A QUICK & EASY GUIDE IF YOU'RE READY TO EMPOWER HEALTH!



10 SIMPLE CHANGES TO DETOX YOUR FAMILY'S HOME & HEALTH.

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EASY WAY TO LIVE WELL™

10 Simple Changes To Detox Your Family's Home & Health.

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WELCOME

SO GLAD YOU'RE HERE!



Are you looking to make significant changes in your life with your health? Do you want to get on a more holistic health journey? Are you concerned about the toxins in your home and their impact on your family's health? If you answered yes to any of these questions, then this free resource is perfect for you!

Inside this guide, you will discover 10 simple changes you can make to detox your home and improve your family's health. These changes are easy to implement and can have a significant impact on your overall well-being.

EASY WAY TO LIVE WELL™

1. ARTIFICIAL FOOD AND HOME ITEMS



Artificial food items are food products that have been processed and made with synthetic chemicals, artificial additives, and preservatives. These types of foods include packaged snacks, ready-made meals, fast food, and soft drinks. They are often low in nutrients and high in calories, salt, and sugar.

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Many of the synthetic chemicals and additives used in artificial foods have been linked to health problems such as allergies, asthma, and even cancer. Additionally, the processing of artificial foods can strip them of important nutrients, such as fiber and vitamins, that are essential for good health.

The same applies for home items such as plastic topper ware, personal care products, even candles and air fresheners as an example.

On the other hand, organic and natural food items are grown or raised without the use of synthetic chemicals, artificial fertilizers, or genetically modified organisms (GMOs). They are often higher in nutrients, have a more diverse range of vitamins and minerals, and are free from harmful additives and preservatives. By choosing organic and natural foods, you can promote a healthier lifestyle and reduce your exposure to harmful chemicals and additives that are commonly found in artificial food items.

QUICK EASY TIP!

Natural cleaning products:

Use natural cleaning products that are free of harsh chemicals and toxins, such as vinegar, baking soda, and lemon juice.

2. PRIORITIZE BUYING ORGANIC PRODUCE, FRUITS, MEATS AS OFTEN AS POSSIBLE!



Prioritizing buying organic produce, fruits, and meats as often as possible is important for people who want to improve their health because it helps to reduce their exposure to synthetic pesticides, herbicides, antibiotics, and hormones that can be found in conventionally grown produce and meats.

Studies have shown that these chemicals can be harmful to human health and may increase the risk of certain health conditions, such as cancer, neurological disorders, and hormone disruption. Additionally, organic produce and meats have been found to have a higher nutrient content, which can be beneficial for overall health and wellness. By choosing organic, individuals can reduce their exposure to harmful chemicals and potentially improve their health outcomes.

WHY IT MATTERS!

Reduced exposure to pesticides and herbicides:

Organic farming practices use natural methods, such as crop rotation and companion planting, to control pests and weeds, rather than relying on synthetic chemicals. As a result, organic produce, fruits, and meats are grown without the use of synthetic pesticides and herbicides, reducing your exposure to potentially harmful chemicals.

Better for the environment:

Organic farming practices are better for the environment as they promote soil health, reduce water pollution, and conserve biodiversity.

Higher nutrient content:

Studies have shown that organic produce and meats can have a higher nutrient content compared to conventionally grown produce and meats.

Better taste:

Many people report that organic produce, fruits, and meats taste better than conventionally grown varieties.

No antibiotics or hormones:

Organic meats are raised without the use of antibiotics or hormones, which can lead to antibiotic-resistant bacteria and potential health problems.

3. KEEP YOUR SUGAR CONSUMPTION TO A MINIMUM!



Excessive sugar consumption has been linked to a number of health problems such as diabetes, obesity, and heart disease.

If you do consume sugar, it is recommended to choose healthier alternatives such as coconut sugar and date sugar, which are less refined and have a lower glycemic index.

Other natural sweeteners that can be used as alternatives to refined white sugar include honey, maple syrup, and molasses. These sweeteners contain trace amounts of vitamins and minerals and are less processed than white table sugar, making them a better option for those looking to consume sugar in a more holistic and organic way. However, it is important to keep in mind that even natural sweeteners should be consumed in moderation as they still contain sugar and can have an impact on blood sugar levels.

QUICK EASY ALTERNATIVES!

Coconut sugar is made from the sap of coconut palms and is less processed than white table sugar. It has a lower glycemic index, which means it causes a slower and steadier rise in blood sugar levels compared to white table sugar. Additionally, coconut sugar contains trace amounts of vitamins and minerals, such as iron, zinc, and potassium.

Date sugar is made from dried, ground dates and is a natural sweetener that is also less refined and has a lower glycemic index. It contains fiber and minerals such as calcium, iron, and potassium. However, it can be difficult to use in baking due to its texture.

4. PRIORITIZE BUYING GOTS™ CERTIFIED PRODUCTS

GOTS (Global Organic Textile Standard) certification is an international standard for textile processing that includes criteria for organic fibers, such as cotton or linen, and ensures that the entire manufacturing process follows strict environmental and social criteria. This certification guarantees that the textile product is made from organic fibers and has been produced without the use of harmful chemicals, such as pesticides, synthetic fertilizers, and toxic dyes.

By prioritizing GOTS certified linens and towels, as well as non-toxic cleaning and laundry products, you can reduce your exposure to harmful chemicals and promote a healthier lifestyle. Non-toxic cleaning and laundry products, for example, are free from synthetic fragrances and other chemicals that can cause skin irritation, respiratory issues, and other health problems.



QUICK EASY TIP!

Research the brand:
Do some research on the brand you're interested in to ensure they have a good reputation for producing high-quality, organic certified products. Check for reviews and ratings online and make sure the brand aligns with your values and priorities.

5. TRY TO AVOID SCREENTIME AS MUCH AS POSSIBLE

Try to avoid screens as much as possible, Incorporate a few minutes of consistent movement combined with sunshine and fresh air. Excessive screen time has been linked to a number of health problems such as eye strain, poor posture, and disrupted sleep patterns. By avoiding screens as much as possible and incorporating a few minutes of consistent movement combined with sunshine and fresh air, you can reduce your risk of these health problems and promote a healthier lifestyle.

Additionally, excessive screen time has also been linked to mental health problems such as anxiety and depression, as well as decreased social skills and increased sedentary behavior. By taking breaks from screens and spending time outdoors, you can improve your mental well-being and overall mood. Movement, sunshine, and fresh air also provide numerous physical health benefits such as improving cardiovascular health, boosting the immune system, and increasing energy levels. Incorporating these activities into your daily routine can also help to reduce stress and improve cognitive function.

QUICK EASY TIP!

Use blue light filters:
Blue light filters or screen protectors can reduce the amount of blue light emitted by your screen, which can disrupt sleep patterns.



6. TRY TO BUY GLASS FOOD ITEMS INSTEAD!

Canned foods are often preserved with high levels of sodium and other preservatives to extend their shelf life. These additives can have negative effects on our health, including an increased risk of high blood pressure, heart disease, and other chronic illnesses.

By avoiding canned foods and choosing items in glass jars, you can reduce your exposure to these harmful additives. Glass jars are a safer option because they do not contain the harmful chemicals that are often found in cans. Additionally, glass jars are reusable and can be repurposed for storage or other household uses.

Glass jars do not react with the food inside, which means the food is less likely to develop an off-flavor or lose its nutritional value. In contrast, canned foods are typically cooked at high temperatures, which can cause the food to lose some of its nutritional content and alter its taste. Unlike metal cans, glass jars do not rust or corrode, which means there is no risk of the food being contaminated by rust or metal particles.Some canned foods may contain BPA (bisphenol A), which is a chemical that has been linked to various health problems. Glass jars do not contain BPA, so there is no risk of chemical contamination.



QUICK EASY TIP!

Herbal remedies:
Use glass jars to store dried herbs, tinctures, and other herbal remedies. Glass jars are a good option because they won't react with the herbs or their medicinal properties.

7. USE HOLISTIC & NATURAL REMEDIES



Opting for natural remedies such as herbs and supplements is a great way to support your family's health in a holistic and non-toxic way. Unlike many prescription medications, natural remedies often have fewer side effects and are less likely to cause harmful interactions with other medications.

Many herbs and supplements have been used for centuries to treat a wide range of ailments and can be a great way to support your family's immune system, digestion, sleep, and overall well-being. However, it's important to remember that not all natural remedies are created equal and some may interact with certain medications or have side effects of their own.

It's always a good idea to consult with a qualified healthcare practitioner before using any new herbs or supplements to ensure their safety and effectiveness.

QUICK EASY TIP!

Consider your family's individual needs:
Herbs and supplements may work differently for different people, so consider your family's individual needs and health concerns when selecting products.

8. COOK FRESH HOMEMADE MEALS!



Believe me, I too sometimes have to opt-in to eating pre-packaged meals as life can get busy at times! However, processed and packaged foods often contain high levels of salt, sugar, and unhealthy fats. By cooking fresh homemade meals, you can control the ingredients that go into your food and promote a healthier lifestyle.

By preparing meals from fresh, whole ingredients, you can choose high-quality proteins, healthy fats, and nutrient-dense fruits and vegetables that will provide your body with the vitamins and minerals it needs to thrive. This also allows you to avoid added preservatives, artificial colors and flavors, and other unhealthy additives commonly found in processed foods. By taking control of the ingredients in your meals, you can make healthier choices for you and your family's health.

QUICK EASY TIP!

Keep it simple:
Don't feel like you need to make elaborate meals every night. Simple meals like stir-fry, salads, and roasted vegetables can be delicious and nutritious.

9. TRY TO BUY ONLY WILD-CAUGHT FISH!

Buy only wild-caught fish. Preferably cod, salmon, mackerel, which are lower in mercury content: Some types of fish, such as tuna and swordfish, are high in mercury, which can be harmful to your health. By buying only wild-caught fish, and preferably types with lower mercury content such as cod, salmon, and mackerel, you can reduce your exposure to harmful toxins and promote a healthier lifestyle.

Wild caught fish are caught in their natural habitats, while farm-raised fish are raised in crowded pens and often given antibiotics and other chemicals to promote growth and prevent disease. Wild caught fish also tend to have a more diverse and nutrient-dense diet, which can make them a healthier choice for consumers. Additionally, many species of wild caught fish are lower in toxins such as mercury compared to their farm-raised counterparts. By choosing wild caught fish, you can support sustainable fishing practices, protect the environment, and promote a healthier lifestyle.

QUICK EASY TIP!

Look for a reputable source: Make sure the store or supplier you're buying from has a good reputation for selling high-quality, sustainably caught fish. You can check for certifications like the Marine Stewardship Council (MSC) or the Aquaculture Stewardship Council (ASC) to ensure that the fish you're buying meets certain sustainability and quality standards.



10. USE NON-TOXIC HOME CLEANING PRODUCTS

Using non-toxic fume-free paint and non-toxic cleaning products can help improve the air quality in your home by reducing the amount of harmful chemicals that are released into the air. Additionally, regularly changing your air filter and HEPA filter can help remove pollutants and allergens from the air, creating a healthier living environment for you and your family. It is recommended to change your air filter every 30 days and to use a HEPA filter to capture smaller particles like dust and pollen. By taking these steps, you can create a safer and healthier home environment for you and your loved ones.



QUICK EASY TIP!

Read the labels carefully: Avoid products that contain ingredients like chlorine bleach, ammonia, and phthalates, which are known to be harmful to human health.

ABOUT US

FOUNDER



LETICIA OLIVEIRA | HOLISTIC HEALTH & NON TOXIC LIVING EXPERT | CERTIFIED HYPNOTIST

Hey there, I'm Leticia Oliveira, owner and founder of Easy Way To Live Well™. I'm also the creator of The Easy Way To Live Well™ Method. I'm excited for you to be joining me on this journey as I'm on a mission to normalize that all people have easy access and support to a variety of healthy foods & products that support human health without hurting our environment, our bodies, and reducing emotional mental overwhelm and financial distress.

I'm passionate about helping people like you to adopt a healthier holistic lifestyle and non-toxic journey in the most effortless way possible. I believe that everyone deserves the opportunity to be able to adapt to a healthy lifestyle regardless of their circumstances. I'm especially a big advocate for people who are dealing with dietary restrictions and allergens as I too have a daughter named Olivia that was born with life-threatening food allergies to tree-nuts and dairy. Through this process I also discovered that I had a gluten-free intolerance. We both are now healed and we no longer deal with chronic symptoms thanks to taking some of the steps covered in this guide. So, whether that's supporting you at the beginning stages of your health journey or you're an individual with strict allergy restrictions, my goal is to make your journey easy and effortless.

DO YOU NEED MORE HELP?

CLICK HERE TO SCHEDULE A CALL

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