



Home Detox Your Guide To balanced hormones

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About Melissa

Melissa is a degree qualified naturopath who's clinical practice is located in Brisbane, Australia. Since opening Elixir Naturopathy, Melissa has developed a keen interest in women's hormonal health and the digestive system, although she does see all manner of health conditions.

One major area of concern that comes up in almost all of her client cases is the concept of environmental toxin exposure and how this can effect all aspects health, from hormones & pre conception care to weight loss and mental health.

Since being diagnosed with thyroid cancer in 2013, Melissa has become more aware of her own exposures as well as her impact on on the environment around her. This lead her to develop this Ebook to educate others on the importance of living a toxin free life.



- Awareness -

We are all familiar with spring cleaning, and new years resolution detoxing. But have you ever wondered if your home needs a detox?

One of the most important parts of treatment when working with my clients is to undergo a home detox to reduce their daily cumulative toxin exposure. This is a term coined by the Environmental Working Group, that refers to the amount of toxins and chemicals the average individual is exposed to each day.

What many people don't realise is that we are subjected to an abundance of chemicals and pollutants on a daily basis, most of which we have no control over. Before leaving the house each morning the average person has already come into contact with over a hundred different chemicals. These are the chemicals that we are willingly subjecting ourselves to without even knowing, and which we will be focusing on in this Ebook, which include those found in:

- Food choices
- Water
- Cookware & food storage choices
- Cleaning products
- Perfumes
- Deodorant and body products
- Air fresheners and candles
- Insect repellents

These are the items can contain hidden heavy metals and chemicals clinically proven to cause havoc with our bodies including, skin irritation, endocrine disruption, allergies, headaches, nervous system damage, and even cancer.

Whats more, some of these chemicals actually accumulate in the body and can be passed down through generations. Scary stuff right? A 2005 study conducted by the environmental working group on the effects of pollution on 260 new born babies found that each baby, when born, had an average of 200 chemicals already in their system.

However its not all doom and gloom! With a few simple conscious switches, many of these items can be swapped for healthy alternatives that help you reduce your daily cumulative toxin exposure. I have put together my top 6 home detox tips to help you reduce your chemical burden and live a healthier life at home. Because after all we spend half our lives there.



- #1 Food Choices -

Lets begin at the table.

What we eat can have a huge impact on our health. With the rise of conventional farming practices, our food and therefore our bodies are exposed to a variety of pesticides, insecticides and pollutants.

Glycophosphates are one such class of chemical used in herbicides and pesticides which are sprayed on crops to kill weeds and ward off pests. These chemicals are often prayed at each stage of growth and therefore ultimately end up on your plate.

Whats more, imported produce that makes up a large portion of the fruit and vegetables found in the supermarkets within Australia, is subjected to another round of chemicals before entering the country, to prevent unwanted pests and insects.

Other chemicals also end up in our meat and fish, through the use of antibiotics, growth hormones and other chemicals.

The Switch:

Choose locally sourced and organic produce where possible. By doing so, you significantly reduce your exposure to these chemicals.

The dirty dozen & clean fifteen list is a shoppers guide produced by the Environmental Working Group each year that lists those foods with the highest and lowest amount of pesticide residue.

If eating organic isn't an option for you and your family, try to swop just those items that have the highest exposure to these chemicals. Switch foods on the dirty list for those on the clean list or buy these items organic where possible.



- #2 Water Quality -

so what about the water we drink?

The water that comes out of our taps is sourced from natural water reservoirs. So in order to ensure its safe for human consumption and minimize the risk of water borne diseases, chemicals and other additives are used. Some of which are unfavorable to human health.

One such additive is chlorine. Chlorine is a halogen, which, if you look at the periodic table, sits just above iodine. Studies have shown that chlorine in the body, has the ability to displace iodine from iodine receptors, such as those in the thyroid.

Tap water also contains fluoride, which has been linked to neurodegenerative disease and lowered IQ levels, as well as sleep disorders and depression. Fluoride has shown to contribute to hypothyroidism by mimicking the action of thyroid stimulating hormone.

The Switch:

By using a water filter you can reduce the levels of common tap water pollutants including chlorine & fluoride.

A reverse osmosis filter is best and highly effective at removing these chemicals, but the common carbon filter is still effective at removing majority of impurities such as disinfection chemicals and their by products.

You can also use a water filter on your shower to minimise the amount of chlorine inhaled while showering.

You can learn more about the different types of filters at [The Water shop](#)



- #3 Cookware & Food Storage -

A lot of people are surprised when I bring up the subject of cookware and food storage options.

Non stick teflon coated cookware over time begins to break down under high temperatures. When this happens it gives off toxic fumes and particles that make their way into your food. Teflon contains perfluorinated chemicals (PFC's) which have been linked to cancer and developmental problems.

Plastic storage containers contain bisphenol A (BPA) and dioxins which are considered xenoestrogens. These chemicals exert an oestrogen or anti-oestrogenic effect by causing alterations in gene expression by binding to receptors. This means they can mimic or antagonise naturally occurring oestrogen in the human body and have been linked to health related conditions such as early puberty in females, reduces sperm count in males, altered reproductive organ function, obesity, and increased rates of some breast, ovarian and testicular cancers.

The Switch:

Consider investing in cast iron cookware to avoid exposure to teflon and glass tupperware containers that don't contain BPA or dioxins.

You can find these items at many homewares stores these days. Some of my favourite are Eco Store and Nourished Life.



- #4 Cleaning Products -

Many of us don't think twice about the ingredients found in household cleaning items as long as they get the dirt off. If they are sold at the supermarket, they must be safe right? This couldn't be further from the truth.

Some of the toxic chemicals include:

- Phthalates
- Perchloroethylene or "PERC"
- Triclosan
- Ammonia
- Chlorine
- Sodium Hydroxide and this is just a few.

Let's focus on chlorine, this chemical is found in many cleaning products including bleach, laundry whiteners and mildew removers. Chlorine is known to be an endocrine disruptor. Endocrine disruptors are chemicals that can interfere with endocrine (or hormone) systems of the body. Any system in the body controlled by hormones (hint: most) can be affected by endocrine disruptors, from cancer, autoimmune disease, sleep disorders, reproductive issues, depression, cognitive impairment and the list goes on.

As discussed a few pages back, chlorine competes with iodine for receptor sites on cells. But of course this is only one chemical.

The Switch:

Choose natural alternatives or consider making your own if you have the time. You can access the Environmental working group's DIY cleaning guide [HERE](#) to make your own non-toxic cleaning products. Or check out stores like Biome that stock a wide selection of eco-friendly brands.



- #5 Personal Care Products -

As I mentioned above, we are exposed to hundreds of chemicals and pollutants each day but what about those chemicals we willingly put on our bodies day in day out, such as personal care and beauty products!

Our skin is our largest organ and one of the easiest ways for chemicals to enter the body. So why are we not more concerned about what we're putting on it!

Some of the chemicals to be aware of include:

- Phthalates
- Sodium laurel sulphate
- Bisphenol-A (BPA) to name a few.

Lets take about phthalates.

Phthalates are fat soluble chemicals that can migrate into fat cells where they are stored. These are used in cosmetics, perfumes, aerosols, paints, lotions, hair spray, hair dye, lubricants, medication, nail polish, deodorant and the list goes on.

Numerous studies have shown that phthalates can have devastating effects on human health, mainly related to hormone disruption. And this is just one type of chemical.

By reducing the amount and improving the quality of personal care products you choose to use, you can significantly reduce you cumulative daily exposure to synthetic chemicals.

A few things to avoid:

- Scrubs and exfoliants that contain plastic micro beads.
- Fake tan that contains endocrine disrupting chemicals such as phthalates and heavy metals.
- Foaming agents such as sodium laurel sulphate found in body wash, shampoo and conditioners.
- Perfumes that contain Phthalates and petrochemical.
- Deodorants containing aluminium

The Switch:

Switch to organic personal care products from brands such as Weleda, tailors skincare, woohoo body, black chicken, Eco by Sonya and Inika.

For a range of non toxic and organic body and beauty products check out www.nourishedlife.com.au



-#6 Air Quality -

Lastly we have air quality. Right now your probably thinking....seriously? Air quality?

Air quality in the home is an aspect we tend to overlook. Indoor air pollutants have been ranked in the top 5 environmental risks to public health.

Stagnant indoor environments with little ventilation allow for pollutants from car exhaust, furniture, air fresheners, candles, cleaning products, and moulds to accumulate.

The Switch:

So in conjunction with minimising these pollutants in the home. One way to improve air quality is to invest in plants. Having indoor plants has been shown to reduce air particulates while improving oxygenation.

You can also switch the air fresheners and candles for fresh flowers or an essential oil burner.

-Conclusion -

So there you have it, my top 6 home detox tips. You don't have to implement all six straight away. Start with one and work your way through all six.

Its empowering to know that with a few simple changes you can actively reduce the amount of chemicals and pollutants you and your family are exposed to and make your home a happy and healthy environment.

If you would like more information you can visit the Environmental Working Group website

