

THIS, NOT THAT



HEALTHY SWAP GUIDE

Welcome to your handy guide for healthy swaps! In this guide, you can find common household products that contain toxic chemicals, wreaking havoc on your hormones, gut, mental health and more. Alongside those products, you'll find healthy swaps, along with links to help you navigate and find these products with ease. All products suggested in this guide are my personal favorites, which have been tested, researched and reviewed, so you can be sure that they are safe for you & your family to use. If you want a wider variety of choices, feel free to check out my [product page](#). Enjoy the recommendations!

WEEKLY AFFIRMATION:

I AM OPEN TO NEW WAYS OF IMPROVING MY HEALTH.

GET SOME FRESH AIR



Instead of this...



Sitting inside with closed windows...



Sitting in a stuffy car in traffic...



Burning fragranced candles, Febreze air misters, plug in scents...



Regular night lights or accent lighting...

...try this!



Air Doctor home air filtration unit



an IQAir car filter to get rid of brake dust & more.



an essential oil diffuser or beeswax candles.



Himalayan salt rock lamps for an ambient, calming glow & to filter the air.



DRINK CLEAN WATER

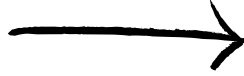


Instead of this...

...try this!



Getting water from your fridge filter...



a Berkey countertop or under-the-sink water filter.



Using a Brita pitcher...



a brand that filters heavy metals, harsh chemicals and VOCs.



Inhaling chemical vapors in your shower...



an easy-to-install shower head or bathtub water filter.



Drinking from unfiltered well or tap water...



testing your well water regularly, or check your city water tap for free.



COOK WITH CARE



Instead of this...



Using Teflon non-stick pans, aluminum or plastic cooking utensils...



Storing and reheating food in plastic Tupperware containers...



Frying the nutrients right out of your foods and using a ton of oil...



Aluminum baking sheets and pans...

...try this!



ceramic or stainless steel pans, cast iron cookware and wooden cooking utensils,.



Pyrex glass food storage.



a Ninja air fryer to get the crispiness with half the time.



Pampered Chef stoneware for a toxin-free baking experience.



HEALTHY LIQUIDS



Instead of this...



Drinking flavored or sweetened coffee in the morning...



Mud/Wtr adaptogenic mushroom coffee blend for a refreshing boost.



Drinking sweetened or processed green tea...



Pique ceremonial-grade green tea matcha powder.



Drinking processed, pesticide sprayed, high-mold coffee...



Purity organic, mold-free coffee.



Drinking teas with pesticides and harmful additives...



Yogi, Traditional Medicinals or Yerba Mate organic herbal teas.



HEALTH AT YOUR DOOR

Instead of this...

...try this!



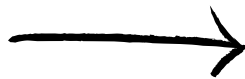
Buying farm raised, GMO-fed meats and fish pumped with antibiotics and hormones...

Butcher Box delivery for organic, free-range, grass-fed animal meats and wild-caught fish.



Buying junk food, expensive health food store items, toxic beauty items or harsh cleaning products...

cheap, organic, non-GMO food and snacks, toxin-free personal care products and chemical-free cleaning supplies.



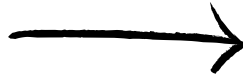
Buying non-organic, GMO produce sprayed with pesticides...

non-GMO and organic 'misfit' produce at a 40% discount from store prices.

KEEP IT BEAUTIFUL



Instead of this...



...try this!



Putting toxic chemicals on your face and into your blood stream every morning...

100% Pure Cosmetics line free of harsh chemicals.



Using aluminum based deodorant...

Schmidt's natural deodorant.



Destroying your hair and scalp with harsh shampoos & conditioners...

Prose organic and natural custom hair care regimen.



Disrupting hormones with fake fragrances in your personal care products...

Dr. Bronner's natural body wash, soap and toothpaste products.

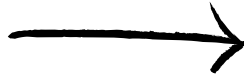


KEEP IT CLEAN



Instead of this...

...try this!



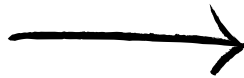
Using harsh cleaners in your home that can cause serious health issues...

Seventh Generation toxin-free cleaners, soaps and laundry detergent.



Using bug sprays that contain cancer-causing chemicals...

Herbal Armor DEET-free bug spray.



Using pesticides on your lawn and garden linked to blood cancers...

Essentria family and pet-friendly outdoor yard & pest spray.



Using sunscreen containing Benzene, a known carcinogen...

Badger toxin-free sunscreen.

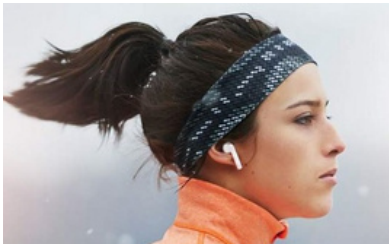


EMF BLOCKERS

Instead of this...



Sitting with your computer on your lap, emitting radiation into your reproductive organs...



Using AirPods, cell phones or tablets unprotected against radiation...



Using a ton of electronics in your house like phones, wifi routers, microwaves, bluetooth devices, smart home meters...



Using a cell phone or tablet without deflecting the radiation...

...try this!



a Harapad laptop EMF blocker.



WaveBlock stickers for all of your electronic devices.



a SomaVedic made of precious stones to absorb all radiation/EMFs in your entire home.



SafeSleeve protective cases for your cell phones and tablets.

THE HEALING HOURS



Instead of this...



Using blackout curtains and feeling groggy when you wake up in the dark...



...try this!



a UV Wake Light to mimic the sunrise, waking you up gently.



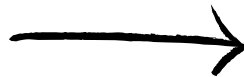
Sleeping on mattresses sprayed with flame retardants and toxic chemicals...



an Avocado mattress and pillows,, free of off-gassing toxic chemicals.



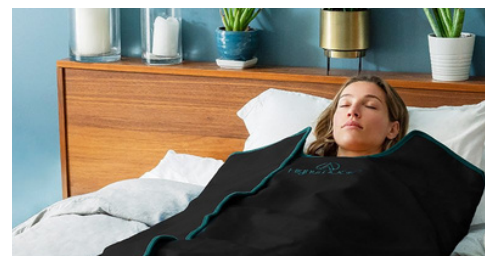
Sleeping with heavy sheets that trap heat and cause you to wake up frequently...



super soft and breathable, eco-friendly Oasis bamboo sheets.



Spending down time laying around, causing lymphatic fluid to become stagnant...



an Infrared sauna blanket to sweat out the toxins from the comfort of your home.



VITAMINS & SUPPS



Instead of this...



Choosing cheap vitamins with ineffective ingredients, additives and no quality control...

...try this!



Equilife organic, bioavailable and third-party tested quality nutritional supplements.



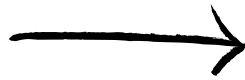
Trying get-skinny-quick detoxes, juice cleanses, or the next best fad diet....



Science-backed functional detox to help support the liver & detoxification pathways.



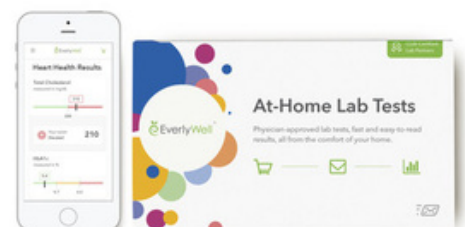
Buying supplements off Amazon, or in convenience stores because they're cheaper...



Thorne supplements with high-quality ingredients and science-backed formulas.



Relying solely on blood work to help you figure out what is wrong with you...



Everlywell home testing kits, or running comprehensive functional medicine labs.

