

DITCH & SWITCH

YOUR HEALTHY KITCHEN SWAP GUIDE





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!





ALL Non-Stick Including Ceramic

All non-stick coatings are a chemistry experiment where your body is the lab. This includes “ceramic” coated non-stick, which is a marketing term.

Ceramic coated tech involves applying some variation of sol-gel (a liquid suspension of nanoparticles) to the pans. This gel coating is typically silicone based and infused with binders, stabilizers, and undisclosed additives - all of which tend to degrade with high heat.

This gel dries into a textured, bumpy surface. This texture means food doesn't actually make full contact with the pan—kind of like how lying on a bed of nails spreads your weight across many points, reducing pressure in any one area.

This is what makes it “non-stick”.



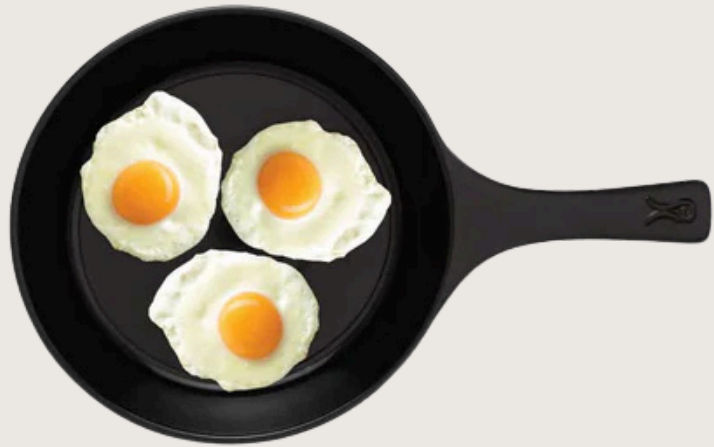
I recommend staying away

SOL-GEL PROCESS

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

Cookware Swaps

5. Enamel Cast Iron:

This Staub is too cute for words



This staple for serious cooks everywhere had gotten into some hot water when the premier brands in the category tested positive for low levels of cadmium and lead.

However after reviewing the details around the testing, we're comfortable recommending Staub and Le Creuset enameled dutch ovens.

Stick to lighter colors if you're concerned about the testing that happened (the contamination was inside bright red/orange glass coloring in an area that does not come into contact with food).

6. Carbon Steel:

Made In Carbon Steel 12" skillet:



Carbon steel is a cross between stainless steel and cast iron. It's lighter and easier to maneuver than a cast iron skillet, and excels at high heat cooking techniques.

A Word on Silicone

For baking:

Stick to glass, stainless steel, enameled cast iron, or 100% ceramic (available from previously mentioned brands).

Silicone is fine for kitchen use when it's **not exposed** to high temperatures.

Not all silicone products are made from 100% pure **food grade silicone**, which becomes a problem with heat.

Always use food grade silicone in the kitchen.

Even **high quality silicones** start to release volatile compounds called **siloxanes** at temperatures above 350-400 degrees Fahrenheit with repeated exposure to heat

Appliances

There are a few big picture considerations when it comes to appliances:

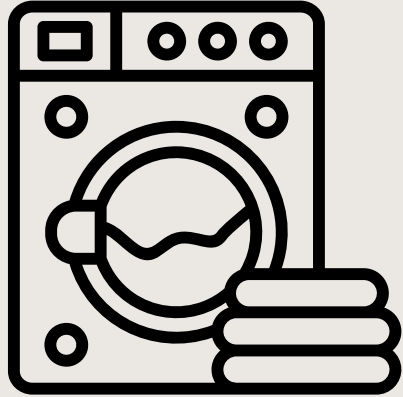
- 1) EMF emissions**
- 2) Non-stick coatings**
- 3) Microplastics**

We already addressed skipping non-stick coatings, this includes appliance trays

EMF and microplastics will be addressed in this section.



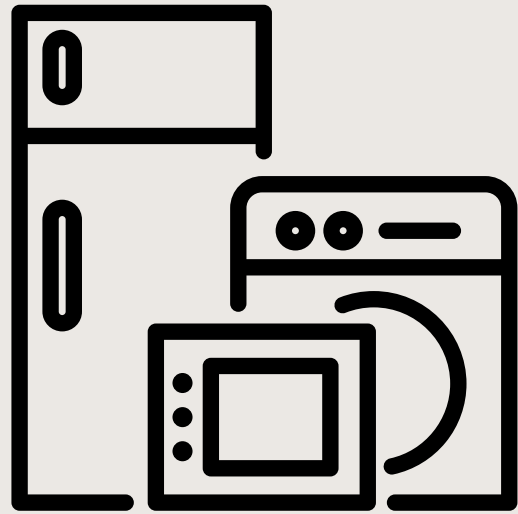
Danger of Smart Appliances:



2X

EMF Increase

**Just one smart appliance doubles
your electromagnetic field exposure
at home**



4X

EMF Increase

**Three smart appliances create a
400% increase in household EMF
levels**

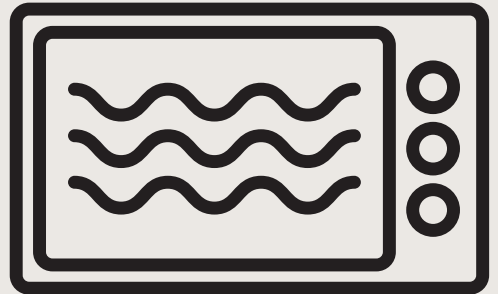


Opt for appliances with no wifi or bluetooth connection

The Microwave Dilemma

The Heating Mechanism

Microwaves use non-ionizing electromagnetic radiation to excite water molecules, generating heat. This process itself IS NOT inherently worse than stovetop cooking for nutrient retention.



The Real Concerns

- Strong radiofrequency radiation measurable up to 10 feet away
- Encourages heating food in plastic containers
- Plastic leaching accelerates at high temperatures





Induction Stoves



Type of EMF:

- High levels of extremely low frequency (ELF) magnetic fields (20-50 kHz)
- Exposure can exceed 100 milligauss (mG) - far above safe levels (<1 mG for prolonged exposure).
- ELF-EMF is strongest within 6-12 inches of the cooktop.



Biological Effects of ELF Magnetic Fields:

- Alters calcium signaling and cell membrane permeability.
- Linked to increased oxidative stress and mitochondrial dysfunction.
- Disrupts melatonin production and sleep cycles.
- May affect heart rate variability (HRV) and nervous system balance.
- Chronic exposure linked to increased cancer risk (IARC 2B possible carcinogen).



Reduce Your Exposure

- ✓ Stand 6-12 inches away while cooking.
- ✓ Use magnetic, flat-bottomed cookware to reduce leakage.
- ✓ Use lids to shorten cook time.
- ✓ Avoid contact with cookware while heating.

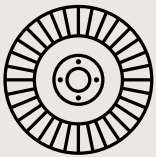
The Microplastic Problem

Thermal Stress



Heated plastics release particles more rapidly (coffee makers, microwaved containers)

Mechanical Abrasion



Cutting, grinding, and scraping plastic surfaces (cutting boards, grinders)

Time + Wear



All plastics degrade gradually, shedding microparticles (storage containers, appliance components)



Unexpected Sources of Microplastics

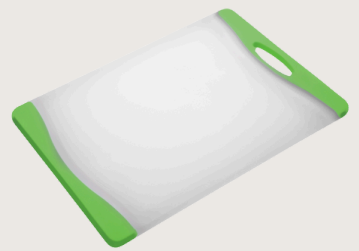
Tea Bags

Many "paper" tea bags contain plastic polymers that release billions of microplastic particles when steeped in hot water.



Cutting Boards

Plastic cutting boards release microparticles when scored with knives. Even laminated wooden boards contain adhesives that can contaminate food.



Coffee Pods

Single-serve coffee systems expose hot water to plastic, creating ideal conditions for microplastic leaching.



Salt & Pepper Grinders

Many salt and pepper grinders use internal burrs made of plastic, which wear down over time and shed microplastics directly into your food.



Appliance Swaps: Tea & Coffee

Swap for



Bougie Coffee
Maker with stainless
steel components



Electric Kettle



Glass Stovetop
Kettle with Infuser



Individual Infuser
Balls



French Press
(Glass or Ceramic
over stainless)

Appliance Swaps: Juicers and Blenders

Swap for



Cold Press Manual
Citrus Juicer



Cold Press Electric Juicer



Best Value Glass Blender



Best Performance Blender
With Stainless Pitcher Sold
Separately

Appliance Swaps Cookers

Swap for



Slow Cooker



Air Fryer



Cast Iron Indoor Grill



Cast Iron Waffle Maker

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)

Cooking Utensils and Accessories

- ❌ Ditch plastic kitchen accessories and cooking utensils
- ❌ Avoid bamboo for larger items that would require use of adhesives
- ❌ Avoid silicone for accessories that come into contact with high heat

Another consideration is oven mitts. Standard **oven mitts** contain so many dyes, chemicals, flame retardants and even plastic coatings that it'll make your head spin. What's worse is that all these things get activated with heat.

Leather and **untreated wool** are the two best options.



Leather Option



Felted Wool

Cooking Utensils and Accessories

Wood, stainless steel and glass (for measuring cups) are the safest options.



**Stainless Steel
Accessories Set**



Wood Accessories Set



Glass Mixing Bowls



Kitchen Consumables

Avoid:

- ❌ Aluminium foil
- ❌ Plastic
- ❌ Parchment paper (problematic coatings and bleaching)
- ❌ Paper towels (bleaching agents and formaldehyde).

Use:



As a replacement for Saran wrap/plastic wrap use Beeswax Wraps



Swedish dishcloths: great alternative to paper towels



Organic cotton “unpapertowels”



Let's Connect

Loved this guide? Then you'll love the full transformation even more. Book a FREE 15 minute consultation with me to learn about getting **Water, EMF, Light, Air** and **Cleaning Products** dialed in as well.



Let's Meet