



The 8-Week

Toxin Elimination

Plan

Cleaning Your Environment and
Making It Baby Ready

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index

WEEK 1:

DEODORANT.....*p. 1*

NON-STICK POTS/PANS..... *p. 2*

PLASTIC CONTAINERS.....*p.3*

WEEK 2:

..... *p.4*

..... *p.5*

..... *p.6*

WEEK 3:

..... *p.7*

..... *p.8*

..... *p.9*

WEEK 4:

..... *p.10*

WEEK 5:

..... *p.*

..... *p.*

..... *p.*

WEEK 6:

..... *p.*

..... *p.*

..... *p.*

WEEK 7:

..... *p.*

..... *p.*

..... *p.*

WEEK 8:

..... *p.*

Deodorant

Deodorant is filled with all sorts of chemicals and ingredients that get absorbed straight into your body. Contrary to what many believe, things we put on our skin do not stay there. Our skin is a sponge and absorbs anything placed on it right into the body's tissues and bloodstream.

Deodorant with aluminum specifically needs to be eliminated! Aluminum is a heavy metal that can wreak havoc on your fertility. There are countless options available that work extremely well and don't have all that yucky stuff in it.

Use your Think Dirty app and scan your current deodorant to see how clean or dirty it is. Change it if necessary!

Recommendations:

- **Native deodorant brand - many different scents for men and women**
 - This brand also comes plastic-free if you choose to get that option
- **Rocky Mountain Soap Company Deodorant**

Non-Stick Pots and Pans

Non-stick cookware is something that is actually detrimental to our health. There are several chemical components to non-stick cookware - there's teflon and then there's a coating over that called polytetrafluorethylene (PTFE). Teflon is made of a group of chemicals called perfluorinated compounds (PFC's) and when teflon along with the PTFE coating gets heated or scratched all these chemicals leech into food.

Over time, exposure to these chemicals can cause a myriad of health problems including fertility issues, low birth weights in newborns, impaired organ development in pregnancy, elevated inflammatory markers, thyroid issues, and many more. In fact, a study done in regarding PFC's in women trying to conceive found that those who had higher levels took significantly longer to conceive.

PFTE and PFC's cause birth defects in large quantities (like if you're working with those chemicals) but in smaller quantities it builds up in your system over time. It can take 5+ years for your body to clear PFC's, and in studies that have been done on tissues of mothers and newborns several PFC's were found in ALL tissue samples.

There are other exposures to PFC's (like contaminated drinking water) but the one exposure we have most control over is our cookware.

Toss out all of your non-stick cookware! Replace with a nice cast-iron skillet and stainless steel cookware. Once I switched to cast iron I never looked back. When it's seasoned and cooked on properly it is naturally nonstick without any of the nasty chemicals, and it even has the bonus of providing added nutrients to your food.

Yes, cast-iron cookware adds a significant amount of iron to your food while cooking. This is a big bonus - not only are you eliminating a huge source of toxins but you're using something that adds nutrition to your food. When seasoned and cared for well, a cast iron skillet will be a great non-stick surface to cook on.

Recommendations:

- I recommend getting at least one [12-inch Lodge Cast Iron Skillet](#). I have all sizes (18" skillet as well, which is great for larger dishes), but this is the one that is used every day, multiple times per day.
- For everyday pots and pans, I recommend getting stainless steel.

Plastic Food and Drink Containers

Plastic containers have endocrine disrupting chemicals (EDC's) that can get into your drink or food. Even ones listed as "BPA free" aren't safe. Years ago BPA was replaced with BPS, which also harms fertility. We first want to concentrate on items you may place hot food in, warm food in, or drink beverages from (hot or not). This includes plastic food storage containers, plastic water bottles, and your to-go drink mug. If you like to frequent your local coffee shop, that disposable cup is covered in plastics and chemicals, including the top. It's best to get a stainless steel to-go mug and then pour your drink into it, or better yet prepare your morning drink at home and bring that with you.

In the Balance Phase we will discuss how to toxin-proof your morning drink routine. For now, let's replace these most commonly used plastic items.

Recommendations:

- **For kitchen storage containers:**
 - Pyrex has great options for glass food storage containers, baking dishes, and mixing bowls. Any glass product is good.
- **For water bottles:**
 - Stainless steel options like those from CamelBak or HydroFlask are great, though there are literally hundreds of things to choose from.
 - Glass water bottles are preferred – get one in a silicone sleeve to keep it from breaking when you drop it
- **For to-go hot drink mugs:**
 - Stainless steel like Yeti or Zojirushi, though there are many options