

# 5 TIPS FOR TOXIC REDUCTION

MOVE THAT MOUNTAIN LIFE  
PRESENTS  
SIMPLE STEPS FOR HUGE IMPACT



## 1. FILTER WATER

**NO PLASTIC BOTTLES!**

Tap water is allowed to contain the maximum amount of toxic chemicals by current "standards", raise your standards. Filter your home water, use glass or stainless to carry water, avoid plastic in the hot car. Look into Distilled and Reverse Osmosis, use for drinking, cooking and for Pets

## 2. REDUCE TOXIC FOOD INTAKE

**MAKE IT A HABIT, SAY NO TO FOODS THAT DO NOT SERVE YOUR BODY FUNCTION**

Food is Fuel, life and the ONLY way our body can survive, foods contain fats, fiber, vitamins, minerals and proteins we need to keep our organs, glands and cells healthy. Choose Clean, fresh whole NON -GMO veggies and fruits and organic fed meats.



## 3. MOVEMENT

**MAKE EVERY ACTIVITY COUNT**

We have over 680 muscles that need to MOVE!  
Maybe you don't "work-out" however you do something! What ever you do, think, Im doing this for my body, The more we move, we circulate our blood, blood flows to organs to help them rid our body of toxins

## 4. AIR WE BREATHE INSIDE AND OUT CONTAINS A LOT OF "TRASH"

**INSIDE AIR HAS 300X THE TOXINS AS OUTSIDE AIR**

Spray Cleaners, air fresheners, Carpet, furniture, Digital pollution, make-up, toiletries...TRY Home air purifiers, open windows, MOST OF ALL trade out toxic chemicals in the home for cleaner, natural solutions  
And get a Plant! ( plants Help us breathe)



## 5. IDENTIFY TOXIC RELATIONSHIPS

**FRIENDS, WORK, FAMILY, SPIRITUAL**

A little gossip about so and so seems harmless, a partner or family member belittling you may be brushed off, straight out verbal, mental and physical abuse often gets justified, These situations will eat away at your core with stress and pain. Identify your situation, and confide in a trustworthy person to work through this type of toxic killer!



If you think your well-being is important, You are right!  
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