

THE WAKE-UP GUIDE · FREE

5 things in your home are leaking plastics into your body **RIGHT NOW**

Swap. Repeat. Don't Stop.

Microplastics have been found in human blood, lungs, placentas, breast milk, and even worse, brain tissue.

Brain samples in 2024 had **50% more** plastics than samples from only 8 years ago.

And nobody is telling us! Or wants us to know!

Hey. I'm not a doctor. I'm just someone who went down the rabbit hole and couldn't unsee it. Now I think twice before I drink from a plastic water bottle. Sorry in advance, but you should see it too.

Sources: Nature Medicine 2025 · UNM HSC
2025 · Environment Int'l 2022, 2024 · ES&T 2019
· NEJM 2024 · Stanford Medicine 2025.

Educational only — not medical advice.

Plastics OFF
Swap Repeat Don't Stop

Stop Being A Silent Experiment

! The Biological Reality: It's Already Inside Us

This is no longer an environmental issue; it is a personal health crisis. Peer-reviewed, published science has officially confirmed that microplastics are not just passing through us—they are lodging themselves inside our most vital organs.

Researchers have actively found synthetic polymers embedded in:

- **Our Brain Tissue & Arteries:** Directly bypassing protective bio-barriers.
- **Our Blood & Lungs:** Circulating through our vital systems daily.
- **Our Reproductive Organs:** Discovered in placentas, breast milk, semen, and testicles.

This guide is not about:

- ✗ Detox cleanses
- ✗ Expensive supplements
- ✗ Throwing your life away
- ✗ Fear-mongering

This guide IS about:

- ✓ Lowering daily exposure
- ✓ Affordable, real swaps
- ✓ Protecting your kids and pets
- ✓ Sleeping better at night

How to use this guide

Each of the 5 places below has three parts:

1. **Why it matters (the actual science, not vibes)**
2. What's happening in your home right now
3. The swap — usually free, always under 10 minutes

Most are free to fix, and take less than 10 minutes. And nobody is going to tell you about them — not the news, not the FDA, not the brands selling you the plastic in the first place. So I'm telling you. Turn the page.

The 5 Hidden Worst Places

Ranked Roughly By Daily Exposure

1 Plastic cutting boards

Every knife stroke is a particle

What's actually going on: Research published in 2023 estimated that **plastic cutting boards shed tens of millions of microplastic particles per year of normal use. The grooves you've cut into your board? Those particles went somewhere — usually onto your dinner.**

The swap → Switch to wood or bamboo, around \$15. They self-heal, last decades, and are naturally antimicrobial.

2 Plastics in clothes: Underwear, Bras, Socks, and Even What You Sleep In

You've been hugging plastic this whole time

Polyester and nylon are made from petroleum — the same stuff as plastic bottles, and they shed microplastic fibers every time you wear or wash them. **One load of laundry can release up to 700,000 fibers. The fabrics touching your skin all day are usually treated with BPA, phthalates, PFAS, and flame retardants — chemicals linked to hormone disruption, fertility issues, and inflammation.**

The simplest swap in your whole wardrobe: switch to cotton, linen, wool, or hemp — and start with what touches your skin most.

3

Personal care products with "polyethylene"

Your face wash and toothpaste might contain plastics on purpose.

What's actually going on: **Many exfoliating scrubs, toothpastes, and even some lipsticks list polyethylene (PE), polypropylene (PP), nylon-12, or acrylates copolymer.** Those are plastics, added on purpose, and you put them on your face and in your mouth.

The swap → Read the label. If you see those words, swap the product. The free app "Beat the Microbead" scans barcodes and flags products instantly.

4 Single-use coffee cups, straws, and lids

That "paper" cup is lined with plastics

What's actually going on: Disposable coffee cups have a thin polyethylene or PLA liner so they don't leak. **Hot liquid + plastic liner = particles in your drink. A 2022 study found a single hot cup of coffee can release tens of thousands of particles in 15 minutes.**

The swap → Bring a stainless steel or ceramic travel mug. Most coffee shops give you a discount for it. Even better: drink it there in a real cup.

5

Indoor dust

The air in your house has more microplastics than the air outside.

What's actually going on: carpets, upholstery, synthetic curtains, and electronics all shed microplastic dust constantly. **Indoor air can carry up to five times more than outdoor air. Kids and pets are closest to the floor, so they get the worst of it.**

The swap → HEPA-vacuum weekly. Damp-dust hard surfaces (dry dusting just kicks it back up). Open windows 10 min daily — outdoor air is cleaner.

This is Your Starter Kit.
Good Luck, Friend. You got this!

Ready to do the FULL reset?

YOU'VE TAKEN THE FIRST CRUCIAL STEP BY EDUCATING YOURSELF—BUT KNOWLEDGE WITHOUT ACTION WON'T CLEAR THE SYNTHETIC BURDEN FROM YOUR HOME. IF YOU ARE READY TO STOP GUESSING, SKIP THE ENDLESS RESEARCH, AND FAST-TRACK YOUR FAMILY'S PROTECTION, WE HAVE DONE THE HEAVY LIFTING FOR YOU. BELOW ARE THREE SPECIALIZED, STEP-BY-STEP BLUEPRINTS DESIGNED TO FIT YOUR EXACT HOUSEHOLD NEEDS. CHOOSE YOUR PATH TODAY, RECLAIM YOUR ENVIRONMENT, AND LOCK DOWN YOUR HEALTH.

2-WEEK INDIVIDUAL RESET (\$17): A TIGHT, FAST-PACED PERSONAL ELIMINATION GUIDE FOR YOUR KITCHEN, BATHROOM, AND DAILY ROUTINES.

3-WEEK INDIVIDUAL+PETS (\$27): A TARGETED 3-WEEK GUIDE FOCUSED ON ELIMINATING SYNTHETIC TOXINS FROM YOUR OWN ROUTINE AND SECURING YOUR PET'S FOOD, WATER, AND PLAY ZONES.

30-DAY FULL FAMILY DEFENSE SYSTEM AS "MOST POPULAR & BEST VALUE (\$35): TO FULLY AUDIT, SWAP, AND PROTECT YOUR ENTIRE HOME—COVERING KIDS, PETS, LAUNDRY, AIR QUALITY, AND KITCHENWARE.

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