

A HOW-TO GUIDE

# HOW TO READ LABELS LIKE A PRO

*Food, Cosmetics, and Cleaning Products – No Science  
Degree Needed*



Discover the hidden stories behind the products you use every day.

Learn how to spot what truly nourishes your body, protects your home, and supports your long-term well-being.

*Clarity is power – and it starts here.*

# Table of Contents

<b><u>Introduction: Why This Matters</u></b>	<b>04</b>
<b><u>Where Do Toxins Come From?</u></b>	<b>05</b>
<b><u>Reading Food Labels</u></b>	<b>06</b>
<ul style="list-style-type: none"><li>• Decode the Ingredients List</li><li>• Understand Nutritional Information</li><li>• Buzzwords Aren't Protection</li></ul>	
<b><u>Reading Cosmetic Labels</u></b>	<b>07</b>
<ul style="list-style-type: none"><li>• Recognise Chemical Offenders</li><li>• Understand Ingredient Order</li><li>• Certifications That Matter</li></ul>	
<b><u>Reading Cleaning Product Labels</u></b>	<b>08</b>
<ul style="list-style-type: none"><li>• Know What's Inside</li><li>• Recognise Hazard Symbols</li><li>• Choose Safer Products</li></ul>	
<b><u>Quick Wins for a Healthier Home</u></b>	<b>09</b>
<b><u>Healthy Living Label Decoder (Checklist)</u></b>	<b>09</b>
<b><u>Final Words: Awareness is Power</u></b>	<b>10</b>

“

*Awareness is  
the first step to  
healing*

”

Dean Ornish, MD



# Why This Matters

Every day, we make hundreds of small choices that shape our health, energy, and future resilience.

From the food we eat to the lotion we apply to the soap we clean with – these choices either support our well-being or silently erode it.

But you don't need a science degree or hours of research to make better choices.

All you need is a little awareness – and the willingness to trust your instincts.

This guide isn't about fear or perfection.

It's about clarity – giving you the knowledge to protect your body, mind, and family with small, powerful actions.

You're already doing so much.

This guide will help you do it even smarter – with ease, confidence, and calm.



# Where Do Toxins Come From?

Toxins quietly weave through everyday life – hiding in foods, beauty products, cleaning supplies, and even the air we breathe.

## **In Food:**

- Pesticides sprayed on conventionally grown produce.
- Herbicides like glyphosate on GMO crops.
- Heavy metals in rice and soy.
- Hormones and antibiotics in meat and dairy.

## **In Personal Care Products:**

- Phthalates hidden under "fragrance."
- Parabens and synthetic chemicals absorbed into skin.

## **In Our Homes:**

- VOCs from furniture, carpets, and building materials.
- Harsh chemicals in cleaning products.

## **In the Environment:**

- Industrial activities release methane, benzene, mercury, and xylene into air, water and soil.

## **👉 Why it matters:**

Even low-level, repeated exposures can quietly burden our hormones, brain, immune system, and long-term health.

## **The solution is simple:**

**Awareness + Small Actions = Big Protection.**

*Once you know where toxins hide, you can begin to lower your exposure dramatically.*



# From Hidden Dangers to Nourishing Choices

## **Why it Matters:**

What we eat shapes energy, mood, and resilience.

Chronic fatigue, brain fog, and hormonal issues often have silent links to what's hidden in everyday foods.

## **1. Decode the Ingredients List:**

Focus on the first five ingredients.

## **Watch for:**

- Added sugars: Maltose, syrup, dextrose – fuels inflammation.
- Artificial additives: BHT, BHA, synthetic colors – linked to behaviour issues and hormone disruption.

## **👉 Simple Rule:**

If you wouldn't cook with it at home, think twice before eating it.

## **2. Understand the Nutritional Information:**

- Choose zero trans fats, minimal saturated fats.
- Limit sodium to protect heart and kidney health.
- Prioritise high fiber, iron, calcium, and vitamin D.

## **3. Buzzwords Aren't Protection:**

- "Natural" = marketing term.
- "Organic" = regulated, but always check the full label.



# Beauty Without the Hidden Toxins

## **Why it Matters:**

What you put on your skin enters your body.  
Many cosmetic chemicals quietly affect hormones and immunity.

## **1. Decode the Ingredients List:**

Focus on the first five ingredients.

## **Watch out for:**

- Parabens: Mimic oestrogen, disrupt hormones.
- Phthalates: Hide under "fragrance," linked to reproductive issues.
- Formaldehyde releasers: Found in hair and nail products.

## **Simple Rule:**

If "fragrance" is listed without details, assume it's synthetic.

## **2. Understand Ingredient Order:**

- First ingredients = biggest exposure.
- Look for actives like plant extracts high on the list.

## **3. Buzzwords Aren't Protection:**

- Trust certifications like EWG Verified, USDA Organic, EcoCert, COSMOS-standard, Cruelty-Free, NATRUE.



# A Safer, Healthier Home Starts Here

## Why it Matters:

Indoor air is often 2–5x more polluted than outside air.  
Cleaning products are a major source.

## 1. Decode the Ingredients List (When Available):

Focus on the first five ingredients.

### Watch out for:

- Bleach: Harsh on lungs.
- Ammonia: Powerful but irritating.
- Synthetic fragrances: VOCs and allergens.

### 👉 Simple Rule:

If ingredients aren't fully listed, be cautious.

## 2. Recognise Hazard Symbols:

- ⚠️ Irritant
- ☠️ Toxic
- 🔥 Flammable

## 3. Buzzwords Aren't Protection:

- Trust certifications like EWG Verified, USDA Organic, EcoCert, COSMOS-standard, Cruelty-Free, NATRUE.

# Quick Wins for a Healthier Home













- Filter drinking water.
- Use glass or stainless steel containers.
- Vacuum with a HEPA filter.
- Leave shoes at the door.
- DIY basic cleaners (vinegar + baking soda).

## Bonus Tip: Let Your Phone Help You

- Use apps like [Think Dirty®](#), [EWG's Healthy Living](#), or [Yuka](#) to check product safety.

# Healthy Living Label Decoder

## Action

-  Check the first five food ingredients.
-  Avoid hidden sugars and synthetic additives.
-  Choose cosmetics free from parabens and phthalates.
-  Prefer certified eco- and health-safe products.
-  Choose plant-based cleaning products and avoid daily bleach use.
-  Recognise warning symbols (  .
-  Filter water and reduce plastics.
-  Shoes off indoors.
-  Ventilate regularly.



# Final Words: Awareness is Power

You don't have to rush,  
You don't need to race,  
You only need  
A slower pace.

Each mindful choice,  
Each label read,  
Builds a path  
Where health is led.

A safer home,  
A lighter load,  
A clearer heart,  
A calmer road.

The best part is,  
You're not behind —  
You're moving forward,  
Strong and kind.

So take a breath,  
Smile and see —  
You're already who  
You're meant to be.



**Welcome to a clearer, calmer, more resilient life.**

# Thank You for Reading

You've taken an important step toward protecting your health and creating a more resilient life.

Awareness isn't about living in fear – it's about choosing with confidence, clarity, and calm.

Every small step you take makes a difference for you, your family, and future generations.

I'm so grateful to be part of your journey.

Stay curious, stay kind to yourself, and remember: you're already doing more than you know.

If you'd like more tips, insights, and gentle guidance on living well in today's world, feel free to stay connected. I'd love to keep supporting you.

👉 Follow me on Instagram: [@phinutri](#) and on [LinkedIn](#).

With care,

Layo

# ✨ Coming Soon: Take Your Next Step

If you enjoyed this guide and would love to go even deeper, stay tuned!

Soon, I'll be offering an interactive guide and more practical tools to help you create an even healthier, calmer, more resilient life – one simple step at a time.

In the meantime, you can also explore my 5-day mini-course, "[Unseen, Unheard, Unknown: The Silent Toxin Problem in Our Homes.](#)"

This calm, supportive mini-course will help you spot hidden toxins inside your home and take small, empowering actions to protect your family's health – without fear or overwhelm.

Because awareness is only the beginning – action brings it to life.

If you haven't joined yet and would like to stay updated,

👉 [Subscribe to my newsletter here.](#)

---

Let's stay in touch for more tips and inspiration:

 [@phinutri](#)

 [Linkedin](#)

# References & Further Reading

Helpful Articles and Everyday Resources

(**Trusted blogs and articles** for deeper but accessible learning.)

## **Food**

1. [Toxic chemicals used in food preparation leach into human bodies, study finds](#)  
*Explores how harmful substances like PFAS and BPA migrate from food packaging into food during storage or heating. These chemicals are linked to hormone disruption, cancer, and developmental issues in children.*
2. [Toxic Baby Food and What You Can Do About It](#)  
*Discusses the presence of heavy metals like lead, arsenic, cadmium, and mercury in baby food. Highlights their harmful effects on brain development, IQ, and behaviour in children. Urges stricter FDA regulations to protect infants.*
3. [Why Children, Pregnant Women Should Eat Food with Fewer Pesticides](#)  
*Explains how pesticides enter umbilical cord blood during pregnancy, posing risks to foetal development. Encourages using EWG's "Dirty Dozen" and "Clean Fifteen" lists to minimise exposure by choosing organic options when necessary.*

## **Cosmetics**

4. [Endocrine disruptors in cosmetics - Understanding the risks](#)  
*Explains how endocrine-disrupting chemicals (EDCs) in cosmetics, such as parabens and triclosan, interfere with hormones, leading to reproductive issues, developmental delays, and increased cancer risk. Highlights the importance of ingredient awareness and safer alternatives.*
5. [The dangers of synthetic fragrances](#)  
*Reveals that synthetic fragrances often contain hidden chemicals linked to hormone disruption, allergies, asthma, and cancer. Discusses how these chemicals are not disclosed on labels and emphasises choosing fragrance-free or naturally scented products.*
6. [Dangers of Synthetic Scents and How to Avoid Them](#)  
*Highlights that up to 95% of chemicals in synthetic fragrances are derived from petroleum, including carcinogens like benzene and toluene. Links these chemicals to respiratory issues, migraines, birth defects, and central nervous system disorders.*

# References & Further Reading

Helpful Articles and Everyday Resources

(**Trusted blogs and articles** for deeper but accessible learning.)

## **Cleaning Products**

7. [Cleaning products emit hundreds of hazardous chemicals, new study finds](#)  
*Discusses how conventional cleaning products emit VOCs that cause respiratory problems, allergies, asthma, and hormonal disruption. Even "green" cleaners may release harmful chemicals. Emphasises improving ventilation and using safer alternatives.*
8. [Demystifying cleaning product labels: The ultimate guide for safe cleaning](#)  
*Provides a practical guide to understanding cleaning product labels, including hazard symbols and eco-certifications like EU Ecolabel. Encourages avoiding products with vague ingredients like "fragrance" or "surfactants."*
9. [Is it healthier to use household cleaning products – or not?](#)  
*Examines whether conventional cleaning products are worth their health risks due to VOC emissions and skin irritants. Suggests DIY cleaners using natural ingredients like vinegar or baking soda as safer alternatives for families with children.*

# References & Further Reading

Science You Can Trust

(**Research papers and scientific studies** that informed this guide.)

## **Food Contact Chemicals**

1. [Evidence for widespread human exposure to food contact chemicals](#)  
*Identifies 3,601 food contact chemicals (FCCs) in humans, including PFAS, bisphenols, phthalates, and heavy metals. Highlights regulatory gaps and health risks (e.g., endocrine disruption, cancer) from packaging migration.*

## **Pesticides in Food**

2. [A systematic review of pesticide exposure, associated risks, and long-term human health impacts](#)  
*Links chronic pesticide exposure (e.g., glyphosate) to endocrine disruption, neurodevelopmental disorders, and cancer. Emphasises cumulative low-dose effects.*
3. [Public health implications of pesticides in food: Risks, regulations, and interventions](#)  
*Focuses on regulatory challenges and interventions to reduce pesticide residues in food, particularly in vulnerable populations.*

## **Heavy Metals in Food**

4. [FDA Metal Limits in Food: What to Know for 2024](#)  
*Explains updated FDA thresholds for lead, cadmium, and arsenic in food, addressing long-term health risks like kidney damage and cancer.*
5. [Exposure routes and health effects of heavy metals on children](#)  
*Heavy metals such as lead, mercury, cadmium, and chromium cause severe health effects in children, including mental retardation, neurocognitive disorders, respiratory problems, and cancer. The study emphasises the urgent need for attention to heavy metals due to their toxicity and widespread prevalence.*
6. [Evaluation of Heavy Metal \(Lead, Mercury, Cadmium\) Toxicity in Children](#)  
*Prenatal and postnatal exposure to heavy metals increases risks of neurological issues, aggression, sleep disturbances, and behavioral disorders in children. Lead exposure is particularly associated with impaired neuronal development and decreased intellectual capacity.*



# References & Further Reading

Science You Can Trust

(**Research papers and scientific studies** that informed this guide.)

## Cleaning Products

7. [Maternal preconception occupational exposure to cleaning products and disinfectants and offspring asthma](#)  
*Links maternal exposure to cleaning chemicals (e.g., bleach, ammonia) with increased asthma risk in children.*
8. [Volatile organic compounds emitted by conventional and “green” cleaning products in the U.S. market](#)  
*Finds that even “green” cleaners emit hazardous VOCs, contributing to indoor air pollution and respiratory issues.*

## Cosmetics

9. [A review of environmental and health effects of synthetic cosmetics](#)  
*Examines risks of parabens, phthalates, and synthetic fragrances in cosmetics, linking them to hormonal imbalances, skin irritation, and cancer.*

# About Me

---



Nutritional Therapist, Naturopath, Lecturer  
BA (Hons), MA, DipCNM, NNP2022Lifecode GX  
mANP, mBANT, rCNHC, mLICt

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 globally-minded women who want to live with more clarity, resilience, and calm through science-informed, holistic health strategies.

My work blends environmental medicine, nutrigenomics, and practical support for family wellness.

Through my courses, retreats, and 1:1 support, I help women like you simplify healthy living, protect what matters most, and reconnect with their inner wisdom.

You can learn more at [phinutriomics.com](https://phinutriomics.com)  
or connect with me on [Linkedin](#) or Instagram [@phinutri](#).



[A PhiNutriomics Safe Spaces eBook  
for Holistic Family Health  
www.phinutriomics.com](#)

