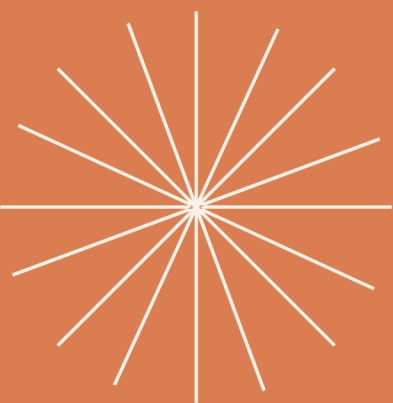




LOW TOX STARTER GUIDE

5 FOUNDATIONAL STEPS TO REDUCE
YOUR TOXIC EXPOSURE

BY CAROLINA LAMARTINE
INSOUND HEALTH



WELCOME

Hi, I'm Carolina — health coach, sound healer, and mama passionate about helping you feel more energized and in control of your health.

This guide is a starting point. A place to begin reducing your exposure to everyday toxins without obsessing or getting overwhelmed. Each section focuses on one impactful area where you can make simple swaps with big benefits.

Low-tox living isn't about being perfect — it's about being aware and making informed choices that support your body, your family, and the planet.

1. EAT HOME-COOKED, WHOLE FOOD MEALS

WHY IT MATTERS:

Ultra-processed foods often contain additives, preservatives, seed oils, and artificial colors that have been linked to inflammation, hormonal imbalances, and gut issues. Cooking at home helps you control ingredients and reduce exposure to hidden chemicals.

WATCH OUT FOR:

- Artificial colors (Red 40, Yellow 5, etc.)
- Preservatives like sodium benzoate, BHT, BHA
- Seed oils: canola, soybean, corn, cottonseed
- Artificial sweeteners: aspartame, sucralose, saccharin
- High fructose corn syrup
- Fillers and gums: carrageenan, xanthan gum, maltodextrin
- “Natural flavors” (often ultra-processed) and artificial flavors



HEALTHY SWAPS:

- Prioritize whole, single-ingredient foods
- Choose organic (EWG dirty dozen and clean fifteen are great resources) or local when possible (farmer's markets are fun!)
- Use olive oil, ghee, or avocado oil
- Cook with herbs, lemon, spices instead of sauces
- Read labels — ingredients matter more than the number

2. SWAP PERSONAL CARE & CLEANING PRODUCTS

Healthier than the chemical loaded stuff, but with the same level of effectiveness.

WHY IT MATTERS:

Your skin absorbs much of what you put on it — and conventional products often contain endocrine disruptors, allergens, and carcinogens.

WATCH OUT FOR:

- Parabens (methyl-, propyl-, butylparaben)
- Phthalates (usually hidden in “fragrance” or “parfum”, rarely listed)
- SLS/SLES
- Triclosan
- Formaldehyde-releasing preservatives

HEALTHY SWAPS:

- Fragrance-free or essential oil-based scents
- Non-toxic brands (see my product guide for recommendations)
- Products with EWG Verified or MADE SAFE certification





- 🧴 Surfactants (Cleansing agents)
 - Sodium and MEA C10–16 Alkylbenzenesulfonate (Primary anionic surfactant); C10–16 Pareth (Non-ionic alcohol ethoxylate surfactant); Sodium Lauryl Sulfate (Another anionic surfactant); MEA Laureth Sulfate (Amine ethoxysulfate co-surfactant); C10–16 Alkyldimethylamine Oxide (Amphoteric surfactant, foam stabilizer); Sodium Cumenesulfonate (Auxiliary surfactant)
- 💧 Water & Solvents / Carriers
 - Water (Aqua/Eau); Propylene Glycol (solvent/stabilizer); Alcohol (likely ethanol as carrier); Ethanolamine (pH adjuster & solvent)
- 🧴 Builders / Chelators / pH Buffers
 - Sodium and MEA Citrate (Water softener/chelating); Calcium Formate; Tetrasodium Glutamate Diacetate (biodegradable chelating agent)
- 🧴 Enzymes (Stain removers)
 - Subtilisin (Protease enzyme); Amylase; Cellulase; Mannanase
- 🧴 Polymers & Antiredeposition Agents
 - Polyethyleneimines Alkoxylated
- 🌸 Fragrance & Related Additives
 - Fragrances (parfum) – proprietary blend; Possibly compounds like beta-ionone, benzyl acetate and phthalates
- 🎨 Colorants
 - Dyes (blue tint)
- 🛡️ Preservatives / Stabilizers
 - Benzisothiazolinone (preservative); Methyl di-tert-butyl hydroxyhydrocinnamate (antioxidant/stabilizer)
- 💧 Silicone Agents / Softeners
 - Hydrogenated Castor Oil; Simethicone, Dimethicone, Phenylpropyl Ethyl Methicone, Trimethylsiloxysilicate
- ⚠️ Other Additives
 - Sodium and MEA Salts of C12–18 Fatty Acids; Diethylenetriamine (These are often buffers or functional formulation aids.)

Ingredient comparison

- 🧴 Surfactants (Cleansing Agents)
 - Alkyl Polyglucoside – plant-derived, gentle, biodegradable; Sodium Cocoate – soap-based surfactant
- 🧴 Builders / pH Buffers / Chelators
 - Sodium Citrate – water softener/chelating agent; Tetrasodium Salt (likely tetrasodium glutamate diacetate); Sodium Carbonate – washing soda; Polyacrylic Acid, Sodium Salt – polymer/anti-redeposition agent
- 🌿 Essential Oils
 - A blend of essential oils and plant-derived fragrance components:
 - Eucalyptus Oil, Fir Needle Oil, Lavandin Grosso Oil, Lime Oil, Clove Leaf Oil, Orange Oil; other naturally derived aroma compounds possibly including Citronellol, Coumarin, Eugenol, Oakmoss, Farnesol, Geraniol, etc.
- 🧴 Whitening or Abrasives
 - Precipitated Silica – gentle scrubbing/preventing caking



PRETTY SHOCKING DIFFERENCE!

3. USE SAFE MATERIALS IN THE KITCHEN

WHY IT MATTERS:

Plastics and nonstick cookware can leach harmful chemicals like BPA, PFAS, and phthalates into food when heated. These disrupt hormones and may impact fertility and immunity.

WATCH OUT FOR:

- BPA/BPS coatings
- Teflon/PFAS coatings
- Aluminum cookware

HEALTHY SWAPS:

- Glass containers
- Stainless steel or ceramic cookware
- Beeswax wraps, silicone bags instead of plastic



4. FIND A MINDFULNESS PRACTICE

WHY IT MATTERS:

Chronic stress impacts your nervous system, digestion, hormones, and detox pathways. Mindfulness practices support emotional and physical resilience.

SIMPLES WAYS TO START:

- A 2-minute breathing pause before meetings
- Journaling or daily gratitude
- Grounding outside barefoot
- Meditation, yoga, or sound baths

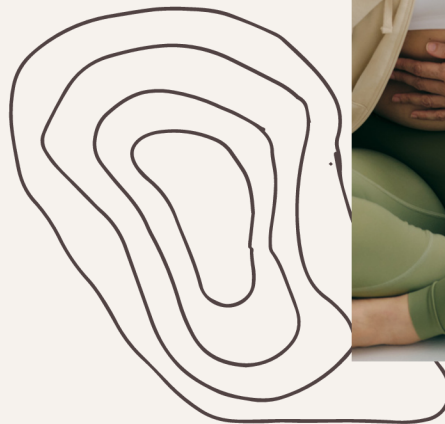
Breathwork:

Inhale for 4...3...2...1...

Hold for 4...3...2...1...

Exhale for 4...3...2...1...

Hold for 4...3...2...1...



5. FILTER YOUR WATER

WHY IT MATTERS:

Tap water may contain chlorine, fluoride, pesticides, microplastics, heavy metals, and pharmaceutical residues — all of which can burden the body over time.

WATCH OUT FOR:

- Fluoride
- Chlorine and chloramine
- Lead, arsenic, heavy metals
- PFAS (forever chemicals)
- Microplastics
- Las Vegas: disinfectant by-products

HEALTHY SWAPS:

- Fridge in-line, under sink, pitchers, faucet, whole house filters
- Look for filters certified per NSF standards (multiple numbers)



INGREDIENT CHEAT SHEET

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WATER:

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- PFAS (forever chemicals)
- Microplastics
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Hope this guide brings some clarity and direction, helping you initiate your journey towards a safer home and lifestyle. Please use this as reference, and do not feel pressured to make changes all at once. Also remember 80/20. You have the power to decide what makes sense for you and your family.

Have more questions?

DM me for free guidance via chat on any of these areas. I also offer health coaching sessions to help you achieve your goals and maintain your well-being.

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SUPPORT

