

# Domestic Detox by Lorna Emblen

## Why we should be filtering our water and fermenting our food

### *Filtering: Chlorine and Fluoride*

- ▶ There are dozens of reasons why we should filter and ferment, but let's stick with the basics today. Gut health and immunity!
- ▶ Chlorine is an addition to our water supply that just makes good sense. Our town water catchments are contaminated by all manner of things. Adding chlorine to the water as a disinfectant and antibacterial agent makes the water less dangerous to drink.
- ▶ However it also has its risks. Chlorine is a known carcinogen and does terrible damage to sensitive tummies. Whilst it does a good job at killing nasty bugs and parasites in our water it also can do an effective job at killing off good gut bacteria.
- ▶ Fluoride is a known neurotoxin. There is no way to know how much we are consuming.
- ▶ By making use of a good quality filter, we can eliminate a large percentage of the added chlorine and fluoride out of our drinking water. Lessening the damage to our good gut bacteria which most of us are lacking greatly in today and protecting our children's developing brains.

### *Fermenting: Increase your good gut bacteria*

- ▶ So why is fermenting our food so important? Our tummies are our first line of immune defence, so it's really important to keep them happy.
- ▶ Fermented foods contain a wide range of good bacteria's that our body needs to use to maintain good immune health.
- ▶ The probiotics in fermented foods assist the immune system by correcting deficiencies and increasing numbers of certain immune fighting cells. This helps maintain balance in your body's systems.
- ▶ Making fermented foods is much easier than it might seem and is the original preservation method used by generations before us.
- ▶ Fermenting at home is growing in population again, because it's now very easy to gain information and starter ferments from those in the community who have already begun their fermentation journey.
- ▶ It's much more cost effective to make your own, and you can have an ongoing supply of good bacteria with very little initial outlay.
- ▶ It tastes great.

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## 'GREENWASHING'

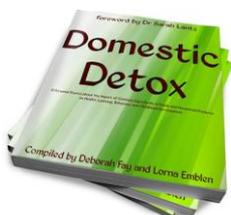
Don't be fooled by fancy marketing claims like:

- All Natural
- Organic
- Green
- Clean
- Environmentally friendly
- For sensitive skin
- Eco friendly
- Vegetarian
- Vegan and so on.

None of these terms mean Chemically Safe!

### Cleaner Cleaning

1. Bi-carb and/or salt – Abrasive. Good for scrubbing and scouring.
2. Vinegar and/or lemon –Acidic. Helps to eat away at ground in dirt and grime. Mixed with bi carb or salt into a paste makes an excellent grout, tile, oven and sink cleaner. 70% Vinegar/water solution Kills mould!
3. Hydrogen peroxide – A million and one uses. Use to disinfect surfaces, remove odours, bleach whites and so much more.
4. Essential oils – Disinfecting, sanitising, odour control, cleaning.
5. Microfiber cleaning cloths – packet of 5 for low \$ works perfectly.
6. Indoor plants – Clean up the air from all those VOC's with plants.



Purchase Domestic Detox (the book) now!

## Pantry Detox

- Group like foods together, dividing your pantry into 2 main sections: 1 main ingredient foods - (eg, rice, flour, raw nuts etc). Also include basics like pasta, so long as there are no additives. If there are additives place it in the next section. 2+ ingredient foods – everything else, eg, pasta sauce and other meal jars, pre-packaged snacks etc. Check your ingredients, you'll be surprised to find things like dried fruit or cocoa has lots of added extras.
- It's time to replace or replenish. Decide on one food per week or month (whatever you can manage) and focus on how you could make a better option for your family regarding that one food. Eg, jar of bolognese sauce. Can you make your own or can you do an ingredient check and buy a brand with less additives, less sugar etc. Do this throughout the week or month with your other jarred meal bases to your own set standard and what you find is important for your family. Next month choose something else in your pantry.
- Recipe check family favourites that you can make yourself and then add the individual ingredients for that meal or snack to your shopping list. Aim to reduce additives, sugar, salt, flavourings etc. If you don't want to make your own, try to keep the ingredients per jar down to a minimum.
- Consider a book or app that can help you make better choices at your leisure. The Chemical Maze is a fantastic option. You can make these changes as quickly or gradually as you can manage, just aim to keep momentum up. No more than ten mins per day and you'll be on your way to a chemically safe pantry.

### Quick bathroom and laundry detox

\*Go to your personal care and laundry stash and toss out anything that has passed its used by date.

\*Have an honest think about what you can do without. Do you really need x, y and z if they all do a similar job? Are you brand chasing?? Make a short list of what you really need. Eg, shampoo, cond, moisturiser, laundry powder, stain remover.

\*Look at the products that you are getting low on and check their ingredients. Can you make a better choice in product when this needs replacing? Investigate and make your choice now, so you are ready when you run out.

\*Be particularly mindful of anything that sprays. Can these be changed to pumps or creams? It's not good breathing in toxic fumes as well as dousing yourself in them. It's not good for the kids either, they will be wearing everything you are!