



Filtered *Family*

PRESENTS

Detox Your *beauty + body* Checklist

beauty + body
Checklist

YOUR BEAUTY & PERSONAL BODY ROUTINE CAN BE A HUGE SOURCE OF TOXIC EXPOSURE. CHOOSE CAREFULLY

- Swap toxic shampoo & conditioner for DIY options or natural brands.
- Swap toxic body washes for DIY options or natural choices like castile soap.
- Swap toxic fluoridated toothpaste for non-toxic brands or DIY options.
- Swap chemical & alcohol laden mouthwashes that disrupt your oral microbiome for an all natural option or DIY with some essential oils.
- Swap synthetic hair serums for natural oils like argan or coconut.
- Swap synthetic hair products like gels, hairspray, mousse with natural brands.
- Swap face creams and body moisturizers with natural brands or pure oils like argan, coconut, and shea butter.
- Swap toner with a natural brand or diluted apple cider vinegar, which is amazing for clearing acne and cleaning pores.
- Swap toxic aluminum based deodorant with detoxifying natural options or DIY your own deodorant, or just swipe with apple cider vinegar (it works!).
- Swap toxic and potentially carcinogenic makeup & nail polish with natural brands or even DIY your own makeup.
- Swap chemical perfume with luscious natural brands or pure essential oils.
- Swap toxic GMO & pesticide loaded bleached cotton tampons & pads for organic options or silicone menstrual cups.

Tip #1:

Your skin absorbs anything put on it very effectively (that's why you'll see prescription drug patches) so the sooner you overhaul your routine the better!

Tip #2:

If you can't go cold turkey on everything then replace your products as you run out, this way it's more budget friendly and less overwhelming!

Tip #3:

If you are on a tight budget try the DIY approach. There are tons of great books on Amazon and buckets of options on Pinterest, including my **Pinterest Natural Beauty + Body Board**. Going this route will probably SAVE you money compared to your old routine.

Tip #4:

Check your old AND new products on **EWG's Skin Deep Database** to see how potentially harmful your products is. Even "natural" brands can be misleading so always check the database.

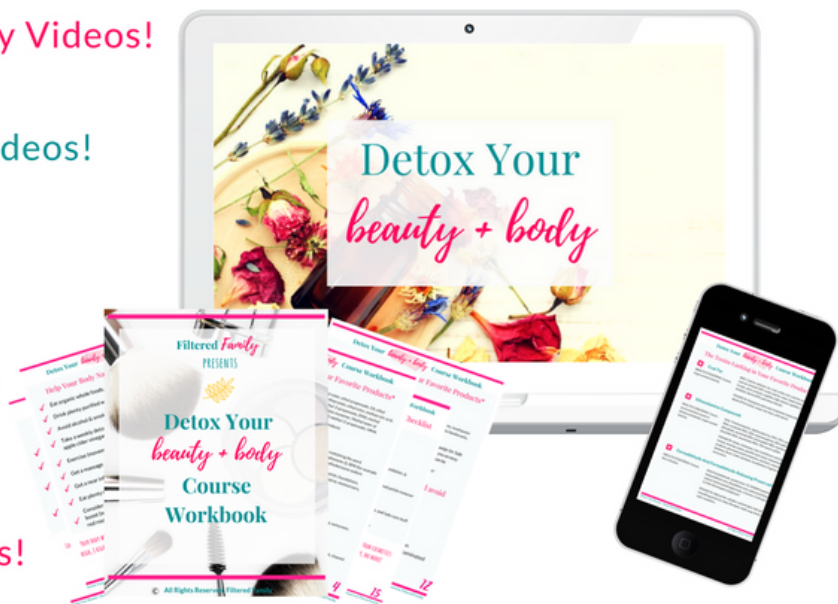
Tip #5:

If you don't have time to research your own products, the **Filtered Living Shop** on the website has links to everything you could need (and more to come). And all products have been researched so you don't have to worry!

The Detox Your Beauty + Body Course is here!

Click here to learn how YOU can finally get the cancer causing toxins out of your beauty & body routine and THRIVE without spending months on research, going in circles on Google, or lose your savings to so called "experts"

- ✓ 11 High Quality Videos!
- ✓ 3.5+ Hours of On-Demand Videos!
- ✓ 16 Page Downloadable Workbook!
- ✓ **BONUS:** Crazy Busy Video Summary!
- ✓ Lifetime Access!



<http://bit.ly/DetoxBeautyCourse>