



The 8-Week

Toxin Elimination

Plan

Cleaning Your Environment and
Making It Baby Ready

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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

Toothpaste

While there can be many chemicals in ordinary toothpaste, triclosan is specifically terrible. The FDA banned the use of triclosan in hand soaps (finally, after years of evidence it was harmful) because studies showed it causes cancer in rats. In addition to this, triclosan is also one of the worst endocrine disruptors -it can wreak havoc on your hormonal system. It's not in hand soap anymore but you will still see it in toothpaste because it wasn't banned for use in toothpaste. Some brands still uses triclosan stating that it helps sanitize the mouth and protect the gums from disease-causing bacteria.

Natural toothpastes that don't contain triclosan or other unnatural chemicals are widely available and are also really good. While you're at it, get a toothpaste without fluoride.

What?!

Yes, WITHOUT fluoride. I know a lot of cities add it to their drinking water (we'll address this later) but there's actually evidence to show that fluoride decreases rate of pregnancy, rate of implantation, and sperm count/quality in animal trials. Start with getting a natural toothpaste that takes out the fluoride, triclosan, and other chemicals.

Recommendations:

- RiseWell Toothpaste
- David's Natural Toothpaste
- Dr. Bronner's All-One Toothpaste

Lotion

Moisturizers are frequently loaded with parabens, petroleum, mineral oil, emulsifiers, thickeners, fragrances and more. The skin soaks this up straight into the bloodstream bypassing the liver altogether and these chemicals get a free ride all over the body before the liver even gets one shot at detoxifying it.

With daily or twice daily application, we're dosing our body with these toxins at a rate the liver can't clear it out.

Use the Think Dirty app and scan your current lotions to see how they grade.

Recommendation:

- Luxe Beauty Luxe Lotion
- Avalon Organics
- Desert Essence

Hand Sanitizer

This is a tough one in the times we live in, but the basic hand sanitizer we're frequently using is loaded with triclosan, alcohol, fragrance, and other chemicals. Not only do these seep into our skin and cause hormonal disruption, they can also disrupt our skin flora and pH.

One research lab was trying to figure out why their mice were having reproductive issues. They discovered that the mice had high levels of chemicals in their blood from being handled by people using hand sanitizer. The levels were high enough to disrupt the fertility and reproduction in these mice. While we can't always generalize animal studies to humans, we do know the chemicals used in hand sanitizer have been proven to be disruptive in humans. It's best to change it out and drastically reduce its use.

If you work in a hospital or healthcare setting where you are using hand sanitizer frequently throughout the day this can become a burden to our system and send the wrong message. Whenever possible, opt to simply wash your hands over using hand sanitizer.

Recipe for homemade hand sanitizer:

- One 2-ounce spray bottle
- a few drops of witch hazel
- a few drops of aloe
- a few drops of vitamin E
- 7 drops of essential oil for every ounce the bottle is
- mix everything together, then fill the remainder of the bottle with water

Recommendation:

- The Naked Bee Orange Blossom Honey Hand Sanitizer

Sunblock

While I fully support getting sunblock-free sun for at least 20 minutes to get your vitamin D3 in, sometimes sunblock is necessary if you're outside for long periods or are prone to getting burned. However, the ingredient list on your average sunblock is concerning. Some of them are pretty nasty looking to say the least. And the disturbing part is that there is actually data showing some of these sunscreen ingredients are damaging to fertility. Benzophenone-2 (BP2) and 4-hydroxybenzophenone (4-OH-BP), and oxybenzone cause decreased pregnancy rates and increased times to conception in addition to disrupting hormone levels.

It's best to get a sunscreen that uses the active ingredient zinc oxide. Zinc oxide sits on the skin, doesn't get easily absorbed, and doesn't come with a fertility killing side effect. [This sunscreen guide](#) from the Environmental Working Group is great. You can also use the ThinkDirty app to scan what you currently use and to find new ones.

Nail polish

There are several chemicals in nail polish that are bad for your fertility. One of them is triphenyl phosphate, or TPHP, which is an endocrine disrupting chemical causing hormonal and reproductive abnormalities. Duke University found detectable levels of TPHP in every one of 26 women who had recently had their nails painted, so if you're someone who paints their nails then the likelihood this is in your blood is pretty high.

Other chemicals of concern include:

- Formaldehyde
- Toluene
- Dibutyl Phthalate (DBP)
- Formaldehyde Resin
- Camphor
- Xylene
- Ethyl Tosylamide

If you like to have your nails painted then you'll need to get yourself fertility friendly polish like Flora 1761 or Smith & Cult. There are many other kinds and they're usually labeled "5-free" or "7-free".

Hand Soap

Antibacterial hand soap used to have triclosan in it, which was banned by the FDA some years ago because they saw it was very toxic. This means that new product shouldn't have triclosan in it but old product might. There are other concerning chemicals commonly found in handsoap including cocamidopropyl Betaine(CAPB), BHT, methylisothiazolinone, SLS, phenoxyethanol, fragrance, and many many others.

The most offensive soap brands are also the most popular, unfortunately. Softsoap, Bath & Body works, Simple Pleasures, Method (Pink Grapefruit), Jergens, Dawn, and even some from Jason have these chemicals. Anything labeled as "antibacterial" should be automatically removed from your home - soaps with these labels often contain these chemicals but actually don't clean your hands better than a natural soap. For a proper hand clean all you need is vigorous friction with water for at least 20 seconds - the soap is there to help this process but it's the actual friction and rubbing that cleans the germs off your hands.

Scan your current soaps for ingredients listed above or scan them in to your ThinkDirty app. Better brands to use include Mrs. Meyers, Be Clean, Rocky Mountain Soap,

An at-home recipe you can make yourself is included below:

- Glass foaming soap container filled 3/4 of the way with unscented castile soap
- Several drops of aloe -4 or more depending on the size of your container
- Vitamin E drops - 4 or more depending on the size of your container
- 7 drops of preferred essential oil per ounce (so a 5 ounce bottle gets 35 drops)
- Mix together and use!

Lipstick and Chapstick

Our lips are a mucus membrane meaning that what we put on our lips gets much more readily absorbed into our bloodstream. We also lick our lips, eat, and drink which allows things we put on our lips to get ingested as well. Unfortunately, lipstick can be a surprising source of things like lead, arsenic, paraffin, petroleum, phthalates, fragrances, and even coal tar (yes, coal tar!).

These chemicals are associated with endocrine disruption and hormonal imbalance, brain damage, skin allergies, cancer, and more.

While we want to make sure that all of our makeup is free of harmful ingredients and chemicals, we want to pay specific attention to what we're putting on our lips. Even some of the most famous brands have been found to have high levels of lead, so it's really important to check your current lip products.

Recommended Brands:

- **Rejuva**
- **Mad Hippie**
- **Fitglow Beauty**
- **Burt's Bees chapstick**
- **Rocky Mountain Soap Company lip butter**
- **EOS lip balm**

Menstrual Items

The products we use during our periods can be full of some nasty things, surprisingly. Chemicals that are known carcinogens or reproductive toxins have been found in common menstrual products that have done independent laboratory testing, and the big companies that sell these products previously refused to disclose the ingredients they used until just a few years ago. Things like styrene, chloromethane, chloroethane, chloroform, acetone, toluene, nanosilver, and many others can be lurking on your pads, tampons, or panty liners.

The vaginal mucosa is extremely absorbent- for instance medications that are administered vaginally reach a level in the blood 10-80 times greater than the level if given orally. Medications given this way bypass the body's liver's elimination system and are able to go straight into the blood stream. Toxin-filled menstrual products sit in the vagina or near it for extended periods of time, allowing ample time for these toxins to leech into our bloodstream. We definitely want to eliminate this source of toxic exposure as best we can.

My best recommendation is the use of a medical-grade silicone menstrual cup but not everyone loves these and some may have difficulty if they've previously had any kind of cervical procedure (like a LEEP, for example). They come in different sizes and many of them have an option to buy a set so you can see which size is best for you. If you like to use tampons or pads then make sure it's 100% organic cotton that is used and not some mix using regular cotton and synthetic fabrics. Whatever you choose, go with a company that is transparent about the ingredients they put in their products.

Recommended Brands:

Menstrual Cups

- Lena menstrual cup
- Diva menstrual cup
- Cora menstrual cup

Tampons/pads

- [Lola](#)
- [L.](#)
- Seventh Generation
- Organyc

Household Cleaners

The amount of chemicals we absorb either through our skin or through our lungs from common household cleaners can be a really big burden on our system. From known endocrine and hormone disruptors to cancer-causing carcinogens to potent and toxic fragrances, these daily use items for us need to be addressed

I highly recommend the book [The Organically Clean Home](#) by Becky Rapinchuk. The cleaner recipes she has are incredible, very easy to make, made from all-natural products, and work better than the harsh toxic stuff (I swear!). There is a natural cleaning option in this book to replace every single cleaning chemical you could possibly think of.

If you want to buy your cleaning products, then the Environmental Working Group's [Guide to Healthy Cleaning](#) is an extremely valuable tool that they update regularly.

I suggest taking a look at your most commonly used cleaners and swapping them out - your surface sprays, bleach wipes, toilet cleaners, bathroom sprays, etc.

Hair Dye

Chemicals like P-Phenylenediamine (PPD), a known carcinogen and irritant, and resorcinol, which is an endocrine disruptor and toxicant, aren't the only reasons to switch out your hair dye. Though those 2 chemicals are enough to make conventional hair dye a no-no, most hair dyes also contain toluene, fragrance, and parabens. It's a fertility toxin hotbed, and many of these chemicals are associated with increasing risk of breast cancer among other things.

The Environmental Working Group has a great guide for [hair color and bleaching products](#). Check this list for the best products to use. I also highly recommend Madison Reed.

Cooking Utensils

A lot of our cooking utensils used everyday contain plastics, BPA, nylon, teflon, and aluminum that can leech into our food and get into our bodies. In order to minimize this risk I recommend getting rid of the following types of kitchen utensils:

- Non-stick/teflon covered utensils
- Plastic utensils, even those labeled "BPA free"
 - This includes plastic cutting boards, strainers, servings spoons, etc.
- Aluminum utensils/measuring cups or spoons
- Possibly bamboo, depending on how it was made

Go through your kitchen and look at your most commonly used products. If they're made of the above then we should swap them out for a non-toxic version. With any bamboo utensils you need to check whether it's 100% bamboo or whether it has additives like glues or lacquers. It should specifically state that it is 100% bamboo or it might contain other things.

Products that are labeled "eco-friendly" might also still have some offending fillers added to it. The regulation of manufacturer's being allowed to use this term is lacking, so even packaging might be misleading.

You'll want to replace with utensils that are stainless steel, high-grade silicone, pure wood, and/or 100% bamboo.

Recommendations:

- [OXO restaurant turner](#)
- [Cuisinart Stainless steel spoon](#)
- [Cuisinart Stainless Steel Mesh Strainers](#)
- [Stainless Steel Ladle](#)
- [Stainless Steel Whisk](#)
- [Silicone utensils](#)
- [Measuring cups and spoons](#)
- [John Boos Maple Cutting Board](#)
- [Wooden spoons](#)

Kitchen Supplies

At this point in our toxin elimination it's important to look around for our most commonly used items that may be impacting us without realizing it. While we've spent a good amount of time looking at our cooking utensils, cookware, and even our plastic containers, there are still some commonly used kitchen elements that we may be overlooking.

Plastic wrap or Saran wrap is one item that frequently gets used in food preparation or storage and can leech chemicals into our food. Plastic wrap was originally made in the 1940's by a chemical company with toxic PVC plastic, but now it's made with low-density polyethylene. It's considered "safe", but some concern still remains. Plastic wrap can leech into our foods, especially meats, cheese, or any food that is heated. It's important to never microwave plastic wrap with food, either.

The best replacements for plastic wrap are:

- [Beeswax wraps](#)
- [Silicone bowl covers](#)
- [Reusable bowl covers](#)
- [Silicone storage bags](#)

Aluminum foil is another commonly used kitchen item that also leeches into our food. The unfortunate thing is that aluminum is just so darn useful in the kitchen! That being said we should try to minimize its use and always put parchment paper between the foil and food if using it in the oven.

Aluminum replacements:

- [Silicone mat or leak proof silicone mat option](#)
- [Parchment paper](#)
- [Grilling basket](#)

Household Fragrance

We've talked about the dangers of fragrance before in terms of our beauty products, but let's touch on household fragrances now. The problem with "fragrance" as you'll see it on the label, is that it can be made up of a few chemicals or a few hundred and here's no disclosure of what chemicals are used or their safety.

As of 2010, there were over 3,000 chemicals that could be part of "fragrance" on US labels. These fragrances are also a fancy way of hiding phthalates in things. Phthalates are solvents that are known endocrine disruptors and are associated with birth defects, infertility, autoimmune disease, breast cancer, and more.

It's important to consider the amount of fragrances you have in your home from things like Febreze, air fresheners, bathroom sprays, candles and eliminate these as you can. In place of chemical air fresheners that have fragrance, consider using an essential oil diffuser instead.

Let's take a minute and discuss garbage bags, shall we? Yep, garbage bags. These guys frequently come scented and full of fragrance chemicals. They might smell good and mask some yucky garbage scents, but they're really toxic for you. You want to get unscented garbage bags that don't have any chemicals added.

Candles are another frequent offender, and I highly recommend replacing with an essential oil diffuser if you like candles for the smell. If you like candles for the relaxing light they give off then go with unscented and fragrance free all-natural beeswax candles.