

# THE HEALTH FORMULA

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## Living Clean and Green

In the modern world, we are exposed to thousands of chemicals on a daily basis. Here are some tips on how to avoid exposure and detoxify naturally.

### Buy organic when it counts

The Environmental Working Group (EWG) creates two lists each year to help us know when it's important to buy organic: the [Dirty Dozen](#) and the [Clean Fifteen](#). If you can't always buy organic, make sure you're at least buying organic versions of the foods listed on the Dirty Dozen, and know that you can get away with conventional versions for the Clean Fifteen. You can also view the full list of foods tested [here](#).

### Store your food safely

When you store your food in plastic containers, you're letting hormone disrupting chemicals like BPA seep into your food. To avoid this, use stainless steel or glass containers to store your food at home. Remember, even plastic containers that say "BPA-Free" contain other hormone disrupting chemicals!

### Use safe cleaning products

Why use conventional cleaning products full of chemicals when you can use gentler ones with the same effect? The EWG has tested over 2,000 household cleaners; [check out their directory](#) to make sure what you're using is safe!

### Clean up your personal care products

On average, we put over 125 unique chemical ingredients on our skin daily. Reduce that number and use safer products by checking out the [EWG's Skin Deep Guide to Cosmetics](#).

### Be health-conscious on the fly

The EWG has a fantastic [Healthy Living app](#) to help you decide on the healthiest products when you're at the store. Use it whenever you're not sure about a product!

### Drink clean water and breathe clean air

Use the [EWG's Water Filter Guide](#) to help you determine the right filter for your water. Use air filters at home (especially in your bedroom), to keep the air you breathe clean.

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Some popular choices include counter-top systems like the [Berkey](#) with an additional [fluoride filter](#), and under-the-sink systems like the reverse osmosis [Radiant Life 14-stage filter](#), and multi-stage carbon filters like [CrystalQuest](#). In general, reverse osmosis systems are most effective, but some people complain that the water these systems produce tastes “flat” and “lifeless”. Which filter is best depends largely on personal preference, provided it eliminates chlorine, chloramine, fluoride, lead, and other toxins.

## **Eat and live clean for detox**

Despite our best efforts, we’ll still be exposed to some harmful chemicals in our day-to-day life. Eating a real food diet, drinking enough water, sweating when you exercise, managing your stress, and sleeping enough all play a role in how well we detox these inevitable exposures. Live a healthy life to help your body do its job.