

DITCH & SWITCH
YOUR HEALTHY KITCHEN SWAP LIST





BIO-COMPATIBLE KITCHEN SOLUTIONS

Kitchen Detox Quick Start

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INTRODUCTION

WHAT I MEAN BY TOXIC (and non-toxic!)

First things first, in a world of greenwashing and “clean” terminology, I’d like to clarify the foundational principle this guide and all of my home detox work is based on. This principle hinges on the concept of **bio-compatibility**. Thus when I use words like toxic, what I mean is that it’s not compatible with the functioning of the human body...with our physiological, biochemical, and electrical design.

Detoxing your kitchen and your home is therefore just a process of bringing all inputs - materials, water, air, light, electricity back into **alignment** with human bodies. Simple and concrete.

THE ICK...

The Standard American Home (just like the Standard American Diet!) has become an impediment to the health and resilience that our bodies are designed for. Our kitchens are a microcosm of this misalignment.

You will find, just like I did 7 years ago, that when the body is not being poisoned it knows exactly how to function well.

EMBODIED RESULTS



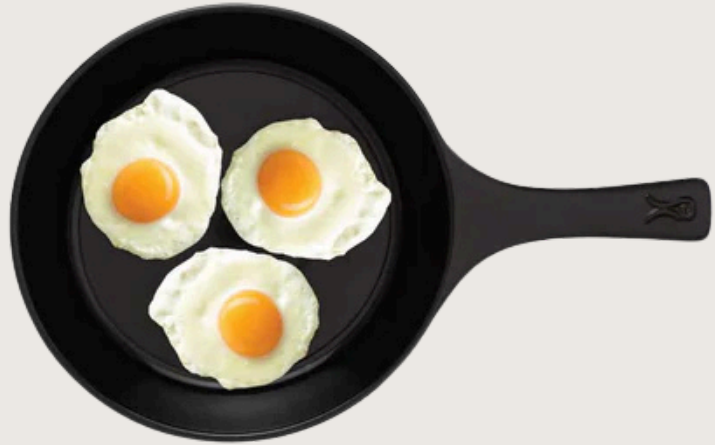
Your hormone balance, sleep, energy levels, mental clarity, and even organ function will benefit! So lets jump in!



Cookware Swaps

1. 100% Ceramic Cookware:

XTREMA 100% Ceramic
Pots and Pans made in
towns with a 10,000 year
history of ceramic
craftsmanship



2. Stainless Steel Cookware:

360 Cookware: 18/8 alloy, surgical steel grade
Homi Chef: Nickel Free stainless steel

3. Stainless Steel Cookware:

Good Budget Option: **Lodge Cast Iron**
Heirloom Quality: **Smithey**

4. Bakeware:



Glass



100% Ceramic

Appliance Swaps:

Swap for



Slow Cooker



Cold Press Citrus Juicer



Air Fryer



Bougie Coffee
Maker with stainless
steel components



French Press
(Glass or Ceramic
over stainless)

Cutting Boards

PROBLEM: Definitely ditch the plastics. Reconsider bamboo (it's basically grass **GLUED** together with undisclosed adhesives). Same goes for edge-grain and laminated wood boards.

Swap for

Solid wood slab boards like these:



Inexpensive Amazon Option



Pretty Boards from Avocado
(but only the single slab options)

Food Storage

Fridge Storage

Glass tupperware
with glass, wood, or
silicone lids



Ziplock Swap



Beeswax Wraps as
a Plastic Wrap
Swap



Portable Food Containers

Picnic/Potluck Swap

Use silicone tupperware (much lighter than glass!)



Lunch Box Swap

For lunchboxes use stainless steel. There are lots of options for hot foods, kids, & adults



* Note, that paper doesn't hold liquids! So those disposable coffee shop cups are also plasticized. Opt for glass or stainless steel. This is my fave glass option.



BYO Reusable Coffee Cup (taste is better in glass)

Lighting



Specialty Blue-Free LEDs

Use code **HOMEBO** to save 15%

Candles

100% Beeswax candles (no added scent, naturally smells like honey)



Blue Blocking Glasses

Budget Option

Premium Blueblockers

available with and without prescription lenses.





Water

This portable tool quickly structures water through vortexing action and proximity to the charged water inside the wand. Perfect for daily use without the time commitment of solar structuring.

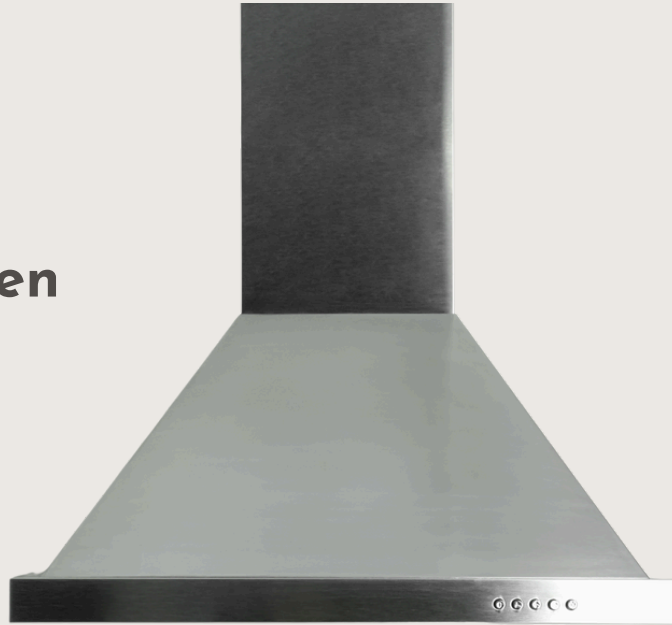
Water Structuring Tool Recommendation



Kitchen Air

Deploy a Kitchen Air Purifier

Position a HEPA air purifier near your cooking area but away from direct heat and steam. Most people place purifiers in bedrooms, but the kitchen needs one most!



Ventilation

Use a properly vented range hood that exhausts air outside (not just recirculating). Run it during cooking and for 15 minutes after to catch lingering pollutants

Air Quality Monitor

Invest in an inexpensive air quality monitor. This "fitness tracker for your air" helps you see immediate impacts of cooking choices and ventilation efforts.



Let's Connect

Loved this guide? Then you'll love the full transformation even more. I help people like you detox their entire homes, step-by-step and within budget.

Our Beta 3 months container offer will only be available for a short time. If you're curious about working directly with me, check it out [HERE](#).



**Let's do the
damn thing!**