



TOXIN TAKEDOWN CHECKLIST

- ☐ I drink only filtered water.
- ☐ I switched from plastic water bottles to glass and stainless steel.
- ☐ I eat mostly organic food (using the Dirty Dozen / Clean Fifteen guidelines).
- ☐ I cut out most processed foods.
- ☐ I no longer store or heat leftovers in plastic.
- ☐ I only cook in cast-iron, stainless steel, or enamel pots and pans.
- ☐ I read labels to see what chemicals lurk in my personal care products.
- ☐ I take off my shoes when I enter my home.
- ☐ I open my windows to freshen my home.
- ☐ I avoid putting chemical fertilizer on my lawn.
- ☐ I always use an earpiece with my cell phone.

