

Non Toxic Swap Checklist

First steps to reducing toxin load

@FertilitybyErika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping individuals and couples optimize their fertility and hormones.

This guide will provide you with essential information on your TTC journey when it comes to lowering your toxin exposure and how to practically get started with your switches.

In case you would still feel unsure about how to improve your symptoms or implement things in your case I offer my free **Root Cause & Cycle Mapping Session**: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

APPLY FOR ROOT CAUSE &
CYCLE MAPPING SESSION



Erika H.

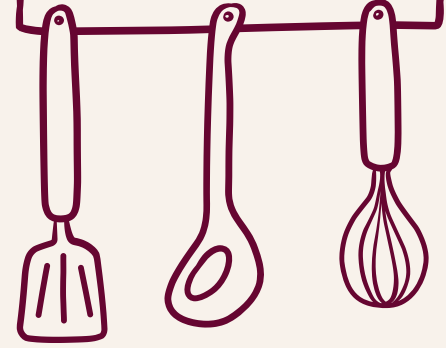
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Simple toxin free swaps for your daily life

These easy changes will support your fertility, hormones and overall well-being

PS : You don't have to implement these all at once as it can be quite overwhelming

Start with the ones you used the most or the ones you have used up and need to buy new



Kitchen

Out with the old

- ☐ Teflon/nonstick pan
- ☐ Plastic containers
- ☐ Aluminium foil/Plastic wrap
- ☐ Plastic utensils
- ☐ Plastic bags
- ☐ Plastic straws
- ☐ Commercial soap/tablets
- ☐ Synthetic sponge
- ☐ Regular coffee filters
- ☐ Plastic bottles
- ☐ Microwave
- ☐ Plastic blender
- ☐ Tap water
- ☐ Plastic tea bags
- ☐ Canned food

In with the new

- ☐ Stainless steel pan/Cast iron
- ☐ Glass containers
- ☐ Beeswax wraps
- ☐ Bamboo/wooden utensils
- ☐ Paper bags
- ☐ Glass/stainless steel straws
- ☐ Natural/homemade dish soap
- ☐ Cellulose/coconut sponges
- ☐ Unbleached coffee filters
- ☐ Glass/stainless steel bottles
- ☐ Mini oven/Air fryer
- ☐ Glass/stainless steel blender
- ☐ Water filter system
- ☐ Metal tea infuser



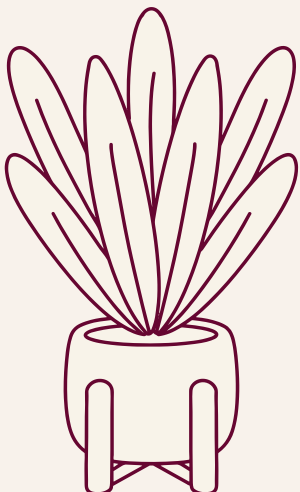
Bedroom

Out with the old

- ☐ Synthetic bedding
- ☐ Chemically treated mattress
- ☐ Chemical fabric softener
- ☐ Artificial air freshener
- ☐ Plug-in scents
- ☐ Synthetic room spray
- ☐ Bright LED lights
- ☐ Blue light devices
- ☐ Electronics in bedroom
- ☐ Synthetic clothing
- ☐ Synthetic fiber pillows
- ☐ Transparent/white curtains

In with the new

- ☐ Organic cotton/linen/hemp sheets
- ☐ Organic wool/Natural fiber mattress
- ☐ Natural laundry soap
- ☐ Essential oils diffuser
- ☐ Plants
- ☐ Air purifier
- ☐ Warm dimmable lights (yellow/orange)
- ☐ Red-light filter glasses or app on devices
- ☐ Battery alarm clock
- ☐ Organic cotton, wool, silk, bamboo, hemp, linen clothing
- ☐ Cotton pillows
- ☐ Blackout curtains



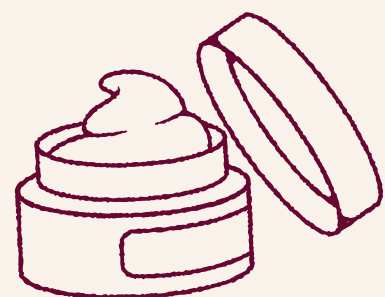
Bathroom

Out with the old

- ☐ Perfumed shampoo/conditioner
- ☐ Perfumed body wash
- ☐ Mainstream deodorant
- ☐ Commercial fluoride toothpaste
- ☐ Regular tampons/pads
- ☐ Fragranced moisturizers
- ☐ Commercial makeup
- ☐ Synthetic face wash
- ☐ Vinyl bath mat
- ☐ Plastic shower curtain
- ☐ Plastic toothbrush
- ☐ Bleach products
- ☐ Commercial sunscreen
- ☐ Antibacterial soap
- ☐ Mainstream dental floss
- ☐ Mainstream laundry detergent

In with the new

- ☐ Sulfate/paraben/silicone/perfume-free shampoo
- ☐ Organic/perfume-free wash soap
- ☐ Aluminium/paraben/perfume-free deodorant
- ☐ Toothpaste without fluoride
- ☐ 100% cotton period products/underwear
- ☐ Organic moisturizers/Beef tallow/Vanicream
- ☐ Clean beauty makeup
- ☐ Natural facial cleanser/CeraVe/Jojoba oil
- ☐ Natural fiber bath mat
- ☐ Hemp/organic cotton curtains
- ☐ Bamboo toothbrush
- ☐ Shower filter
- ☐ Clean sunscreens/Odyskin/Raw Elements
- ☐ Castile soap/pure tallow soap
- ☐ Silk floss
- ☐ DIY baking soda, washing soda, Epsom salt, essential oil, or Branch Basics



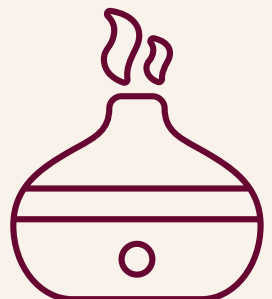
Living Space

Out with the old

- ☐ Synthetic rugs
- ☐ Commercial candles
- ☐ Scented sticks
- ☐ Conventional vacuum
- ☐ Plug-in air freshener
- ☐ Plastic fake plants
- ☐ All-purpose cleaners

In with the new

- ☐ Natural fiber carpets
- ☐ Beeswax candles with essential oils
- ☐ Salt lamps
- ☐ HEPA vacuum
- ☐ Fresh air — open windows
- ☐ Real plants
- ☐ DIY — vinegar and citrus peels



Shopping Resources/Brands

Cosmetics

Vanicream

InnerSense

Weleda toothpaste

TALLOW Creams

Primally Pure

VitaPrima

Pure Haven

Osea

TierraVerde

Oris Health

Fygg

Bambaw

Badger

Ecco Verde

Makeup

Ilia

RMS

Tower28

Araza

Manasi 7

Home, laundry, kitchen

Dyson airpurifier

Green pan

Branch Basics

TierraVerde

Zuma

Pact

BlueLand

Tru Earth

Pronounce

AquaSana

PristineHydro

Supplements & Nutrition

Pure encapsulations

Thorne

Seeking Health

Designs for Health

Blueprint

Microbiome Labs

Bodybio

Gaia Herbs

Needed

We Heart Nutrition

Perelel

So what's the next step?

If you are feeling overwhelmed by all things detoxification, how they are relevant to your case and don't know where to start - I get you and I've been there!

You don't have to figure out your journey to optimal hormone health, fertility or full-term pregnancy on your own.

I offer my free Root Cause & Cycle Mapping Session: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

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