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Disclaimer:

The information within this resource guide is based upon the opinions of the author. For any medical condition, physical symptoms or disease, always consult with a qualified physician or appropriate health care professional. This information is not intended as medical advice and should not replace the advice of a qualified health care professional. It is intended solely to share information from the research and experience of the author. We encourage you to make your own healthy living decisions based upon your own research. The author does not accept any responsibility for your health or how you choose to use the information contained in this ebook.
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Minimizing Toxins in Today’s Toxic World

After becoming sick years ago, I began doing “a ton” of research. My health challenges arose from – and became exacerbated by – living in today’s “toxic” world. Chemicals, stress and food can all be toxic and each played a role in my downward spiral. In fact, those factors play a significant role in many diseases. As the following infographic illustrates, the escalation of auto immune diseases in recent years closely mirrors the increase in chemicals and toxins.

As a result of my personal research and not wanting others to go down the same road, I created the blog, Living Natural Today, to help others. My desire is to provide a resource of information for living a healthier, more natural lifestyle.

I’m not a doctor, but as a patient who has visited many doctors, I became aware that there are many factors which go into living a healthy lifestyle – diet, exercise, stress reduction, and minimizing toxins to name a few. Initially, it wasn’t just one thing that made me sick. It was a combination of things. As one doctor explained:

“We all have a toxic bucket – and my toxic bucket overflowed.”

Once that bucket fills up and spills over, disease sets in. Wouldn’t it be nice to never have the bucket completely fill? I hope that by sharing these resources, you can begin to make changes to keep your bucket from overflowing. And if your bucket is already full, it’s time to start taking action so that your filled bucket shrinks.

Minimize Toxins – Just Start – and Minimize your Risks

The good news is that by minimizing toxins you can begin to minimize many of the associated health risks. Begin by making product substitutions. It doesn’t have to be overwhelming! Just start by changing a handful of things – one at a time.

Within this guide, I list various websites from organizations, doctors, and individuals. This is by no means an exhaustive list, but it is a good starting point. It is my hope that this guide will get you started and also encourage you to do your own research so you can take the first step to minimizing toxins in your life today!

Wishing you abundant health!

Teresa
Chemicals comprise one of the largest classifications of toxins. Incredibly, out of approximately 80,000+ chemicals that are registered in the United States, only a small number of these have actually been tested for human health. I don’t know about you, but that’s frightening to me.

We are exposed to literally hundreds of chemicals each day. In fact, it is estimated that women put on an average of 160 chemicals every day amongst all of their personal care and skin care products. Unfortunately, our bodies don’t know what to do with these chemicals! Because chemicals often interfere with our hormones and may, subsequently, lead to disease, it is imperative that we minimize exposure to these harmful toxins!

Organizations and Education

- Environmental Working Group – [http://ewg.org](http://ewg.org)
- MADE SAFE - [https://www.madesafe.org/](https://www.madesafe.org/)
Food, particularly “conventional” and processed food, can be another major source for toxins. I highly recommend eliminating processed food and, instead, choosing organic, real whole foods. There are many great resources when it comes to healthy, real food! Here are websites worth visiting:

- Eat Local Grown – http://eatlocalgrown.com/
- Food Babe – http://foodbabe.com/
- Food Democracy Now – http://www.fooddemocracynow.org/
- Food Inc. – http://www.takepart.com/foodinc
- Food Matters – http://www.foodmatters.tv/
- Sustainable Table – http://www.sustainabletable.org
- The Cornucopia Institute – http://www.cornucopia.org/
- The Food Revolution Network – http://foodrevolution.org/
- Weston A Price – http://www.westonaprice.org/
Real Food Bloggers – Delicious and Healthy Recipes

There are many great real food bloggers who share delicious recipes without all of the processed ingredients! Here are some which I recommend:

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<tr>
<th>Blog Name</th>
<th>Website Link</th>
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<tr>
<td>A Real Food Journey</td>
<td><a href="http://www.arealfoodjourney.com/">http://www.arealfoodjourney.com/</a></td>
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<td>Real Food Outlaws</td>
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<td>Deliciously Organic</td>
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<td>Real Food, Real Deals</td>
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<td>GNOWFGLINS</td>
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<tr>
<td>Recipes to Nourish</td>
<td><a href="http://www.recipestonourish.com/">http://www.recipestonourish.com/</a></td>
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<td>Juggling Real Food and Real Life</td>
<td><a href="http://www.jugglingrealfoodandreallife.com/">http://www.jugglingrealfoodandreallife.com/</a></td>
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<tr>
<td>The Nourishing Home</td>
<td><a href="http://thenourishinghome.com/">http://thenourishinghome.com/</a></td>
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<tr>
<td>Life Made Full</td>
<td><a href="http://www.lifemadefull.com/">http://www.lifemadefull.com/</a></td>
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<tr>
<td>Wellness Mama</td>
<td><a href="http://wellnessmama.com/">http://wellnessmama.com/</a></td>
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<tr>
<td>My Whole Food Life</td>
<td><a href="http://mywholefoodlife.com/">http://mywholefoodlife.com/</a></td>
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<tr>
<td>Whole Food. Real Food. Good Food</td>
<td><a href="http://wholefoodrealfoodgoodfood.com/">http://wholefoodrealfoodgoodfood.com/</a></td>
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<tr>
<td>Real Food Girl: Unmodified</td>
<td><a href="http://www.realfoodgirlunmodified.com/">http://www.realfoodgirlunmodified.com/</a></td>
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<tr>
<td>Whole New Mom</td>
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Begin incorporating some of their recipes into your diet. Take it one step at a time as to not get overwhelmed by making the change from processed food to real, whole food.

Here are some additional suggestions to help make changes to your diet:

https://www.livingnaturaltoday.com/2014/02/healthy-eating-modify-your-diet-for-good/
Food Allergy Recipes and Advocates

Food allergies are running rampant today! Listed below are advocates, resources and bloggers who cater to specific allergies:

- Allergy Free Alaska – http://www.allergyfreelaska.com/
- Can I Eat Here – http://www.canieathere.com/
- Real Food Allergy Free – http://wwwREALFOODALLERGYFREE.com/

Eating Gluten-Free

Today’s wheat has become increasingly toxic to many. Whether you have been diagnosed with Celiac disease or an autoimmune condition, or are allergic to wheat and have sensitivities to it, you know the importance of eating gluten-free. Following are some gluten-free resources and restaurant guide websites to help you navigate the “world of gluten-free:”

Gluten-Free Resources

- Beyond Celiac – http://www.beyondceliac.org/
- Celiac Disease – http://celiac-disease.com/
- Gluten Free Travel Site - http://glutenfreetravelsite.com/
- The Gluten Summit – http://theglutensummit.com
Choose Organic!

Whenever possible, it is best to shop organic! Always look for the USDA organic seal on a product. By choosing organic, you limit your exposure to pesticides and other chemicals which are sprayed on the product. Organic also limits your exposure to added hormones, antibiotics and genetic modifications.

Organic Organizations and Education

Following are associations and governmental entities which answer questions about organic and its standards:

- Only Organic – http://www.onlyorganic.org/
- Organic Trade Association – http://ota.com
- USDA Organic – http://ow.ly/AknAs

51 Reasons to Buy Organic

If you need further convincing to choose organic, here are 51 reasons: https://www.livingnaturaltoday.com/2014/06/choose-organic-food/
Do You Know GMO?

Genetically modified organisms (GMOs) were introduced into our food supply in the mid-1990’s. According to the Institute of Responsible Technology, "GMO is the result of a laboratory process where genes from the DNA of one species are extracted and artificially forced into the genes of an unrelated plant or animal. The foreign genes may come from bacteria, viruses, insects, animals or even humans."

According to Green Living Ideas, "GMO food is produced for only two reasons: (a) to produce a toxin, Bt, that kills pests and (b) to be resistant to herbicide, such as Monsanto’s RoundUp."

GMOs have not been adequately tested for human consumption even though they are in many of our foods – especially corn, soy, sugar beets, canola, cotton, alfalfa, zucchini, yellow squash and Hawaiian papaya. Currently, the FDA does not require food to be labeled as GMO.

I highly recommend you do your own research. I choose to eat non-GMO.

GMO Organizations and Education

- GMO Awareness – http://gmo-awareness.com/
- GMO Free USA – http://gmofreeusa.org/
- GMO Inside – http://gmoinside.org/
- Institute for Responsible Technology – http://www.responsibletechnology.org/
- Just Label It – http://justlabelit.org/
- Non-GMO Project – http://www.nongmoproject.org/

Non-GMO Shopping Guides

- Center for Food Safety – http://ow.ly/AknQZ
- Non GMO Apps – http://foodrevolution.org/blog/non-gmo-apps/
Toxic Heavy Metals and Mold

Mercury – Heavy Metal Toxin in our Teeth!

Mercury is a heavy metal that is toxic! Unfortunately, amalgam fillings contain mercury. If you consider having your silver amalgam fillings removed, please do the research and find a dentist who will remove them properly.

There are safe protocols that should be followed so that you and the dental staff are not further exposed to this toxic heavy metal.

How to Remove Amalgam Tooth Fillings Without Additional Health Risks:

https://www.livingnaturaltoday.com/2012/05/removing-mercury-fillings-properly/

Mercury-Free Dentists:

- Mercury Free Dentists – http://iaomt.org/
Mold and Mycotoxins Are Wreaking Havoc

Mold can be found in our homes, schools and places of work. Some people are more sensitive to mold than others. For me personally, mold has wreaked havoc on my body. Mold can create a multitude of symptoms. For more information and resources about toxic mold, visit the following:

✈ Dr. Amy Myers: Mycotoxins – http://www.amymyersmd.com/2013/05/tmw-episode-5-mycotoxins/
✈ Dr. Jill Carnahan - https://www.jillcarnahan.com/2015/02/08/toxic-mold-exposure-cause-symptoms/
✈ Paradigm Change - http://paradigmchange.me/
✈ Surviving Mold – http://www.survivingmold.com/
✈ Surviving Toxic Mold - http://www.survivingtoxicmold.com/

The Ultimate Resource Guide for Overcoming Toxic Mold

Multiple Chemical Sensitivity – Modern Day Canaries!

Multiple Chemical Sensitivity (MCS), also known as Environmental Illness, is near to my heart since I have it. Unfortunately, with the amount of chemical exposure we all experience every day, MCS is becoming a reality for more people. If you have multiple symptoms when exposed to chemicals, I recommend researching MCS. It took me several years to figure out that chemicals were wreaking havoc on my body.

What is Multiple Chemical Sensitivity?

MCS America defines **Multiple Chemical Sensitivity** as “a diagnostic label for people who suffer multi-system illnesses as a result of contact with, or proximity to, a variety of airborne agents and other substances.” (EPA)

Sometimes referred to as a neuro-endocrine-immune disorder, **MCS causes dysfunction in many body systems** as a result of exposure to low levels of environmental chemicals. **The effect is similar to that of a large dose of poison on a healthy person.**

The symptoms resulting from MCS vary as they can affect the nervous, immune, endocrine, cardiovascular, reproductive, respiratory, musculoskeletal, and gastrointestinal systems.

MCS can be a challenge for those living with it. Fortunately, there are resources and support to help with the journey.
MCS Organizations and Support


Multiple Chemical Sensitivity Health Information

- Dr. Martin Pall – [https://www.researchgate.net/profile/Martin_Pall](https://www.researchgate.net/profile/Martin_Pall)
- Dr. Daniel Pompa – [http://drpompa.com/conditions/mcs](http://drpompa.com/conditions/mcs)

Multiple Chemical Sensitivity (MCS) and Toxins with Dr. Pompa: Radio Episode #1 Recap:

A “Natural” Approach to “Traditional” Thinking

With exposure to so many toxins today, our health can become compromised. Unfortunately, many traditional doctors resort to prescribing drugs without trying to get to the root cause of the problem. However, there are other doctors who take a more “non-traditional” and “natural” approach to health. They follow the thinking of Hippocrates when he said “let food be thy medicine and medicine be thy food.”

I encourage you to seek out doctors who try to get to the root cause.

Remember, when seeking healthcare, research your options. There may be options which are more natural and might not be as harmful in the long run.

Doctors Taking a More Natural Approach

Following are some doctors who share information on their websites and choose to take a more natural approach:

- Dr. Josh Axe – [http://www.draxe.com](http://www.draxe.com)
- Dr. Amy Myers - [http://www.amymyersmd.com/](http://www.amymyersmd.com/)

- **Functional Medicine Practitioners**

- **Naturopathic Physicians**
Recommended Products

Healthy Home Planner

Make this the year you create a healthy home! The Healthy Home Planner helps you have a healthy home by doing easy, actionable steps incorporated into your daily life.

Included in the planner:

- Monthly and Weekly Calendars for 2019
- Motivational Quotes
- Cleaning Checklists
- Resource Pages
- Goal Trackers
- Gratitude Log
- DIY Labels
- Areas for Meal Plan and Grocery Lists

Ebooks

Do You Know What You’re Eating?
Confused about food labels? Learn the difference between “Natural” and “Organic” and why it matters for your family. Within this ebook, you will discover the amazingly simple things you can do to avoid wasting money at the grocery store.

The Non-Toxic Laundry Room
Are there toxins in your laundry room? You better believe it! Introducing an ebook to make your Laundry Room a safer environment by minimizing toxins — practically and affordably.
Online Health Summits *(highly recommended!)*

There are many great online summits offering highly beneficial information! Listen in to gather cutting edge information from expert speakers on a variety of topics. [Click here](http://www.livingnaturaltoday.com) for a complete list of online summits.

Additional Recommended Products

Visit [Living Natural Today’s Online Store](http://www.livingnaturaltoday.com) for more recommended products!
Listen Online to Living Natural Today

Listen to archived shows as I interview leading doctors and health advocates who share resources about organic food, healthy living, and minimizing toxins on her radio show entitled, “Living Natural Today: Out with Toxins - In with Your Health.” Learn what you can do to minimize the risk to you and your family.

Contact Information

Join me on online for more great information regarding minimizing toxins! I look forward to connecting with you!

http://www.livingnaturaltoday.com

https://www.facebook.com/LivingNaturalToday

https://twitter.com/livenatural2day

http://www.pinterest.com/livenatural2day

https://plus.google.com/108685826407240804980/