



LIVING CHEMICAL FREE

Tips for Living a
Toxic-Free Lifestyle

Materials produced by Mary Kay Sellek. Updated January 2024.

Information provided in this booklet is for informational purposes only. It's NOT intended as a substitute for the advice provided by your physician or other expert healthcare professional. Likewise, it is recommended that the reader consult his or her medical, health or other competent professional before adopting any of the suggestions in the booklet.

Pay it Forward. The way I got started on my health journey is because one kind soul took time to answer a question, fix a problem or teach me a new exercise. One good deed might not seem like much, but their generosity and kindness sparked me to become a better, stronger and healthier person. So, if you like what you read, please pass it onto someone else in need. Most of us are just looking for the first breadcrumb to follow. The difference a little information can make is phenomenal!

Table of Contents

What You Need to Know About Toxins	4
Reducing the Toxic Load	5
<i>Toxins in Foods and Liquids</i>	5
<i>Toxins Added Through Food Preparation and Storage</i>	9
<i>Toxins Absorbed Through the Skin</i>	10
<i>Toxins Absorbed Through the Air</i>	12
30-Day Raw Juice Challenge	14

What You Need to Know About Toxins

Unknowingly, many people have lifestyles which contribute to the heavy toxic load they carry. Toxicity starts in the environment ... in the air we breathe, the clothes and chemicals we put on our skin and in the plants/animals and drinks we consume on a daily basis. Additionally, many toxins are systemic, meaning they permeate the plant or animal and cannot be removed by simply washing them. The end result is accumulation of toxins in the body. Some interesting statistics:

- In the world today, there are over 80,000 chemicals produced ... 3000 of which have been added to our food supply, and many of them cannot be metabolized properly by our bodies.
- Many studies of cadavers have proven that toxins are stored in fat.
- There is a rise of heavy metals in the brain in very young children.

Ideally, the body's systems keep it working at its proper homeostasis. However, the accumulation of toxins over time can overwhelm the body and prevent it from functioning normally. At first, the body will

try alternate paths to regulate itself; but if the underlying toxicity is not addressed, the body with decline. For example:

- A bodily function asks the liver, kidneys and intestines to help discard excess toxins.
- When the liver/intestines/kidneys become overloaded, they leach toxins back into the body ...resulting in the creation of excess mucous or fat to protect the vital organs.
- If the toxic load is unaddressed, inflammation and/or dysfunction of unprotected cells develop in the body.
- Over time, unresolved inflammation/dysfunction leads to hormone imbalances, auto-immune deficiencies, cancer and other disease

In other words, whenever obesity, persistent illness or disease is present, we know that toxicity and the resulting body imbalances have existed for a while. Hence, reducing the toxic load is critical to optimum health and enabling the body to function properly.

Reducing the Toxic Load

Given the relationship of toxins to optimum health, it's no surprise that the first step involves reducing the amount of toxins we are exposed to everyday. There is no shortcut here. Everything we ingest ... whether it is through the mouth, skin or lungs must be carefully scrutinized and potentially eliminated to enable the body the best chance of "re-balancing" and healing itself.

Toxins in Foods and Liquids

- **AVOID Non-Organic Meats and Fruits/Vegetables** – If there's one change to implement right away, it's to eat organically grown foods and meats. Choosing otherwise means to ingest food that is laced with a cocktail of agrochemicals, antibiotics and synthetic hormones whose cumulative, long-term effect is not yet known.

Having said that, eating organic can be pricey. So, when cost is a concern, consider buying in bulk at grocery wholesalers or creating your own organic garden. For help, refer to the [EWG's Shopper's Guide](#) to get familiar with the Dirty Dozen (e.g., strawberries, spinach, nectarines, pears, cherries, grapes, celery, tomatoes, bell peppers, potatoes, leafy greens, etc.) and Clean Fifteen produce items. Also, check out the [Eat Well Guide](#) to find an online directory of businesses that grow or sell organic resources near you.

- **AVOID Non-Organic Dairy Products** – Unfortunately, many cows are ingesting

toxins through the grains they are fed, which are then passed onto humans. The only way to avoid ingesting pesticides, herbicides and synthetic hormones is by eating dairy products made from organic, grass-fed cows (aka cows that feed on natural grass pastures with no chemical fertilizers or herbicides and are not administered antibiotics).

- **AVOID Farm Raised Fish** – It's important to understand that ALL farm-raised fish – not just salmon are fed a concoction of vitamins, antibiotics and other compounds such as toxic copper sulfate, which is used to keep nets free of algae. In fact, studies have consistently found levels of PCBs, dioxins, toxaphene and dieldrin as well as mercury, to be higher in farm-raised fish than wild fish.

A safer alternative is to locate a clean source of wild fish that's low in toxins and mercury such as wild salmon from Alaska. Retail stores like CostCo and Trade Joe's carry high quality brands of wild fish. Another option is to select smaller fish with short lifecycles (e.g., sardines, anchovies, herring, etc.) as bioaccumulation of toxins is reduced by the fact that smaller fish don't feed on other larger contaminated fish.

Also, if you do eat farm raised fish, consider consuming it with a handful of chlorella tablets. Chlorella is a potent mercury binder and (if taken with fish) will help bind the mercury before you are able to absorb it ... so it can be excreted in the stool.

- **AVOID Genetically Modified Organisms (GMO) Foods** (e.g., foods that have been engineered in a lab) – The basic problem with GMOs is they require massive amounts of pesticides, herbicides and fungicides which then leach into the plant and are consumed by humans and animals. And while there has not been a lot of human testing on the long-term effects of consuming GMO foods or the pesticides associated with GMO's, there is a lot of anecdotal data that indicates that something is changing the bacterium and disrupting the immune cells along the intestinal lining (after eating GMO foods) which is causing more inflammation and illness in the human body. Hence, top GMO foods that should be avoided include: sugar beet, potato, corn, tomato, squash, rice, soybean, canola bean (and canola oil), cotton seed (and cotton oil), wheat and genetically engineered salmon.
- **AVOID Wheat and Gluten.** Ancient wheat (before GMOs) contained a very small number of gluten proteins. The new, genetically modified wheat, however, contains 28 or twice as many gluten proteins. Some of these trigger celiac disease, while others break up the junctions between the intestinal cells allowing toxins to cross the gut barrier and interact with the immune system. (*This is commonly referred to as "leaky gut" syndrome.*) Once those particles come into contact with the immune system, the body starts attacking itself ... causing inflammation in the body. If untreated, it can trigger many different conditions including insulin resistance, auto-immune disorders, irritable bowel, acid reflux, depression, allergies, asthma, heart disease, cancer, diabetes, weight gain, and the list goes

on. Bottom line: Even if you don't have celiac disease, but you suffer from various other ailments, you could be suffering from the effects of consuming too much gluten. Tip: *Try incorporating gluten-free grains such as: amaranth, brown rice, buckwheat, oats, quinoa (seed), sorghum, teff.*

- **MINIMIZE Soy** – Soy is a hotly debated topic. Some say it's a great source of plant protein, while others caution its use as 99% of soy is genetically modified and among the highest in pesticide contamination. Well, besides its high pesticide content, soy also contains 1) large amounts of phytoestrogens which for some, elevate estrogen levels leading to reproductive problems, sexual dysfunction in men and women as well as encourages the growth of all cells including cancer, 2) goitrogens which depress thyroid function and 3) high levels of phytic acid which block the uptake of essential minerals like calcium, magnesium, copper, iron and zinc. So, at a minimum only eat non-GMO soy or remove it altogether if you think it could be contributing to hormone imbalances.
- **MINIMIZE Raw Peanuts, Pecans, Walnuts and Pistachios** – Separate from those who have peanut allergies, be careful of eating too many raw peanuts, pecans, walnuts and pistachios. Because these nuts are grown underground, they can be contaminated with a mold that produces a natural toxin, aflatoxin, known to cause liver damage and cancer in animals.

In the United States, the U.S. Department of Agriculture tests and monitors nuts, and if they detect aflatoxin to be > 20 parts per billion, they order them to be destroyed. (*There are*

similar standards in place for 100 countries around the world.) So, while eating raw nuts is safe, check that the manufacturer has good protocols in place for proper storage and handling, or regularly tests its nuts to ensure safety.

- **AVOID Almonds Grown in the US** – Today, the USDA requires all raw almonds to be sanitized using a treatment it describes as “pasteurization.” This was implemented as a result of two documented Salmonella outbreaks. To be more specific, the federal law requires all US-grown almonds to be sprayed with a toxic fumigant or treated with high-temperature heat, and the treated almonds can still be deceptively labeled as “raw.” To be safe, look for raw, organic almonds grown outside of the US.
- **AVOID White Flour and Processed Foods** (e.g., breads, cakes, cookies, pasta, gravies, cream-based soups, frozen dinners, frozen pizzas, etc.) – Foods made with white flour are associated with spikes in insulin production which causes weight gain and increases the risk of diabetes. Processed foods, in particular, also contain sugar, salt and a laundry list of man-made ingredients similar to those found in a can of paint (and there are over 6000 of them!!) Better to say no to processed foods. *Tip: If you are a baker, try gluten-free flours or non-hybridized flour such as Einkorn flour (also has a low gluten index).*
- **MINIMIZE Gluten-Free Products** – The global gluten-free product market is projected to reach a value of \$15 billion by 2016. The leading factor behind this growth is the perception that these products are “healthier” than other

conventional, processed foods. Gluten-free, however, does not automatically mean “low calorie” or “healthy.” Yes, certain types of grains are naturally gluten free (aka non-GMO rice and corn as well as buckwheat, millet, sorghum, flax and amaranth), and they are also good sources of carbohydrate.

Processed foods made with gluten-free flours and starches, however, are also full of sugars and extra ingredients to make up for taste and texture. Bottom line ... choose gluten-free whole grains (in their raw form), and avoid anything processed.

- **AVOID Sugar (e.g., White Sugar, High Fructose Corn Syrup) and Products Made With Sugar** (e.g., juice, soft drinks, processed foods, candy, ketchup, barbecue sauce, etc.) – There’s a difference between fructose and glucose. While glucose must be metabolized by the liver, fructose is a simple carbon chain that can be immediately absorbed by the cell. It requires no chemical transmutation for use. Another way to think about it. When you eat 120 calories of fructose, <1 calorie is stored as fat versus when you eat 120 of glucose, 40 calories are stored as fat. Why? Every cell in the body, including the brain, utilizes fructose. Therefore, much of it is “burned up” immediately after you consume it. So, if you’re having problems with weight gain, avoid dry starches and/or include fruits as your carbohydrates.
- **AVOID Artificial Sweeteners** (e.g., Aspartame, Splenda, Saccharin, Truvia, etc.) – While attractive because they add no calories to food, artificial sweeteners are essentially toxic to the body because they contain a harmful mix of chemicals including methanol (wood alcohol) which converts into

formaldehyde, a known carcinogenic agent. Furthermore, there have been numerous studies indicating that artificial sweeteners worsen insulin sensitivity to a greater degree than sugar. Instead, switch to all-natural sugars such as maple syrup, honey or Stevia from the whole plant, Lo Han Guo.

- **AVOID Glutamates** (aka MSG) – MSG is a flavor enhancer commonly added to Chinese food, canned vegetables, soups and processed meats. While there is no strong evidence that suggests the MSG is bad for you, the FDA has received a number of anecdotal reports that link a number of allergic reactions to the consumption of MSG. These reactions include headaches, sweating, nausea, vomiting, numbness and chest pain.
- **AVOID Foods with Artificial Food Additives, Colors and Preservatives** (e.g., processed meats, candy, cookies, etc.) – At present, there are over 4000 artificial flavors and preservatives added to food. Their sole purpose is to make food taste good and promote a long shelf life. They have zero nutritional value, and they cause a multitude of allergic reactions such as fatigue, mood swings, headaches, and nausea.
- **AVOID Products Made With Trans Fats** (e.g., margarine, non-butter spreads, shortening, cake mixes, Bisquick, Ramen and Cup of Noodle soups, fast food, frozen food, commercial baked goods, chips and crackers, breakfast foods, cookies, candy and dips/toppings, etc.) – Trans fats (also called hydrogenated fats and oils) are man-made, processed fat that is “stiff” in its consistency. These man-made fats have no nutritional value and pose a health risk because they deplete the body of good cholesterol (HDL), which helps protect the heart against heart disease.
- **AVOID Bad Salt** (aka Table Salt) – Processed table salt contains 97.5% sodium chloride and the rest is man-made chemicals, such as moisture absorbents and flow agents. These added chemicals however, like ferrocyanide and aluminosilicate, are extremely dangerous. A better option is to use naturally-evaporated sea salt as it contains trace minerals which aid blood circulation, strengthen the immune system and help prevent allergies.
- **MINIMIZE Caffeinated Drinks and Coffee** – While many people enjoy a little caffeine, it is a stimulant, and the downside is innervation, which weakens the endocrine system. You want a balanced boost of energy throughout the day which can be supplied by simply eating fruit. (*Two Notes of Caution: First, if you are going to drink coffee, be sure to find organic brands that are free from mold and other toxins. Second, try to limit caffeine intake to 200-400 milligrams a day to minimize affects to the endocrine system.*)
- **MINIMIZE Alcohol** – While there are studies that indicate moderate consumption of alcohol has many health benefits, alcohol (especially in large doses) disrupts the sleep promotes fat storage, decreases muscle growth and causes liver damage. Hence, if you are going to drink alcohol, try to limit your intake to 2 alcoholic beverages a week.
- **AVOID Plastic-Bottled Water (aka Exposure to BPA and Phthalates)** – Plastic is the container of choice for most bottled water, and it is the container of choice for food storage.

Unfortunately, when you drink water or food stored in plastic, you are exposing yourself to 2 dangerous chemicals: Bisphenol A (BPA) and phthalates, both known endocrine-disrupting chemicals with a wide range of developmental, reproductive auto-immune and cancer-causing effects. BPA has also been found to reduce antioxidant reserves and enzymes that are critical for the liver to perform detoxification. Hence, the best container for water is glass or stainless steel.

- **AVOID Food in Cans Lined With BPA)**
– Many people are not aware that the linings of many tin cans contain bisphenol-A (BPA). BPA is one of those sneaky chemicals that interacts with the body's hormones, particularly estrogen, causing it to change its DNA and function...resulting in cancer and diabetes. Dr. Frederick vom Saal, an endocrinologist at the University of Missouri who studies bisphenol-A says, "*Canned tomatoes are particularly dangerous. "You get 50 mcg of BPA per liter out of a tomato can, and that's a level that is going to impact people, particularly the young."* Hence, he advises selecting food products packed in cartons or glass or choose manufacturers that don't line their cans with BPA. Some good brands to check out include Amys, Eden Foods, Native Forest (Edward & Sons), and Muir Glen.
- **AVOID Tap Water With Fluoride and Chlorine** – Not all water is good for you. In fact, some tap water contains more than 80 "regulated" contaminants ... things like arsenic, fluoride and chlorine. Chlorine, in particular, is recently coming under scrutiny because when it interacts with organic matter (such as found in tap water), disinfection byproducts (DBPs) form, and these DBPs are far more toxic than chlorine

itself. In fact, DBPs are responsible for the vast majority of the toxic effects of chlorinated water such as increased cancer, asthma, skin irritation, respiratory issues and immune system breakdown. Safer alternatives to tap water are tapping into a clean, mineralized source of well water, installing an under-the-sink, reverse osmosis water filter system or buy a good mineral water like Prana that is bottled in glass.

- **AVOID Poor Quality Supplements** – The New York Times recently published an article that revealed that 4 out of 5 supplements tested did not contain the herb advertised on the label. Additionally, many supplements also contain gluten, soy and other chemicals and have been bonded under heat, which makes them denatured. Hence, make sure the manufacturer is using organic raw materials in a clean manufacturing process, or better yet, look to the plant kingdom for healthier options.

Toxins Added Through Food Preparation and Storage

Once you make the decision to start eating chemical free, you'll find yourself spending more time choosing and preparing food. However, it can be pretty frustrating to learn that there are a number of products that we use to cook, bake, eat and store food with that actually add toxins into food. So, don't forget to clean up the kitchen.

- **ALWAYS WASH Food** – Wash fruits and vegetables with gentle soap that doesn't contain scents or phosphates. If necessary, remove the outer layers of vegetables and chop off the tops of fruits to avoid pesticides that might drain into the stem area.

- **TRIM Meats** – If you are eating meat, be sure to remove visible fat from cuts of meat, chicken and fish. Why? Just like humans, animals carry environmental toxins in their fat.
- **GRILL, BAKE or BROIL Meats and Vegetables** versus frying them in oil. If you cook with oil, seek oils that are “expeller pressed” or “cold pressed” made from non-GMO grains. (*Expeller or cold pressed means the oil was derived without using chemical solvents.*) Likewise, select oils that can withstand high heat, meaning they do not change their chemical properties and release toxins at high temperatures. The best high heat oils are organic avocado oil and virgin, organic coconut oil.
- **AVOID Teflon Pans** as they contain a chemical called polytetrafluoroethylene (PTEE) or perfluorooctanoic acid (PFOA). Both are cancer causing agents that are released when heated. Safer alternatives are iron, stainless steel, porcelain-coated pans or glass pans.
- **MINIMIZE Use of Aluminum Cookware** – Aluminum is a soft, highly reactive metal that can migrate into food when heated. (*Aluminum toxicity has been linked to brain disorders as well as behavioral abnormalities.*) As a result, many companies are now switching from aluminum to Anodized aluminum (a treatment where the aluminum is dipped into a chemical bath to keep it from leaching into food). However, the anodization breaks down over time and leaches into food. Again, better cooking and baking choices are: glass, high quality 304 grade stainless steel, cast iron and ceramic cookware.
- **MINIMIZE Use of Plastic Containers** – Plastic has become an integrated fixture

in our lives – from food containers and utensils to grocery bags, water bottles, self-care and home products, shower curtains and toys. The problem is that plastic contains BPA, phthalates and resin chemicals. Again, to be safe use stainless steel, glass and ceramic containers for food/water. (*Hint: Visit [Life Without Plastic](#) for a host of plastic-free items.*)

If you can't live without your handy “to go” cup, most plastics are now required to have a resin code (e.g., a chasing arrow symbol found on the bottom of the product) to inform consumers of the resin materials used to manufacture it. So, look for items with codes: #1, #2, #4 and #5. They're considered safer plastics, and avoid plastics labeled #3, #6 and #7.

Toxins Absorbed Through the Skin

When it comes to house hold cleaners, gardening products ... even personal toiletries, the consumer has little knowledge of the health hazards contained within any one product. As a general rule, if an ingredient was manufactured in a lab or if you can't pronounce it, it's likely toxic. And keep in mind that studies have shown that a chemical reaches the bloodstream within 30 seconds after it's absorbed through the skin.

Having said that, it can be overwhelming to worry about which ingredients are safe in every product. My advice is to think about the level of exposure you're getting from products you're using on a daily basis. For example, if you're using a lotion all over your body twice a day, you're getting a lot more toxic exposure to those chemicals than if you were to use the same ingredients in a shampoo that you quickly wash off. So be strategic – focus first on getting the best,

most organic ingredients in products you have a lot of exposure to.

- **AVOID Toxic Toiletries** (aka hair dyes, perfumes, soaps, hair shampoos/conditioners, hair spray, deodorants, toothpaste, lotions, etc.) – Women, in particular, are routinely exposed to over 100 chemicals (aka parabens, sulphates, propylene glycol, phthalates, mineral oil, silicones, aluminum, etc.) during their 1-hour morning routine. Natural skin care has become popular in recent years. However, don't be fooled by the packaging. You need to look for the Eco-Cert label, USDA Organic seal or for the platinum label Certified Toxic Free seal.
- **AVOID Toxic Make-up** – Under the current law, the FDA does not require cosmetic companies to conduct safety assessments on their products. This means that many harmful ingredients can be easily masked under confusing or deceptive titles like “fragrance,” or worse, toxic materials are listed, plain and simple, but there are no warning messages to inform consumers of their potentially harmful effects including hormone disruption, reproductive problems and cancer. The 10 most toxic chemicals to avoid include:
 - Phthalates (often disguised as ‘fragrance’ in lip balms)
 - Lead (found in foundation and lip sticks)
 - Quaternium-15 (used in mascara, pressed powders and eye liners)
 - Polyethylene glycols or PEG Compounds (used to thicken and gelatinize cosmetics)
 - Butylated compounds (BHT, BHA) (used as a preservative)

- Parabens (a preservative used in cosmetics, moisturizers, hair care products and shaving creams)
- Octanoate (found in foundation)
- p-Phenylenediamine (found in black powders and eyeliners)
- Formaldehyde is a preservative used to prevent bacteria growth in make-up.
- Siloxanes (a make-up softener)

There are many organic and/or non-toxic make-up companies coming up on the market. Some worthy brands include: INIKA Organic, 100% Pure and Olio e Osso, Araza Beauty, Hynt Beauty, etc. Again, look for products made from nature or check out the EWG's Skin Deep Guide for a list of safer cosmetic manufacturers.)

- **AVOID Insect Repellant With DEET** – Although DEET (N-diethyl-3-methylbenzamide) has been touted as the greatest insect repellant on the market, there is anecdotal data going back to 1957 where children have suffered from encephalopathy and seizures after using DEET on their skin. Not only that, there have been case studies where prolonged exposure to DEET has melted plastic bags and fishing lines. Safer products that contain an organic blend of neem oil, citronella oil and geraniol oil seem to have good results in repelling insects, and they're also good for the skin.
- **AVOID Toxic Household Cleaning Products** – The average household contains anywhere from 3 to 10 gallons of toxic materials, most of which are in cleaners. And unfortunately, no law requires manufacturers to list all ingredients on their labels or to test their products for safety. Start by replacing

toxic cleaning products with non-toxic ones, or consider DIY. There are a number of good videos (with recipes) on YouTube.

- **AVOID Toxic Gardening Products** (e.g., bug sprays, fertilizers and weed killers) – Nowadays, more and more people are attempting to grow their own clean source of food. Hence, even those growing organic gardens need plant food and insect killer without the harmful residuals. As mentioned earlier, beware of glyphosate-based herbicides like Round-up and Rodeo. A great DIY resource of seed catalogs, fertilizers, “how to” videos and seasonal information for growing organic can be found at [GrowOrganic](#).
- **REPLACE Silver Fillings** – Dental amalgams (aka silver fillings) are the primary source of mercury exposure in Americans today. Mercury is a potent neurotoxin that can damage the brain, central nervous system and kidneys ... and of course, the more amalgams you have, the greater the risk of experiencing health problems as a result. To minimize this risk, consider having all metal fillings and crowns replaced with composite, porcelain or compatible, glass-based polymer ones.
- **MINIMIZE Exposure to Electro-Magnetic Fields (EMFs)** – Our environment is full of a wide spectrum of electromagnetic radiation ... from computers, mobile phones, radio and TV broadcasts, WiFi, Bluetooth and all of our electrical appliances. This electromagnetic radiation, however, causes a high amount of positive electrons to build up reducing the body’s ability to function or to recover from illness and injury.

The only way to reduce the effects of EMFs is to have direct contact with the

ground (aka bare feet on the grass or earth) or to use Earthing products (e.g., sheets, mats, wrist bands, etc.) These products infuse the body with negatively charged electrons to help return it to its normal electrical state. Even the Tour de France bike riders use them to improve sleep, reduce pain and improve tissue repair and recovery from fatigue.

Toxins Absorbed Through the Air

Pollution in the home is often 2 to 5 times higher than the outdoors, according to the EPA. Why? The air in your home contains pollen, mold, pet dander and ozone that leaches in from the outdoors. Considering we spend about 60% of our lives indoors, it’s important to take steps to ensure you are getting the cleanest air possible.

- **AVOID Smoking/Smokers** – The health ravages of smoking have been known for years, yet the habit persists. The main active ingredient of tobacco is nicotine, authoritatively described as one of the most toxic and addictive of all poisons. Yet nicotine is not the only toxic product of smoking. The tars produced by the burning process line the lungs and eventually cause emphysema and cancer.
- **AVOID Non-Organic Air Fresheners and Candles** – Many air fresheners and scented candles contain nerve-deadening chemicals that coat your nasal passages and temporarily block your sense of smell. Some of the most offensive ingredients – volatile organic compounds (VOCs), benzene and formaldehyde – can cause headaches, nausea, aggravate asthma and have been linked to neurological damage and cancer. A good alternative is to buy a diffuser and add some organic essential oils.

- **MINIMIZE Dust Build-up** – While most of us dread the thought of cleaning and doing laundry, it's actually an important preventative measure from dust build up. In fact, if you suffer from sneezing fits, consider taking boxes and rugs outside to wipe them off. Also, wash any blankets or linens that have been stored in a pantry in hot water before you use them (same goes for winter to summer clothes and vis-a-versa).
- **CIRCULATE the Fresh Air** – Opening a window even when it's freezing outside sounds, well...cold (and costly). But sealing a house too tightly doesn't allow the entry of new oxygen or the escape of carbon dioxide that you exhale. As a result, your body doesn't get the amount of oxygen it needs leaving you feeling tired and lethargic. Most already open windows during the spring time to let in fresh air, but even cracking windows 1' during the winter time can also be beneficial.

30-Day Raw Juice Challenge

Every new health habit starts with baby steps. So, why not start with one easy change, which is to add 1 raw green juice or fruit juice (apple or mixed berry) every day for 30 days. Why this step? Most people have stagnant lymph systems, which limit the body's ability to digest, absorb, utilize the powerhouse of nutrients, enzymes and energy from raw fruits and vegetables. By juicing them first, their "pre-digested" form is more readily absorbed by the body, and you get the added benefits of eating fresh fruits and vegetables in their raw form. *Note: If you are not convinced about the benefits of juicing, watch the documentary [Fat, Sick and Nearly Dead](#). It's a story about a man who lost 100 pounds and regained his health by juicing.*

Simple Green Smoothie Recipe

1 – 1.5 Cups of Filtered Water
1 Organic Celery Stalk
1 4" Piece of Organic Cucumber
¼ - ½ of Avocado
Handful of Organic Parsley
1" Piece of Organic Ginger
1 Large Handful of Organic Greens (Chard, Kale, Dandelion Greens, Romaine etc.)
Organic Stevia to Sweeten (Optional)

DIRECTIONS: Place ingredients in blender (aka VitaMix, BlendTec, etc.) and blend until smooth and creamy or about 30 seconds.