HAND SANITIZERS HAVE BEEN TAKEN OFF THE MARKET IN THE LAST 2 YEARS!***

**Yes, I know they are quick and convenient to use...**

**But, most of these sanitizers come from China where they have poor quality control and often contain toxins like triclosan and methanol! When these toxins are absorbed over long periods of time they can cause health issues like blindness, permanent neurological damage, and organ issues.**

**Even if you are able to get pure ethyl alcohol without any toxins or additives, it still is not good for you long-term, as you are still absorbing unfiltered alcohol into your bloodstream! It's especially dangerous to younger kids who can actually get alcohol poisoning if they use too much daily or swallow it.**

**USE THIS INSTEAD.....**

***Stop using and buying them... If you are required to use it to enter a store, just pretend to use it and go wash your hands in the bathroom!***

***Washing your hands is still the best way to clean off dirt and germs without absorbing toxic chemicals in your blood.***



# CHEMICAL SUNSCREENS

**Most sunscreens today are loaded with toxic chemicals that need to be avoided!**

***YOU DON'T NEED TO FEAR THE SUN! FEAR APPLYING TOXIC CHEMICALS TO YOUR LARGEST ORGAN!***

Chemicals in sunscreens don't just sit on the skin and reflect away the sun's rays. Instead, these chemicals penetrate the skin quickly and enter your bloodstream. Each time you apply the sunscreen you are putting toxins deep inside your body!

Some of the toxic chemicals in these products are Oxybenzone, Avobenzone, Octinoxate, Homosalate, Methylisothiazolinone, Ethylhexylglycerin, BHT, Triethanolamine, and more!

These chemicals have been linked to many health problems such as neurotoxicity, and reproductive problems, affecting fetal development, and reducing fertility in both men and women!

**USE THIS INSTEAD.....**

**Use a mineral sunblock (Zinc and Titanium Oxide)**  
**THESE CAN BE BOUGHT AT ANY HEALTH STORE!**

***Or you can use a natural oil (coconut, avocado, carrot seed, etc). They offer a lower SPF Protection but will work for short periods in the sun!***



# SEED COOKING OILS

**Canola, vegetable, corn, & soybean oils are all toxic GMO garbage.**

***THESE OILS ARE HIGH IN OMEGA 6'S AND FULL OF PESTICIDES!***

These oils are highly processed and are very unstable when heated, and this process creates free radicals in the body. They also are very high in omega 6s (bad) and the body does not function well when it's full of toxic oils. Short-term effects include inflammation, joint pain, and brain fog, but long-term use has been linked to more serious illnesses.

The main reason I avoid industrial seed oils is they are based on GMO crops. Meaning they are soaked in poisonous pesticides when grown and the oils are left like a concentrated tub of these poisons. Gmo pesticides are linked to everything from cancer, organ failure, and birth defects (google GMO dangers)!

**USE THIS INSTEAD.....**

***Spend the extra money and get a good quality cooking oil. Buy a good cooking oil like olive oil, coconut, avocado, or walnut oil, as these are all good quality oils that your body wants.***



# TOXIC DEODORANTS

***As we learned earlier... anytime we put a product on the skin it get absorbed into the bloodstream!***

***MOST DEODORANTS ARE FILLED WITH TOXIC CHEMICALS AND GO DIRECTLY INSIDE THE BODY YOU AFTER YOU APPLY IT!***

The average deodorant is made with chemicals, fragrances, and heavy metals like Triclosan (a pesticide), Aluminum (heavy metal), Parabens, Propylene glycol, and Phthalates. These chemicals are linked to many health issues over long-term use like cancers, low sperm count, reproductive issues, respiratory organ failure, messed up hormone levels, etc etc.

So as you can see it's best to avoid applying these to our largest organ daily. Our culture has an engraved idea that we are dirty or stinky if we don't buy the most fragrant deodorants. I personally don't even use any deodorant. Stinky armpits are a sign you need to detox or you have bacteria that need to be killed (not covered up). I realize that most people don't want to stop using deodorant like me. Fortunately, there are better options...

**USE THIS INSTEAD.....**

***You can buy natural deodorants that don't have heavy metals in them in most stores.***

***OR BETTER YET MAKE YOUR OWN...***

***There are many recipes online that work great & have 100% natural ingredients.***



# CHEMICAL FOOD DYES

***Yes, bright-colored foods look appealing but eating them can cause behavioral and mental problems in your family!***

***JUST BECAUSE SOMETHING IS FDA APPROVED DOES NOT MEAN ITS SAFE TO EAT!***

Food dye, or artificial food coloring, are synthetic colors made from propylparaben, propylene glycol, and petroleum! Yes, parabens and petroleum. Some dyes are even said to be carcinogens – cancer-causing substances.

Synthetic food dyes are associated with adverse neurobehavioral effects, such as inattentiveness, hyperactivity, and restlessness in sensitive children. Many doctors recommend limiting exposure to kids with ADD and ADHD.

Parabens and propylene glycol are toxic. Parabens are known endocrine disruptors and propylene glycol toxicity which has negative effects throughout the entire body, including the brain. Toxic chemicals that affect the brain are called neurotoxins.

**USE THIS INSTEAD.....**

***Stop buying products with Chemical food coloring, and keep your grocery shopping as natural as possible.***

***If you care about your kids, care enough to limit their exposure to these harmful ingredients!***



# ASPARTAME

***Did you know that Aspartame literally turns into formaldehyde and methanol inside your body?***

***ASPARTAME HAS BEEN LINKED TO OVER 40 ADVERSE HEALTH EFFECTS!!!***

Aspartame is an artificial sweetener, also referred to as Acesulfame Potassium (K), AminoSweet®, Neotame®, Equal®, NutraSweet®, Blue Zero Calorie Sweetener Packets™, Advantame®, NutraSweet New Pink, Canderel®, Pal Sweet Diet®, and AminoSweet®. It's used in a variety of food and products like diet soda, gum, candy, and vitamins. It's in so many products we buy every day!

Aspartame interferes with the body in many ways such as causing headaches, dizziness, seizures, nausea, numbness, muscle spasms, rashes, depression, fatigue, irritability, insomnia, vision problems, hearing loss, heart palpitations, anxiety attacks, slurred speech, tinnitus, memory loss, learning disabilities, and joint pain. Serious effects documented long-term in high doses are cancer, increased risk of diabetes, cardiovascular disease, weight gain, and metabolic syndrome. These effects depend on how long and how much you have been consuming.

***USE THIS INSTEAD.....***

***Start reading the labels... If it has aspartame in it, don't buy it!***

***There are many options available for aspartame-free products like gum, juice, snacks, etc.***

***Many people report losing weight (fat) after giving up aspartame, as now the body can detox/let go of these toxins it was storing.***



# PROCESSED FOODS

*Most of the items in the grocery store today were not available 100 years ago!*

**THE BEST RULE OF THUMB IS.... "IF IT'S A PLANT EAT IT, BUT IF IT COMES FROM A PROCESSING PLANT, DONT EAT IT!"**

Processed foods are full of refined oils, refined sugars, and refined salts. In addition to these refined ingredients, you'll also find chemicals, fillers, artificial flavors, and artificial colors to make it taste or look a certain way. When most of the ingredients are from a factory, you know it's not good for the human body!

Also, processed foods lack the nutrients our bodies need to be healthy, and actually, the ingredients found in processed food cause many diseases that we see today. It has also been proven to contribute to obesity, depression, and poor mental health in people that eat a lot of it.

I personally feel better when I don't eat heavily processed foods. I have more energy and my mood is way better. Eating a diet based on real whole foods (natural), not processed garbage was a game-changer for me.

**USE THIS INSTEAD.....**

*Packaged foods are created to make corporations profits not to keep you healthy, so avoid them as much as possible.*

**Buy whole foods and make what you can at home like bread, salad dressing, cookies, etc. This way you know what's in it and what you are ingesting!**



# TOXIC BODY PRODUCTS

*It is very hard to avoid toxins in this category...*

*The goal is to lower your daily exposure as much as possible.*

***DID YOU KNOW... THE AVERAGE WOMAN WEARS 515 CHEMICALS EVERY DAY?!***

There are so many body products we use every day that are loaded with chemicals, fragrances, heavy metals, and other toxins. I wouldn't even know where to start in listing them here. Products we use daily like lotions, shampoos, soaps, make-ups, nail products, and hair products/gels, shaving products, etc are almost always **LOADED** with toxins that go directly into our bloodstream.

This category is a hard one to avoid, especially if you have grown accustomed to your favorite daily products. The best thing you can do is be conscious of your exposure and frequency of use (if you can't find a replacement you like). Fortunately, there are many options available today that are less toxic. There are also recipes on sites like Pinterest where you can make your own holistic versions of many products we love.

**USE THIS INSTEAD.....**

**Read the label... If it's loaded with dozens of chemicals, then don't use it!!**

***Take a drive to the health store and go to their body product section, or talk to the staff about replacements. You will be surprised how many non-toxic products they sell that work great!!***



# DRINKING TAP WATER

*Many reports have shown that an endless array of man-made, toxic contaminants/ chemicals can be found in almost every public water systems across North America.*

***MOST BOTTLED WATER IS NOT MUCH BETTER... IT IS JUST TAP WATER WITH ADDED BPA FROM THE PLASTIC BOTTLE!***

I don't think it's a big secret that most tap water is very toxic to ingest long-term because it's filled with so many different contaminants. Just know you are ingesting these chemicals and contaminants every time you drink or cook with tap water, and this will lead to health problems down the road you don't want to deal with.

So what makes tap water unsafe for drinking? Let's take a look at some of the contaminants found in tap water: Arsenic, Chlorine, Microplastics, Heavy metals, Herbicides and Pesticides, Radon, Nitrates, Diethyl phthalate, Pharmaceutical Drugs, Phosphates, and much more are all found in tap water! Some tap water is worse than others, the point is drinking tap water is not good for your short-term or long-term health. Fortunately, there are other options for you and your family...

**USE THIS INSTEAD.....**

**Filter your water before you consume it!** A cheap Walmart filter (Brita type) is better than nothing, but I recommend spending a few hundred dollars and getting a good under-the-sink filter system (like an RO system)!

***You can also get water jugs refilled at many places with filtered water. Just make sure the plastic jugs won't leach BPA and the water is actually filtered well!***



# CLEANING SUPPLIES

*There are no federal regulations on toxic ingredients and impurities that can be put into cleaning products.*

**DID YOU KNOW... CLEANING PRODUCTS ARE NOT REQUIRED TO LIST THE PRODUCT'S INGREDIENTS ON ITS PACKAGING?**

Cleaning products have been linked to both acute and chronic health issues. A recently released study conducted on cleaning sprays shows they are as harmful as smoking 20 cigarettes a day. Another study proved people that who were exposed to disinfectants daily had a 24% to 32% increased risk of developing obstructive pulmonary disease. Another one showed that children born to women who held cleaning jobs while pregnant have an elevated risk of birth defects. These are just a few proven examples I found with a quick search.

We all know that using these chemicals is dangerous as we have most likely heard stories of people mixing cleaning chemicals and having a negative reaction and even in some cases being rushed to the hospital. Also, If you have kids you must take precautions so that the cleaning bottles are never touched!

**USE THIS INSTEAD.....**

*Using non-toxic cleaning products does not only smell better, but it also feels better as you know there aren't chemicals on the surfaces of your home and in the air you breathe!*

*Many cleaning products can be made at home with non-toxic things like vinegar and lime juice, or you can go to the health store and get non-toxic alternatives!*



# TEFLON PANS/ POTS

***Teflon coating used in "non-stick cookware" releases harmful chemicals like perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS). These chemicals have been shown to cause cancer and tumors in animal studies!***

***DID YOU KNOW? PFOA IS CURRENTLY FOUND IN THE BLOODSTREAMS OF 95% OF AMERICANS!***

**Workers involved in manufacturing Teflon have been shown to be three times more likely to die of prostate cancer than those who weren't. Another study has shown a correlation between PFOA and low birth weight and head circumference in newborns PFOA has been implicated in increased instances of cancer, miscarriages, thyroid problems, weakened immune systems, and low organ weights. PFOA has been shown to cause changes in the pituitary (which controls growth, reproduction, and many metabolic functions) in female rats. There is also evidence of birth defects in babies from PFOA-exposed workers.**

**As you can see using Teflon is not good for your health, and should be swapped ASAP as the chemicals are not only ingested in your food, but they are also released in the air and breathed in while you cook.**

## **USE THIS INSTEAD.....**

***Toss all your Teflon cookware in the garbage now! It's not worth the health risks for you and your family!***

***Instead use ceramic, cast iron, or glass cookware. They don't cost much more, and the piece of mind is priceless.***



# SMOKING CIGARETTES

*This one should be a no-brainer, but I feel it's important to be conscious of the dangers because I know many people that choose to still smoke.*

***DID YOU KNOW? CIGARETTES ARE MADE UP OF 7000 CHEMICALS!***

Lung cancer is what people usually fear from smoking, and yes, that can take years to strike, but the surgeon general's report on smoking says tobacco smoke begins poisoning immediately, as more than 7,000 chemicals in each puff rapidly spread through the body to cause damage to nearly every organ!

About 1/2 million Americans die from tobacco-caused illnesses every year. While the smoking rate has dropped dramatically since 1964 when the first surgeon general's report declared tobacco deadly. About 46 million adults - one in five - still smoke, and tens of millions more are regularly exposed to secondhand smoke.

Kicking the habit lets the body start healing immediately. "It's never too late to quit," she says, "but the sooner you quit, the better, even if you're 70, 80 years old and you're a smoker, there's still benefit from quitting."

***DO THIS INSTEAD.....***

*Commit to quit smoking now, and/or encourage your loved ones to quit!*

*A great mental hack is to write out the reasons you need to quit and read it every time you smoke. Doing this will rewire your brain to see it as a negative feedback. Use patches/gum/mints to help with withdrawals.... Just know you CAN do it!*



# THE MICROWAVE

***Microwaves use electromagnetic radiation—waves to heat up food at the molecule level, ruining all nutrition of the meal.***

***A RECENT STUDY SHOWED SIGNIFICANT DEGENERATION OF NUTRIENTS AND ADVERSE CHANGES IN HUMAN BLOOD CHEMISTRY WITH DAILY MICROWAVE USE***

A recent lab study has shown adverse effects of consuming foods that have been microwaved:

Reduction of hemoglobin levels and alteration of blood serum quality, leading to anemia, a decrease in HDL (good cholesterol), and an increase in LDL (bad cholesterol), A decrease in lymphocytes (white blood cells) leading to the body's rapid drop in immunity and defense system against viral attacks, interfering with hormonal production, leading to hormonal imbalance.

Microwaving turns food into cancer-causing agents (that could probably explain the high colon cancer rate since the start of the use of the microwave). Nutrients in food are highly damaged in the microwave (for example, broccoli cooked in the microwave lost up to 97 percent of its antioxidant content). Once food molecules are altered, it can render them inorganic and possibly toxic (or even carcinogenic) to the body!

***USE THIS INSTEAD.....***

***Stop using the microwave at home! Put it in storage and replace it with a toaster oven and/or air fryer.***

***Yes, it takes longer... but at least you know your food will taste better and have more nutritional values.***



# EATING GMO PRODUCTS

***North Americans are the guinea pigs for these unnatural "foods", they were introduced into the general food supply without warning in the mid-1990s!***

***DID YOU KNOW? AT LEAST 26 COUNTRIES HAVE 100% BANNED GMO CROPS?***

**"I'll have a side of pesticides, please."**

**GMO crops are genetically modified to be "Roundup Ready". What does that mean? It means that there are chemicals grown in the plant that will allow it to live when drenched in Round-Up, Monsanto's signature toxic soup. This hideous chemical leeches into the ground contaminating soil. Many Monsanto seeds are bred to have what is commonly known as the "suicide gene", the long-term effects of eating these products are not known but it has been shown to cause rats to be sterilized (when fed GMO corn).**

**Aside from the obesogenic effect of GMOs, there are many other negative effects that these can cause... Here's a short list: Cancers, reproductive problems, weight gain, joint pain, DNA mutation and changes in gene expression, skin abnormalities, blood and organ toxicity, changes in cholesterol and liver function, etc. GMO foods are insanely toxic and should be avoided, as many animal studies have proven they harm the body.**

**USE THIS INSTEAD.....**

***When you can... buy organic and avoid packaged foods (loaded with GMO ingredients).***

***The top GMO products to be avoided are corn, soy, squash and zucchini, milk, sugar (beets), canola (oil!), and aspartame.***



# TOXIC PEOPLE

*Everyone has known "toxic people" and knows how they can affect their mood/energy!*

***BE CONSCIOUS OF HOW YOU FEEL AFTER HANGING OUT WITH PEOPLE. IF THEY BRING DOWN YOUR VIBE/ENERGY KNOW THEY SHOULD BE AVOIDED.***

There are many different types of "toxic people" that I'm sure you have encountered in your life. Some are complainers, some are insanely negative (doomers), others need all the attention, and some are always "the victim" (need non-stop attention). Many toxic people have emotional issues and focus all their attention on negative experiences, and failures, and ruminate about problems, which amplifies stress and negative emotions. This affects anyone around them and makes you feel uncomfortable when you are with them for a long period of time.

There is no way to change people, you can only try to suggest things and plant seeds to help heal them. If this does not work, it's best to limit exposure if possible. Hanging around toxic people is like sitting in the rain and trying not to get wet. Even the most centered person will have trouble trying to keep their vibration high.

***DO THIS INSTEAD.....***

***Learn to protect your energy!***

***If you feel drained or down after hanging out with someone, know that you don't need them in your life more than you want them to be. You must learn to say no to phone calls, hangouts, and pop-ins. Your mental health is too important to have to hear about all their issues non-stop every day!***

There it is...

I hope I didn't scare you too much!

Honestly, this just is the main list of toxins to avoid! I know **I could have added a few others** like 5G/Smart meters, pharma drugs, alcohol, plastic cookware/bottles, chemical laundry soaps, etc...

Does this mean you need to throw away most of your food/ products (and microwave) in the garbage right now? No... just be conscious of what goes in your body daily and be aware that if you take in more toxins daily than you can detox, you will overload your immune system and your body.

**Do toxins cause me to gain weight?**

YES, when the body cannot get rid of chemicals/toxins it stores them in fat cells so they won't wreak havoc on your body.

So by detoxing & fasting you are not only releasing fat cells, but you are also getting rid of toxic junk you may have been holding for years or decades!!

Start detoxing/fasting and lowing your exposure to toxins now!

**REMEMBER TO LOVE YOURSELF...**

**SELF-LOVE IS WHAT  
WILL CAUSE YOU TO  
CARE WHAT YOU PUT IN  
YOUR BODY!**

**Remember that no one will truly care about your health as much as you should/will! It is your responsibility to keep yourself healthy and happy (not your doctors).**

**If you don't spend time on your health and wellness you will be forced to spend time with a disease or mental health problem!**

**Working on your physical/mental health is the  
the best thing that you can ever do!**

### **Disclaimer**

**The information provided here is for educational purposes only and should not be considered medical advice. Please consult your personal health care provider before making any health care decisions for yourself. I am not a licensed physician/doctor. I am not responsible for any effect, good or bad, that results from following any of the recommendations or information that is provided on this website/book.**

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