



SIMPLE SWAPS

Detox Your Life

A Simple Guide To Ditching Toxins



food swaps

swap this

1. Beef, Natural Beef
2. Chicken, Natural Chicken
3. Conventional Berries
4. Canola Oil
5. Sunflower Oil
6. Margarine
7. Conventional Veggies
8. Canned Veggies
9. Cereal
10. Burger Bun
11. Broth
12. Peanut Butter
13. Coffee
14. Pasta
15. No Fat/Low Fat Dairy

for this

1. Grass Fed Beef
2. Organic Chicken
3. Organic Berries
4. Avocado Oil
5. Coconut Oil
6. Grass Fed Butter/Ghee
7. Organic Veggies
8. Frozen Organic Veggies
9. Gluten Free Oats
10. Romaine Lettuce
11. Bone Broth
12. Natural Nut Butter (Minimal Ingredients)
13. Organic Coffee, Tea, Matcha
14. Lentil Noodles/Zoodles
15. Organic Full Fat Dairy

baking swaps

swap this



VEGETABLE OIL



FLOUR



CONVENTIONAL EGGS



CONVENTIONAL SUGAR

for this



COCONUT OIL



GLUTEN FREE FLOUR



PASTURE-RAISED EGGS



RIPE BANANAS OR MAPLE SYRUP

cleaning swaps

swap this

1. Glass Cleaner
2. Disinfecting Wipes
3. Disinfecting Spray
4. Toilet Bowl Cleaner
5. Floor Cleaner
6. Grout Cleaner
7. Dust Spray
8. Wood Polish
9. Bleach
10. Sink Cleaner
11. Counter Spray
12. Laundry Detergent
13. Dryer Sheets
14. Fabric Softener
15. Spot Treatment

for this

1. Vinegar + Water or 1 Drop Castile Soap + Water
2. Vinegar + Lemon Essential Oil + Paper Towels
3. Vinegar + Water + Citrus Essential Oils
4. Vinegar + Baking Soda + Essential Oil
5. Water + Castile Soap
6. Vinegar + Baking Soda + Castile Soap
7. Water + Olive Oil + Cedarwood Essential Oil
8. Olive Oil
9. Oxy or Vinegar + Epsom Salt
10. Castile Soap + Baking Soda
11. Vinegar + Water + Essential Oils
12. Soapberries
13. Wool Dryer Balls + Essential Oils
14. Conditioner + Dryer Balls
15. Hydrogen Peroxide + Castile Soap + Baking Soda



personal care swaps



swap this

1. Toothpaste
2. Face Wash
3. Body Wash
4. Bar Soap
5. Shampoo
6. Conditioner
7. Deodorant
8. Shaving Cream
9. Hair Spray
10. Lotion
11. Make-Up
12. Mouth Wash
13. Perfume/Cologne
14. Bath Soaks
15. Anti-Aging Cream

for this

1. Fluoride-Free Toothpaste (Boka Brand)
2. Coconut Oil, Castile Soap
3. Castile Soap
4. Hand Made Bar Soaps
5. Shampoo Bars
6. Conditioner Bars
7. Fragrance/Aluminum-Free Deodorant, Essential Oils
8. Coconut Oil + Castile Soap
9. Sugar + Water
10. Coconut Oil, Shea Butter, Jojoba Oil, Almond Oil
11. See List On Last Page For Clean Brands
12. Peppermint Oil + Water
13. Essential Oils
14. Epsom Salt Or Castile Soap
15. Frankincense Essential Oil + Jojoba Oil

Kitchen swaps

swap this



ALUMINUM PANS



WAX PAPER



COFFEE FILTERS



DISINFECTING WIPES

for this



CERAMIC COATED PANS



UNBLEACHED PARCHMENT
PAPER



UNBLEACHED COFFEE
FILTERS



DIY DISINFECTING SPRAY

life swaps

swap this



BOTTLED WATER



CANDLES



PHONE CASE



TUPPERWARE

for this



FILTERED WATER



BEESWAX CANDLES



RADIATION BLOCKING CASE



GLASSWARE

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faster and stay healthier longer!
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