

## HOW TO **MINIMISE ENVIRONMENTAL TOXINS** FOR **A HEALTHY BRAIN**

### **RECAP** FROM TODAY'S SESSION

- Your brain is your most important asset.
- Take small steps to protect it now.
- Be aware of the sources of toxins. They are often hidden.
- Minimise your exposure to environmental toxins.
- Maximise your body's natural detoxification processes.

### TOP TIPS

#### **SOURCES**

- Home cleaning products
- Toxins in food
  - Pesticides
  - Antibiotics
  - Heavy Metals eg mercury, arsenic, lead
  - Food Additives
- Plastics
  - BPA plastics and their newer replacements
- Indoor air
  - mould from water damage
  - offgas from fire retardant furniture
- Drinking water
- Cosmetic and personal care products

#### **MINIMISE EXPOSURE**

- Buy organic when it counts
- Store your food safely: use glass, stainless steel
- Use safe cleaning products
- Choose your personal care products wisely
- Filter your water and your air
- Check trusted websites for what's toxic

#### **MAXIMISE DETOXICATION**

- Work up a sweat: sauna, exercise
- Manage your stress, spend time in nature, move frequently
- Aim for 7-9 hours, quality sleep. Practise sleep hygiene
- Eat real food
- Avoid industrial seed oils, refined sugars, refined flours, soy
- Maintain a healthy gut flora: bone broth, fermented foods - kimchi, kefir, kvass, sauerkraut

## MINDSET FOR BEHAVIOUR CHANGE

### WHAT IS YOUR 'WHY'?

Having a healthy brain is important for me because it would enable me to ... (write your answer in this box)

## MY ONE ALMOST-IMPOSSIBLY-SMALL NEXT STEP

Fill in the boxes below with one action you'll take.

**I will...** (write down what action you will take in this box)

**for...** (write down when / time frame / frequency you will take action in this box)

**and will use...** (write down who or what resources (apps, journals) you will use in this box)

Be **SMART** with your next step  
(Specific, Measurable, Achievable,  
Relevant, Time-Bound)

Adopt an **experimental mindset**: "failure is information".  
Ask: "what did you learn when things didn't turn out as planned"?

**Celebrate**: call out your positive wins no matter how small