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## **Tips to Avoid Toxins**

It's impossible in this day and age to avoid all environmental toxins. What you can do, however, is limit your exposure as much as possible with the following tips:

1. Buy and eat, as much as possible, organic produce and free-range, organic foods. If you can only purchase one organic product it probably should be free range organic eggs. Fortunately most grocery stores now have these available. If they don't, contact the store manager and encourage them to carry them.
2. Avoid processed foods - remember that they're processed with chemicals!
3. Only use natural cleaning products in your home. Most health food stores will have these available or you can search online for them – see <http://ecoclean-az.com/>
4. Switch over to natural brands of toiletries, including shampoo, toothpaste, antiperspirants and cosmetics. Same sources here, either your local health food store or you can search on line.
5. Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances as they can pollute the air you are breathing.
6. Avoid artificial food additives of all kind, including artificial sweeteners and MSG.
7. Get plenty of safe sun exposure to boost your vitamin D levels and your immune system (you'll be better able to fight disease).
8. Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).
9. Seek to build your health up through the nutrition and eliminate your use of drugs (prescription and over-the-counter). Drugs are chemicals too, and they will leave residues and accumulate in your body over time.

Source, by Dr. Joseph Mercola with Rachael Droege.