



QUICKSILVER  
SCIENTIFIC

## PURIFYING YOUR PERSONAL ENVIRONMENT

Actively detoxing your body from toxic chemicals and environmental contaminants is one of the best things you can do to support overall health.

To support any detoxification program,



it's important to consider reducing exposure to common toxins that you are encountering on a daily basis like:

- Pesticide residues on fruits and veggies
- BPA in canned foods, water bottles, and food storage containers
- Triclosan, a synthetic antibacterial ingredient in personal care products such as hand soap and hand sanitizer that research has shown may harm beneficial gut bugs, which your immune system needs.

Minimizing regular exposure to common environmental toxins is essential for reducing toxic load and promoting immune resilience. Here's how:

### **Eating “Clean” and Pesticide-Free**

While we often think of produce as having a “health halo,” the truth is that certain fruits and veggies are a significant source of health-depleting pesticide residues. But you can reduce your exposure with some basic knowledge around eating clean. The Environmental Working Group (EWG), a non-profit specializing in environmental toxins and food safety, publishes an annual



Shopper's Guide to Pesticides in Produce. It lists conventionally grown fruits and vegetables with the highest and lowest pesticide residue levels. Knowing what you can buy conventionally and when you need to choose organic will help you stay safe and save hard-earned cash.

### **Refreshing Your Personal Care Routine**

Personal care products, such as shampoo, lotion and makeup, constitute a significant source of toxins and can adversely impact immune function, which we can't afford in our new world. However, it can be exhausting scouring the labels for potentially harmful ingredients.



Once again, the EWG takes the guesswork out of selecting safe, non-toxic personal care products with its Skin Deep Cosmetics Database. Now you can quickly decode the ingredients in your personal care products and find healthier alternatives.

### **Cleaning House Without Toxins**

House cleaning products aren't necessarily "clean" at all; many contain chemicals, such as volatile organic compounds (VOCs) in fragranced cleaning products that can increase your toxic burden and compromise immune health. The EWG's Guide to Healthy Cleaning helps you make informed, empowered decisions about cleaning products by rating commonly-used cleaning products, interpreting ingredients labels, and offering safe, non-toxic alternatives to conventional cleaning products.





QUICKSILVER  
SCIENTIFIC

## DIY PRODUCE WASH Baking Soda to the Rescue!

Did you know that baking soda, a low-cost kitchen staple, may help remove pesticide residues from produce? A recent study found that baking soda effectively removes surface pesticide residues from apples, one of the fruits on the EWG's Dirty Dozen list. You can make your own baking soda produce wash using this recipe:



1. Mix 1 tsp of baking soda and 2 cups of filtered water.
2. Submerge the produce in the solution for at least two minutes, or up to 15 minutes.
3. Rinse produce in filtered water thoroughly before eating.

This method works particularly well for produce with tough skin, such as apples or potatoes. More delicate fruits and vegetables, such as berries, may not hold up as well. As your budget allows, try to buy delicate-skinned produce organically.

