



- Stay hydrated Drink filtered water stored in glass not plastic
- Eliminate all plastics including water bottles and food storage containers, never heat plastics in the microwave.
- Avoid non- stick kitchen wear
- Buy organic in season produce where possible, and organic grass/corn fed meat
- Go through all your personal care products such as deodorant, skin care products, body wash, hair products, makeup and lipsticks switching instead to natural chemical free versions.
- Use natural cleaning products around the house and avoid air fresheners
- Avoid a build-up of dust around the house
- Use a natural brand of washing detergent
- Only take prescription medications where absolutely necessary
- Limit alcohol and caffeine.
- stop smoking
- Manage stress levels with meditation and relaxation techniques
- Exercise regularly but avoid High intensity Training (HIT) start weight training 3 times a week
- Protein is the building block of hormone production- include protein at every meal such as organic chicken, egg etc, eat good fats such as chia seeds and nuts, avocado.
- Move to a 'rainbow' diet-eating the widest variety of colourful fruit and vegetables available
- Start the day with a pint of warm water and the juice of half a fresh lemon.