

Dirty Girl

TOXIN-FREE

Living

GUIDE

A home detox reference guide based off the book Dirty Girl



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Intro

Phthalates, PFAS, BHT, mattress flame retardants, formaldehyde, plastics, GMOs, herbicides. Do these sound familiar? If you have read Dirty Girl, then you know these can be detrimental to your health.

Let's get started detoxing your life!

Don't know where to start?

Look no further! Our Dirty Girl Reference Guide goes through every component of life in order to get you and your family living clean.

Check out each of the categories below to reference what are the best non-toxic brands and products to swap your old ones with.

Be patient with the process, and have grace with yourself while making these changes- you are doing great!

Heard of a great non-toxic brand or product that we haven't?

Let us know by emailing us at support@dirtygirldetox.com.



Food

Avoid and/or Minimize these!

Top Glyphosate Containing Foods

- All Wheat Containing Products
 - Pasta
 - Breads
 - Cereals
 - Granola
 - Snack/granola bars
- Oats
- Chickpea Products
- Lentils
- Corn
- Soybeans



Food Resources



Glyphosate Free Labeling The Detox Project



Dirty Dozen Foods to always buy Organic



Avoid Non-Organic Food Look for the USDA label



Proposition 65

These warnings are in place to protect you so if you see it on your foods; don't eat it.



Arsenic - mostly found in rice

Go for white rice, jasmine rice, aromatic rice, or basmati rice for lower amounts, & always wash/rinse before cooking



Thallium

Often found in California grown Organic vegetables, specifically leafy greens like kale, cabbage, spinach, and lettuce



Sugar and Alcohol

Keep refined/added sugar and alcohol out of the diet, as they take the liver's energy away from detoxifying and add to the toxic load



Kitchen Cookware

Sauces & Pans



[Scanpan](#)



[Xtrema Pure Ceramic](#)



[All Clad Stainless Steel](#)



[Anchor Hocking](#)



[Le Creuset \(Porcelain Enameled Cast Iron\)](#)

Storage Containers

(hint: Use glass, stainless steel or ceramic), avoid aluminum foil and plastic wrap and substitute beeswax and stasher bags and parchment paper



[Bees Wrap](#)



[Glass Storage](#)



[Container Store](#)



[Ceramic & Glass](#)



[Stasher Bag](#)

Utensils



[Stainless Steel](#)



[Solid Wood](#)

No glue or covering

Water Bottles & Lead Test



[Klean Kanteen](#)



[Hydro Flask](#)



[Life Factory](#)



[3M Lead Testing Kits](#)



Personal Care



[Biological Dentists](#)



[Think Dirty App](#)



[EWG Skincare Product List](#)




Personal Care

Top 10

most commonly used clean skin care products & brands

1. Sunscreen

 Solara

 Badger

2. Deodorant

 Purely Great

 Each & Every

3. Lotion

 Everyone

 Each & Every

4. Foundation

 Rejuva Minerals

 Beautycounter

 Maia's Mineral Galaxy

5. Lipstick

 Mineral Fusion

 Honest Beauty

 Maia's Mineral Galaxy

6. Shampoo

 Avalon

 Attitude

 Pipette Baby

7. Soap

 Everyone

 Attitude

 Soap for Goodness Sake

8. Hair Mousse/gel

 Original Sprout

 Free & Clear

 Pacinos

9. Facial Moisturizer

 EO

 Inna Organic

 Acure

10. Face Wash

 Just The Goods

 Alaffia

 Arata



Clothing

pact

Pact

**GROCERIES
APPAREL**

Groceries Apparel

BROOK THERE

Brook There

Grown & Sewn in USA
HARVEST & MILL
organic clothing

Harvest & Mill

FAIR INDIGO ♦

Fair Indigo

OO RAWGANIQUE

Rawganique

TOAD&CO 

Toad & Co





Furniture



Wayfair's - "Sustainability"

You can sort by the chemicals added to your furniture



Pottery Barn

Green section



Birch Living



Savvy Rest Mattresses & Couches



Avocado Green Mattresses & Furniture



Greenington - Fine Bamboo Furniture



West Elm - Sustainability Section





Cleaning & Construction

Healthy Cleaning Supplies:



[EWG](#)

Construction Materials:



[Green Building Supply](#)



[Vermont Natural Coatings](#)





Water

Testing:



[My Tap Score](#)

Whole House Filter:



[Aquasana](#)

Point of Use Filter:



[Berkey Home](#)

Countertop Water Purifier:



[AquaTru](#)





Air

HEPA Filters:



Air Doctor Pro



Austin Air



IQAir

M^oLEKULE

Molekule

Home Testing:



IAQA

This is best determined by your location



The Home Depot

Inexpensive mold testing kits but this does not replace a full evaluation; it simply gives you a place to start.



Dirty Dozen Guide to Food Chemicals

Learn which chemicals to avoid in food by highlighting some of the worst offenders on the market.

Did you know that there are more than 10,000 chemicals allowed in food sold in the U.S? It's true, and many of these chemicals are associated with major health harms, including cancer, developmental harm, and hormone disruption.

The Environmental Working Group (EWG) has released their Dirty Dozen Guide to Food Chemicals to help consumers know which chemicals to avoid. The Dirty Dozen highlights some of the worst offenders on the market, including preservatives like butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), which are intentionally added to processed food. Other chemicals, like heavy metals, contaminate food during processing, storage, and packaging.

What's concerning is that almost 99 percent of food chemicals introduced since 2000 were greenlighted for use by food and chemical companies, without proper review by the Food and Drug Administration (FDA). Instead of the FDA determining which food chemicals are safe to consume, the manufacturers of those substances decide. This legal loophole means that foods can be classified as "generally recognized as safe" without proper review by the FDA.

As consumers, it can be difficult to know which foods and chemicals are safe for our families. However, the EWG's Dirty Dozen Guide can help us make informed decisions about what we eat. By avoiding the chemicals listed in the Dirty Dozen, we can reduce our exposure to harmful substances and prioritize nourishing, safe foods.



Nitrates and Nitrites

Nitrates and nitrites are preservatives used in cured meats. Nitrites can form from nitrates and have been linked to stomach cancer, esophageal cancer, and possibly brain and thyroid cancers.



Potassium Bromate

Potassium bromate is a possible human carcinogen added to flour used in packaged baked goods.



Propyl Paraben

Propyl paraben is a preservative used in pastries and some tortillas. It causes developmental and reproductive harm.



BHA

Butylated hydroxyanisole, better known as BHA, is a preservative used in cured meats and other foods. Multiple sources have identified it as a possible human carcinogen.



BHT

Butylated hydroxytoluene, also called BHT, is a preservative found in cereals and other foods. It's a chemical cousin of BHA and is a possible human carcinogen.



TBHQ

Tert-butylhydroquinone, or TBHQ, is a preservative used in Pop-Tarts and other processed foods. It may harm the immune system and weaken the effectiveness of vaccines.



Titanium Dioxide

Titanium dioxide is a color additive used mostly in candy. It may damage DNA.



BVO

Brominated vegetable oil, or BVO, is used to stabilize citrus flavors in sodas and fruity drinks. It can cause neurological harm.



PFAS

The toxic per- and polyfluoroalkyl “forever chemicals” known as PFAS are used in food packaging and are known to leach into the food itself. They increase the risk of cancer and damage the immune and reproductive systems, among many other health harms.



Artificial Colors

Synthetic food dye can be found in many types of food and beverages. They can affect development and cause behavioral difficulties in children. There are seven we’re especially concerned about: Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2 and Green 3.



Artificial Sweeteners

Artificial sweeteners can affect the hormones that regulate metabolism and have a negative effect on weight control.



Heavy Metals

Many baby foods contain dangerous levels of heavy metals, including mercury, lead, cadmium and arsenic. Exposure can slow growth and development, increase cancer risk and lead to behavioral and learning difficulties. Most metals get into food through water and soil pollution.

The Most Toxic Foods You Eat Everyday

The Environmental Working Group (EWG) Dirty Dozen is a list of the top twelve fruits and vegetables that are found to contain the highest levels of pesticide residues.

Here are the current Dirty Dozen list as of 2023:



Strawberries



Peaches



Spinach



Cherries



Kale, collard greens
and mustard greens



Pears



Nectarines



Tomatoes



Apples



Celery



Grapes and Raisins



Potatoes

How Your Kitchen Appliances Can Make You Sick

The biggest toxin culprit in the kitchen is the use of Non-Stick Coatings. They're on virtually every type of cookware including pots, pans, baking sheets and cooling racks, but are now used in the most popular appliances including air-fryers, toaster ovens and even some toasters.

Here's why Non-Stick Coatings are dangerous:

Non-stick Coatings have become well known for their toxicity, and they're bioaccumulation.

Fluoropolymers used in non-stick coatings were found to increase the incidents of tumors of the liver, testicles, mammary glands, and pancreas in lab animals.

The EPA has also categorized perfluorinated compounds (PFAS) as likely carcinogenic. Also, a study by the Centers for Disease Control and Prevention (CDC) discovered a shocking statistic — 98% of Americans have detectable levels of PFAS or PFCs in their bodies. Mamavation has been studying PFAS contamination closely in cookware, food packaging and water.

These chemicals are linked with the following diseases and symptoms you don't want:

- Metabolic diseases like obesity & diabetes
- Reduced vaccination response
- Affect the growth, learning, and behavior of infants and older children
- Lower a woman's chance of getting pregnant
- Interfere with the body's natural hormones
- Increase cholesterol levels
- Affect the immune system
- Increase the risk of cancer

Check this list for the top-rated, non-toxic makeup brands to see if you're using potentially harmful makeup

Some Top-Rated Non-Toxic Brands Include:

- Alima Pure
- Juice Beauty
- Real Purity
- Range Beauty
- Marie Hunter Beauty
- RMS Beauty
- 100% Pure
- W3LL People
- Vapour Beauty
- Hynt Beauty
- Makeup Geek
- Pacifica
- Mented Cosmetics
- Au Naturelle
- Ilia
- Kosas
- P/Y/T Beauty
- Beauty Counter
- Gabriel Cosmetics



Simple Recipes For Making Your Own Non-toxic Cleaning Products

Recipe For Non-Toxic All Purpose Cleaner

Ingredients:

- 1 cup water
- 1 cup white vinegar
- 20 drops essential oil (such as lemon, lavender, or tea tree)

Instructions:

1. In a spray bottle, combine 1 cup of water and 1 cup of white vinegar.
2. Add 20 drops of your favorite essential oil (such as lemon, lavender, or tea tree) to the mixture.
3. Close the spray bottle and shake it well to combine all the ingredients.
4. Your all-purpose cleaner is ready to use!

To use, simply spray the cleaner on any surface you want to clean and wipe it down with a clean cloth. This all-purpose cleaner is safe for use on most surfaces, including countertops, sinks, appliances, and floors. The vinegar helps to disinfect and deodorize, while the essential oil adds a pleasant scent and may have additional cleaning properties. With this non-toxic cleaner, you can keep your home clean and healthy without using harsh chemicals.

Recipe For Non-Toxic Bathroom Cleaner

Ingredients:

- 1/2 cup baking soda
- 1/4 cup liquid castile soap
- 1/4 cup hydrogen peroxide
- 10 drops tea tree essential oil
- 10 drops eucalyptus essential oil
- 1 cup warm water

Instructions:

1. In a small bowl, mix together the baking soda and liquid castile soap until well combined.
2. Add the hydrogen peroxide to the mixture and stir well.
3. Add the tea tree and eucalyptus essential oils to the mixture and stir again.
4. Slowly pour in the warm water while stirring constantly until the mixture is well combined.
5. Transfer the mixture to a spray bottle for easy use.

To use, simply spray the cleaner on your bathroom surfaces, such as your shower, sink, and toilet, and let it sit for a few minutes. Then, scrub the surfaces with a brush or sponge and rinse with water. This non-toxic bathroom cleaner is effective at removing dirt, grime, and soap scum without using harsh chemicals. Plus, the tea tree and eucalyptus essential oils provide a refreshing scent and have natural antifungal and antibacterial properties.

Recipe For Non-Toxic Laundry Soap

Ingredients:

- 1 bar of castile soap (such as Dr. Bronner's)
- 1 cup of washing soda
- 1 cup of baking soda
- 1 cup of borax
- 20 drops of essential oil (optional)

Instructions:

1. Grate the bar of castile soap using a cheese grater or food processor.
2. In a large bowl, mix the grated soap with washing soda, baking soda, and borax.
3. Add 20 drops of your favorite essential oil to the mixture (optional) and stir well.
4. Transfer the mixture to an airtight container.

To use, add 1-2 tablespoons of the laundry soap to your washing machine for each load of laundry. This non-toxic laundry soap is effective at removing dirt and stains without using harsh chemicals. The washing soda, baking soda, and borax all work together to clean and deodorize your clothes, while the essential oil provides a pleasant scent. With this homemade laundry soap, you can keep your clothes clean and fresh while avoiding harmful chemicals.