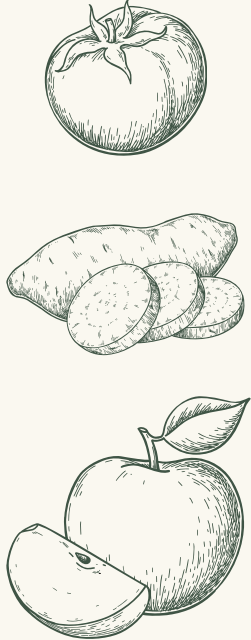




Environmental Detox



- Wash your fruit and veggies thoroughly, ideally with a fruit and vegetable wash, e.g., Koala Eco, before cooking/consuming, choose organic or chemical free produce if possible, buy locally grown produce as much as possible, as we are a regulated industry, e.g., you can't be sure of the integrity of produce coming from certain countries. Pesticides are commonly found on fruit and vegetables. The Australian "Dirty 8" includes: apples, strawberries, lettuce, pears, grapes, spinach, nectarine, peaches. Fresh food imported into Australia is commonly treated with a sterilising gas and an insecticide.
- Volatile organic compounds (VOCs) include chlorinated bleach, phthalates, acetone, toluene, benzene and "fragrances". They are commonly found in many household cleaning products such as carpet and upholstery cleaner, toilet bowl cleaners, oven cleaners, dishwasher detergents, furniture polish etc... Check the labels. Other products, e.g., scented candles, nail polish, glues, dry cleaned clothes, new carpets and engineered wood products also contain VOCs.



Environmental Detox



- VOCs are associated with asthma, eczema and contact dermatitis and has been linked with neuro function, e.g., difficulties with concentrating, endocrine disruption and immune system disruption.
- Choose natural cleaning products, e.g., Koala Eco or use home-made cleaning solutions such as white vinegar and baking soda wherever possible. Always make sure there is good ventilation when using products that may contain VOCs. Never mix cleaning products as this may create harmful VOCs. Having a HEPA air purifier will help minimise VOCs. Choose essential oils over paraffin scented candles. Air out new furniture before bringing inside if possible.
- Heavy metals such, e.g., lead can be found in old water pipes. Although banned since 1989, the solder agent still contains lead. Sydney water quality is tested well before it reaches your kitchen sink. However, old homes may also contain lead paint.
- Invest in a good quality water filtration system. Check out: thewatershop.com.au for high quality options or look at a Britta water filter for more economical option. Flush your water pipes every morning for 1 minute to avoid consuming sediment.



Environmental Detox



- Air purifiers such as Zero+ Pro, which is a 5-stage air purifier is a hospital grade HEPA air filter that neutralises harmful air contaminants. Indoor plants e.g., peace lilies and the arum ferns can play a role in reducing air pollution indoors. Dusting regularly with a wet rag.
- Having a “no shoes policy” inside the house.
- Mercury is a toxic metal that can be found in some fish as well as old dark dental fillings.
- Avoid larger fish such as tuna, swordfish and marlin as they can be higher in accumulated mercury. If taking fish oils, make sure they are from reputable brand that tests for heavy metals via a 3rd party. Speak to your dentist about safe amalgam filling removal.



HEALTH REFLEX

Environmental Detox



- Mould is a very common environmental toxin, especially in humid places like Sydney. The extreme wet conditions in 2021 exacerbated the mould problem for Sydney residents as mould loves and thrives in moisture. Fix any plumbing leaks or water proofing issues (are often under the house at the interface between building structure and the soil).
- If you are renting raise the issue with your real estate agent and call NSW Fair Trading for further advice. Ensure regular ventilation and always ensure the fan is turned on when having a shower or bath and that the exhaust fan is turned on when cooking.
- Clean mould with vinegar (4 parts) and water (1 part). Wear a well-fitting mask, glasses and rubber gloves when cleaning mould. Never paint over a mouldy surface. Consult a building biologist if unsure.
- Plastics, BPA are endocrine disrupting chemicals (EDCs). The biggest exposure is via food and drink storage. Not all plastics are the same. Be aware of the coding on plastic bottles and packaging as some plastics are worse than others. Plastics rated 1,3,6 or 7 are to be avoided.

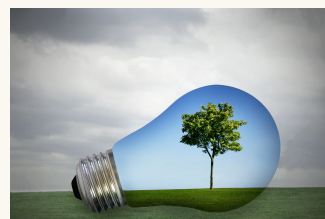


HEALTH REFLEX

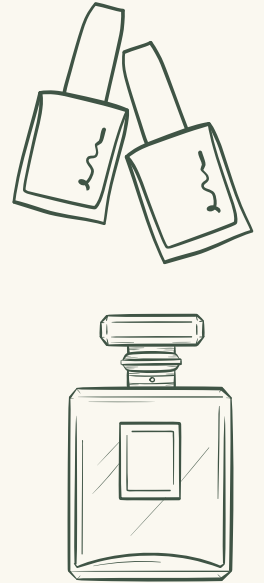
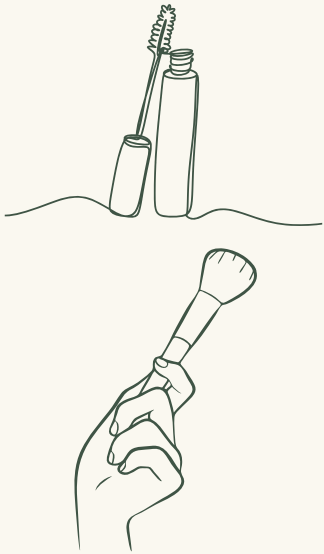
Environmental Detox



- Reduce single use plastics and be aware of the rating on plastic bottles. Avoid freezing food in plastic, particularly acidic foods such as meat. Avoid tinned foods where possible as the lining contains EDCs. Prefer glass, ceramics and food grade stainless steel for food and drinks. Avoid non-stick cookware, choose stainless steel.
- EMF's – electromagnetic fields are created by equipment that generates an electromagnetic field such as mobile phones, power lines, electrical appliances, blue tooth, microwaves, and computer screens. We don't yet have all the science about EMFs although there is some evidence to indicate an association with childhood leukaemia. Also, be aware that some people exhibit EMF hypersensitivity.
- Keep devices away from your body while you sleep and keep your phone on airport mode when you're not using it. Limit screen time. Use speaker phone or earphones when using mobile phones.



Environmental Detox



- Cosmetics and perfumes contain many endocrine disrupting compounds, and it is a sector that is globally under-regulated.
- Lipsticks, nail polish, hair dye and are often the worst but it's not limited to these.
- Check the labels of shampoos, conditioners and body wash, skincare as they may contains parabens and phytates along with formaldehyde and other toxic chemicals that may be considered safe at microscopic doses, but this does not consider daily, long-term use.
- Look at the ingredient label of all your cosmetics and perfumes. Slowly start to reduce the number of potentially toxic products and move to more natural products that are clearly labelled. Use products that have been verified by third parties. Major international brands are more likely to be regulated and monitored.
- Avoid any products that do not contain a full ingredient list.

