

# Is Your Home Stressing You Out?



*Discover the invisible stressors hiding in  
your home—and why they matter more  
than you think*

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# 01 You're Doing Everything Right...

You prioritise organic food, exercise, and sleep—yet fatigue, brain fog, and your child's recurring symptoms persist. The culprit? Hidden toxins in your home, quietly linked to hormonal imbalances, inflammation, and neurodevelopmental issues in kids.

These toxins are invisible—but their impact is real. It's time to uncover the silent stressors affecting your health.

If you've been doing everything "right" but still feel off—you're not alone. Many women and families are discovering that their home environment may be the missing piece to better health.



# 02

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## What Is the 'Invisible Load'?

*Modern homes contain an estimated 500–1,000 synthetic chemicals*

from VOCs (Volatile Organic Compounds) in furniture (linked to respiratory issues) to plasticisers and flame retardants that disrupt hormones and fertility.

Children are especially vulnerable. They absorb more toxins per body weight than adults, and early exposure has been linked to allergies, ADHD, and other neurodevelopmental concerns.

These exposures are invisible but quietly shape our health—often without us realising it.



# 03

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## Who's Most Affected?



- **Women:** Hormones are particularly sensitive to low-dose toxins, which can disrupt metabolism, mood, and fertility—even at "safe" levels.



- **Children:** They breathe more air, eat more food, and absorb more toxins per kilo of body weight. Their developing immune and neurological systems make them especially vulnerable.



- **Urban Families:** Spending up to 90% of time indoors means greater exposure to indoor air pollution—often 2–5 times worse than outdoor air (WHO).

The good news? Small steps like portable air purifiers, regular ventilation, and non-toxic cleaning swaps can significantly reduce this hidden load—without requiring a complete lifestyle overhaul.



# 04

## Awareness Is the First Step

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*You don't need to panic or overhaul your life overnight. The real issue isn't just toxins—it's that most of us have never been taught how they affect our bodies or where they're hiding.*

Even well-meaning health advice rarely talks about indoor air quality, low-dose chemical exposure, or how our homes may be quietly contributing to our stress and inflammation.

But awareness helps you:

- See the connection between environment and well-being.
- Understand the invisible "load" your body is carrying.
- Notice what may be silently affecting your child's sleep, energy levels, or concentration.

You don't have to overhaul your life to see a difference.

Just understanding what's going on is a powerful first step.

With awareness, small and intentional shifts feel lighter—and they can lead to real, lasting change.



## Did You Know?

- The World Health Organisation reports that 3.2 million deaths per year are linked to household air pollution.
- Clinical studies link common indoor toxins to cancer, COPD, fertility issues, and neurodevelopmental delays in children.
- Children are especially vulnerable due to their developing organs and higher exposure per body weight.

# 05

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## Conclusion and Next Steps

*If what you've read here has sparked a sense of curiosity—or perhaps even a quiet recognition—know that you're not alone. There's a growing awareness that our homes, our habits, and our environment matter more than we've been taught to believe.*

*If you're ready to go a little deeper and explore these ideas in a simple, supported way...*

**Join the 5-Day Mini-Course**

## Unseen, Unheard, Unknown: The Silent Toxin Problem in Our Homes

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This gentle, 5-day course explores how invisible toxins may be impacting your family's health.

If you're curious to go deeper in a supportive, science-informed way, I'd love to guide you through it.

In this 5-day awareness-building course, you'll discover:

- ✓ How formaldehyde (in furniture) and phthalates (in plastics and personal care) can quietly disrupt hormones and immune function
- ✓ Why so-called 'safe' toxin levels can still affect sensitive groups, like children and women
- ✓ Simple, lab-tested ways to reduce your family's exposure-without fear, guilt, or complicated routines
- ✓ How to spot everyday sources of pollution in your home-and what to do instead
- ✓ Why awareness is more powerful than perfection when it comes to building long-term resilience

Bonus: Private email support for 2 weeks during launch (June 2025)

Launch Price: £47 (Normally £97)

Use code **PARIS47** by April 30, 2025

Perfect for: Women, parents, and proactive families living in urban settings.

Sign up here: [courses.phinutriomics.info/toxinawareness](https://courses.phinutriomics.info/toxinawareness)

*What we choose for our homes doesn't  
just affect our families-it flows into  
our communities, our ecosystems, and  
the next generation.*

- MOROLAYO OLADAPO FASAN

# References & Further Reading

Here's a curated list of trusted sources that informed this guide:



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# About Me

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Hi, I'm Layo—a certified Naturopath and Nutritional Therapist, and founder of PhiNutriomics, a clinic dedicated to helping families create health from the inside out.

Originally from the UK, I now live in France and work internationally, guiding women and families through science-informed, holistic health strategies. My work blends environmental medicine, nutrigenomics, and practical support for family wellness.

My journey into this field began with a simple truth: our food, environment, and lifestyle shape who we are—not just today, but for generations to come.

Through my courses, retreats, and 1:1 support, I help women—especially mothers—reduce hidden stressors in their homes, make confident health choices, and build lasting resilience.

At PhiNutriomics, I currently offer:

- Online courses & workshops for holistic family health
- Nutritional & Naturopathic guidance
- Functional testing (nutrigenomics, microbiome)
- Yoga & Nutrition Harmony retreats in Portugal

When I'm not teaching or consulting, you'll usually find me walking in nature, connecting with plants, or spending time with my daughter.

You can learn more at [phinutriomics.com](https://phinutriomics.com)



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[A PhiNutriomics Safe Spaces eBook  
for Holistic Family Health  
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