

Estrogen Reset **LIVE**

Out-In Detox Guide

OUT

IN

DIY Solutions & Recipes

Skincare products like body and facial creams and lotions from major brands	Coconut oil, almond oil, jajoba oil, sesame oil, rose hip oil Recipes: XXX
Body wash from major brands	Natural soaps made from organic oils, fats or glycerine
Cosmetics, makeup from major brands	Cosmetic made with non-toxic and organic ingredients
Perfumes from major brands	Perfumes made with essential oils Recipe: Vanilla and Jasmine Roll-on Perfume
Shampoos from major brands	Shampoos made with non-toxic and organic ingredients
Sunscreen containing retinyl palmitate (vitamin A), oxybenzone	Sunscreens containing mineral oils zinc oxide and titanium dioxide
Laundry detergent from major brands	Detergents free of phthalates, optical whiteners, and bleach
House cleaning products from major brands	Free of parabens, phthalates or "fragrances"
Fabric softener	½ cup of baking soda in wash water, or wool dryer balls
Tap water , water filtered with cheap or fridge filters. Avoid water in plastic bottles in the long-term	Kitchen or house 3-stage filters that removes bacteria, fluoride, heavy metals. Reverse Osmosis filters if water source is highly contaminated.

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Non-stick cookware	Enamel, cast iron, glass, stainless steel
Air fresheners	Essential oil ultrasonic diffuser
House dust	Dust-free home!
Plastic bottles	Stainless steel or glass bottles
Plastic lids on coffee cups	Get your own porcelain mug with a silicon lid
Plastic containers , for food storage	Glass containers
Canned food	Food in glass, especially tomatoes
New house products such as furniture, mattresses or carpet padding	Ask what fire retardant it contains. Be mindful of and/or avoid items containing PBDEs, antimony, formaldehyde, boric acid, and other brominated chemicals.