Healthy Swaps – cleaning up the toxins!

Environmental toxins are everywhere and the bioaccumulation of these compounds can lead to a variety of metabolic and systemic dysfunctions, and in some cases outright disease states. The systems most affected by these xenobiotic compounds include the immune, neurological, and endocrine systems. Toxicity in these systems can lead to immune dysfunction, autoimmunity, asthma, allergies, cancers, cognitive deficit, mood changes, neurological illnesses, changes in libido, reproductive dysfunction, and glucose dysregulation. (https://pubmed.ncbi.nlm.nih.gov/10696119/)

We want to decrease our toxin load as much as possible and understand how to detox our body and our pet's body. Scalar wave is an energetic way to detox as it replaces the chaotic cells with harmonious cells. Scalar can naturally help the body boost the energy level of every cell which can improve cognitive function and boost the immune system. It opens up the channels and clears the energy centers (chakras) so the body can feel its best. Scalar may help our body process EMFs as EMFs create clumped cells and scalar wave may replace the chaotic / clumped cells with harmonious cells. Scalar addresses the toxins and inflammation in a soft way that does not overwhelm the body. It is like resetting your cells.

There are many other ways to reduce the toxic load for you and your animals. Pick one or two and start there to make changes over time or you can implement as many as you want. Sometimes it is easier to slowly ease into it and many of us just want to do it all. Me? I am a let's do it all now type of person. Here are some ideas:

1. Organic fruits and vegetables, more than 10,000 chemicals are allowed in food sold in the U.S. Some options for healthier produce would be to go to a farmers market, grow in your own garden, or start with EWGs Clean 15 and dirty dozen lists to lower costs versus switching to all organic. Here are the 2023 dirty dozen: Strawberries, Spinach, Kale, Peaches, Pears, Nectarines, Apples, Grapes (of course we will not share these with our dogs), peppers, cherries, blueberries, and green beans. The Clean 15 list provides a list of produce that is safe to purchase non-organic. Here is a link to both: https://www.ewg.org/foodnews/
2. Treats. Check the ingredients of any treats, many of them include artificial flavorings and colorings as well as many ingredients we cannot even pronounce! There are healthy single protein treats available by Northwest Naturals, Small Batch and Green Juju. I am sure there are others, these are the ones we use. You could also make your own or use fruits or vegetables. Most dogs love carrots, blueberries, cauliflower, etc. Check out Chef Grit's limited ingredient treats: https://talkingpawsandenergyhealing.com/resources/
3. Filtered water. Our tap water can be full of chemicals, take a look at EWGs site at https://www.ewg.org/tapwater/ to look at your local water supply. There are many types of filters you can use; there are some that attach to the faucet, pitchers, canisters, or whole house systems. I have a Berkey canister and a Clearly Filtered pitcher for travel. We also have Berkey filters on our showers as we also want clean, filtered water going into our skin and our animal's skin. Skin is the largest organ and it is best to limit the chemicals we use topically as well.
4. Cleaning products. Most commercial cleaning products have dangerous chemicals in their ingredients. When you use them in your home, they are either sprayed on the floor or they "fall" to the floor when used in the environment. When our dogs walk on it, their feet are not protected and it goes in through their pads as well as they lick their feet and fur, so they are ingesting all those chemicals. Laundry detergent and dryer sheets can be just as bad and cause skin issues. Vinegar, water, and baking soda all can be used in a safe manner. I also

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like to add therapeutic grade essential oils to my cleaning products, lemon and wild orange are great to use. See my resource on clean cleaning products: https://talkingpawsandenergyhealing.com/resources/

5. Treated fabrics. Many of the fabrics on furniture and dog beds and even carpeting are treated or coated with chemicals, especially fire retardants. There can also be off-gassing of new products, especially carpeting, furniture, etc. and since most of our homes are closed up, what is released has nowhere to go other than remain in the air of your home. For carpet and furniture, the doors and windows can be open or you leave it in the garage or somewhere similar before bringing into your home. There are options that have not been treated. I like Mercola dog beds as they are an organic, non-toxic option.
6. Yard chemicals. Chemicals spread or sprayed on your lawn get on your animal's feet and fur. It will then be absorbed through their feet and skin as well as they will ingest it by licking their body. You also want to be aware of other places you walk. If you walk elsewhere, use a microfiber towel or Norwex type cloth to wipe their feet before going back in the house or vehicle. Side note… Norwex cloths are also good for cleaning while working through skin allergies issues.
7. Plastics (PFAS, PFOS, Phthalates, etc.) Do not use plastic for your dog's food or water bowls. The toxins from the plastic will leach into your dog's food and they will ingest it every day. It is best to use glass or stainless steel. I use Anchor Hocking, PYREX, or Corelle dishes. (PYREX is the original brand, pyrex is not the same quality.) I also store all of their food and treats in glass containers. Plastic bowls can also cause chin acne and I have seen many dogs have this clear up immediately from changing the type of bowl.
8. EMF. Electromagnetic fields have been an issue for many years, however the implementation of 5G has really increased our exposure. The best solution is to hardwire your house and limit the use of Wi-Fi. And yes, that can be expensive and can be very inconvenient. If this is not an option, put your router on a timer to shut off at bedtime and turn on in the mornings. If no one is home during the day, consider turning off your router. Put your phone in airplane mode or keep it away from your bed at night. Make sure your dog's cage or bed is not in direct proximity to the router or any other WIFI devices. I also use Shungite and crystals and put around my router to help with any EMFs from the router. Large black tourmaline stones by the dog beds provides an added layer of protection. Smart appliances are also very toxic to our health. The smart plugs emit a high frequency that we cannot hear and it can really impact our dog's overall health. There are many cases where dogs stopped eating, were panting and pacing non-stop and no one could determine the cause. Once the smart plugs were removed, the dogs were back to their happy, healthy self. https://pubmed.ncbi.nlm.nih.gov/27012122/
9. Air quality. The air inside your home can be up to 100 times more polluted than outdoor air. A good home air filtration system can help clean the air so the air we are breathing is clean, healthy air. Many of our pets spend more time inside than we do, so it can be very beneficial to their overall health to cleanse the air within the house. I have 2 Air doctors and am amazed at what they pull out of the air. If you watch their ads, they commonly run sales for 50% of their units. It is well worth the cost! This can also help with seasonal changes and turning on the A/C or furnace and dust is stirred up in the environment. If your dog is itchy when you turn on your furnace (winter time), in addition to the air purifier, a humidifier can help put moisture back in the air. As well as you can increase their Omega 3 fatty acids or add some other healthy oils to their diet.
10. Candles, plug ins and air freshener turn our air toxic with the synthetic fragrances. It actually burns my nasal passages and lungs just stepping into a room with any of these artificial fragrances. A healthy alternative is therapeutic grade essential oils (minimal drops) in a

diffuser and allowing the animal the ability to leave the area. You can also make an air freshener with essential oils. See my resource page for directions. https://talkingpawsandenergyhealing.com/resources/ There are some oils that are not recommended for animals, lavender or roman chamomile would be a great start and stay tuned for information on using essential oils with your pets.

11. Exercise!! Getting outside in nature is very healthy for all of us and provides relaxation, grounding and stress reduction. It is also a wonderful time to bond with our animals. Put your phone into airplane mode and enjoy the time bonding. We should all spend at least an hour a day in nature and more if you can. If you think you don't have time, then you really need to do it!!
12. Poorly made supplements, herbs, mushrooms and CBD. Review the products on the manufacturer's website to look at ingredients and request a COA (certificate of analysis) to ensure they are clean and are made from quality ingredients. We do not want our efforts to improve health to introduce more chemicals or synthetic ingredients. There are so many products out there that are not what they say on their label and some can cause more harm than good. Do your research and ask questions from the manufacturer.
13. Liver detox twice a year. Our liver is our primary filtration system and removes most of the toxins from the body. Providing support with a detox can be very beneficial. Most holistic vets will recommend twice a year detox. There are many products available for liver detox by using herbs, humic/fulvic acid, chlorella, etc. Be sure to work with a holistic health coach or vet to determine the best one for your dog. Hair mineral analysis tests are also great to determine heavy metals as well as mineral levels.

I hope this has been helpful. This is not to cause fear or unease, this is to educate and empower you! Take a look at your environment and see what would be easy to clean up and then make plans to work on others as you can. If we don't know it, we can't address it!!

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