

YOUR PERSONAL GUIDE

LOW TOX HOME EDIT

◆ WHERE TO START ◆ SWAPS



A GUIDE BY DARBY

Your step-by-step checklist for a Low Tox home —
where to start and what to swap.

Kitchen

Bath

Bedroom

Laundry

Garden

AS SEEN ON

NETFLIX

"The Plastic Detox"

Why I made this guide for you

We had been struggling with unexplained infertility for years. We had spent over \$16,000 on natural treatments, diets, workouts and testing.

I had nearly given up all hope, until we met Dr. Shanna Swan. After agreeing to a 3 month detox from plastics and plasticizers, we got to work auditing our home and lifestyle.

We learned how to truly have a Low Tox home. We had our plastic chemical levels tested after the intervention and they went down from higher than the national average, to almost zero! We felt refreshed, lost weight, slept better, and best of all, after nearly 3 years of infertility, we had our first baby!

I believe creating a Low Tox home is a simple and effective tool to restoring fertility and protecting your family.

So, whether you are trying for a baby, or looking to protect your family from toxic chemicals or what I call "Environmental Infertility," this is for you.



"Little fixes become big change."

So what's the deal with plastic?

Plastic is a really versatile resource and it's in almost everything. From home items to skin care products, to our water and food.

THE GUARDIAN · JUNE 5, 2019

"People eat at least 50,000 plastic particles a year, study finds"

by Damian Carrington, Environment Editor · ncbi.nlm.nih.gov/search/research-news/2266

The problem is not just that we ingest literal plastic, but the chemicals that enter our bodies when we do.

CHEMICALS TO WATCH FOR

BPA's (Bisphenol A)

BPF, BPS

PFAS (Forever Chemicals)

Phthalates

Parabens

These chemicals absorb into the skin, water, food and environment causing chaos in the body and the ecosystem. Studies have shown plasticizers to be associated with infertility, sex hormone disruption, obesity, cancer, miscarriage and infant death.

Thankfully, there are simple swaps you can make at home to protect your family and your fertility. We do it because the world needs kids and healthy humans make a happy planet.

Ingredients to Avoid

Anything with the prefix "poly" is a good place to start. Polymers are in so many things — from food to clothing and building materials. Industrial processing creates these man-made plastics largely from fossil fuels. They are durable and easy to use but they cost the environment and our health.

AVOID

✗ Polyurethane

✗ Polyester

✗ Teflon

✗ Polymers

✗ Thermal plastics (receipt paper!)

QUESTIONS TO ASK

→ Is this product scented?

→ Is it made from a natural fiber?

→ Is it made in a factory?

→ Is it packaged in plastic?

→ Is there a low-toxin alternative?

→ Can I live without it?

A NOTE ON SCENTS

Scents are one of the quickest and easiest ways to weed out toxic chemicals in your home. Even "natural" scents can be full of phthalates that cause endocrine disruption. They can disrupt estrogen causing fertility issues, potential birth defects and worsen conditions like PCOS.

TRY INSTEAD

- Essential oils
- Non-aluminum deodorants
- Ceramic diffusers
- Potpourri (vs. car fresheners)

Clothing

Poly fibers are in most fast fashion. Not only is fast fashion a landfill nightmare and a cause for concern with child labor, industrial pollution and poor conditions for workers in underdeveloped countries — fast fashion may be a killer. Poly fabrics like nylon, rayon, spandex and polyester absorb into your skin. Especially workout gear.

The same materials that make things stretch and water/sweat resistant can make them deadly.

NATURAL FIBER ALTERNATIVES

Cotton / Muslin

Organic if possible. Cotton crops can be sprayed heavily with pesticides.

Wool / Merino

Great for athletic wear. Natural water wicking and insulation. Look for the Woolmark symbol for 100% wool.

Bamboo

One of the fastest growing, most regenerative resources in the world. Used in all sorts of fabric products.

Linen / Flax

A favorite since biblical times. Worn in hot climates around the world. Think blue zones.

Thrifted is a great way to get these fabrics at a low cost. Also be sure to donate or upcycle your old clothing — we don't want to toss everything into landfills! Some of your toxic clothing may even have lost toxicity with multiple washes, so older / thrifted clothes can be safer, even if the materials aren't natural.

DON'T BE FOOLED BY GREENWASHING

Greenwashing is a technique businesses have used for years to make us think their products are better for us and better for the environment. With all the hype from the plastic movement we are seeing companies coming out with "plastic free" products that are far from it.



How I Check for Safer Products



Clearya

FOR SKIN, HAIR & NAIL PRODUCTS

Clearya scans product ingredients and flags harmful chemicals in real time as you shop online.



EWG

FOR ALL OTHER HOUSEHOLD PRODUCTS

The Environmental Working Group app rates products on a scale of 1–10 for safety. Look up anything from cleaning supplies to personal care.



Million Marker

FOR PERSONAL CHEMICAL LEVEL TESTING

They check your levels of harmful chemicals through urinalysis — utterly fascinating. Great for tracking your progress over time.

Where to Start in Your Home

This Home Edit Checklist is your guide. Follow the instructions at your own pace. Little by little, let these simple swaps add up to a Low Tox lifestyle.

Kitchen

Non-stick pans, plastic containers, pod machines & more

Bath

Shampoos, soaps, dental care, razors & personal care

Bedroom

Bedding, clothing, rugs, candles & storage

Laundry

Detergents, softeners & dryer sheets

Garden

Pesticides, plastic pots, hoses & fertilizers

Hidden Culprits

Receipts, coffee cups, cans, scents & food

Kitchen Checklist

DITCH

- ✗ Non-stick pans
- ✗ Plastic food containers
- ✗ Plastic food storage baggies
- ✗ Plastic spatulas, tongs etc.
- ✗ Plastic cutlery
- ✗ Plastic cups, plates, bowls
- ✗ Plastic wrap
- ✗ Scented/colored dish soaps
- ✗ Standard sponges/scrubbies
- ✗ Coffee pod machines & plastic filter coffee makers
- ✗ Blenders & food processors (friction flecks particles)
- ✗ Plastic water filtration

SWITCH TO

- ✓ Stainless steel, copper, cast iron or ceramic
- ✓ Glass storage containers (let food cool before lidding)
- ✓ Silicone food storage baggies
- ✓ Silicone over plastic implements
- ✓ Metal cutlery
- ✓ Ceramic dishes
- ✓ Wax covers vs. plastic wrap
- ✓ Non-toxic, scent-free dish soap (Branch Basics, walnut or loofah scrubbies)
- ✓ French press or percolator
- ✓ Wooden cutting boards
- ✓ Desiccant packs for large dried-goods buckets
- ✓ Reverse osmosis in-line with copper pipe
- ✓ Fans when cooking + air purifiers

Bath Checklist

AREAS OF CONCERN

Look for: Paraben-free · Phthalate-free

- ✗ Scented hair products
- ✗ Shampoos with parabens/phthalates
- ✗ Conditioners
- ✗ Body soaps with parabens
- ✗ Toothpaste in plastic containers
- ✗ Dental floss
- ✗ Perfumes
- ✗ Hair dyes
- ✗ Plastic razors
- ✗ Shaving cream
- ✗ Mouth guards
- ✗ Skin lotions
- ✗ Face washes
- ✗ Bath towels (synthetic)
- ✗ Scrub brushes
- ✗ Face masks
- ✗ Period products (pads, tampons — go for unbleached organic cotton or silicone cups)

TRY INSTEAD

- ✓ Apple cider vinegar + tea tree oil for dandruff
- ✓ Coconut oil, shea for hair care
- ✓ Coco butter, coconut oil, shea, yarrow for skin
- ✓ Toothpaste tablets or powders (Bite)
- ✓ Bamboo toothbrushes (F.E.T.E)
- ✓ Silk dental floss
- ✓ Beeswax beard care (Badger)
- ✓ Metal razors (Unplastic Shop)
- ✓ Metal trash cans
- ✓ Natural fiber towels
- ✓ Loofah gourd scrubbies
- ✓ Wooden brushes with bamboo bristles
- ✓ Witch hazel for acne wash
- ✓ Essential oils
- ✓ Plastic-free deodorant (Humble, Native)

Recommended Bath Brands



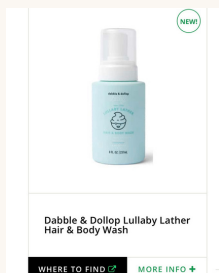
Badger

Certified organic skin care, balms and sunscreen



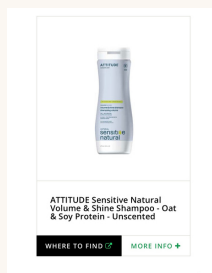
Humble

Natural, plastic-free deodorant



Dabble & Dollop

Clean baby and family personal care



Attitude

EWG-verified personal care products



Chomp

Plastic-free dental care

Check the EWG Skin Deep database for more verified products: www.ewg.org/skindeep

Bedroom

AREAS OF CONCERN

- ✗ Bedding
- ✗ Clothing
- ✗ Curtains
- ✗ Rugs
- ✗ Pillows
- ✗ Laundry baskets
- ✗ Storage bins
- ✗ Candles
- ✗ Intimacy products

TRY INSTEAD

- ✓ Cotton sheets, silk if you're bougie!
- ✓ Watch for flame retardants
- ✓ Check your tags in your closet
- ✓ Be weary of what you're walking on — our feet absorb so much. Try wool rugs.
- ✓ Wooden or wicker baskets and bins for storage items

Laundry

Simple ingredients are best

I'm going to go out on a limb and say just toss the extra fluff.

AREAS OF CONCERN

× Detergents

× Softeners

× Dryer sheets

Most of these are full of PFAS and phthalates.

Beware of "free and clear" — some brands market this as a scent, not a statement of purity!

Just because it says "simple", "eco", "gentle" or "baby" doesn't mean it's safer.

SOME PRODUCTS TO NOTE



Package Free Shop
Laundry Detergent,
Unscented

Package Free Shop Laundry
Detergent, Unscented

WHERE TO FIND [HERE](#) MORE INFO [+](#)



Heritage Park
All-Purpose Laundry
Detergent

Heritage Park Laundry
Essentials All-Purpose Laundry
Detergent, Fragrance Free

WHERE TO FIND [HERE](#) MORE INFO [+](#)

LAUNDRY SODAS CAN ALSO BE GOOD LIKE...



Nellie's Laundry Soda



Branch Basics
Oxygen Boost

Making your own laundry soap is trendy online but do be careful of ingredients in commercial laundry sodas that claim to be low-Tox but don't score well on the EWG database. Gritty detergents can also be irritating for baby and difficult to get mucky clothes clean.

Garden

This is a place where low-Tox and plastic-free are often disregarded. What goes in our gardens goes straight in our bodies and is one of the most important places to be low-Tox.

Culprits are pesticides such as glyphosate, chlorpyrifos (insecticide), and atrazine (herbicide).

Collaborative for Health & Environment

Ditch chemical methods and try: compost amendment, torching weeds, lactobacillus solutions, ladybugs for pest control, vinegar, and homemade bug repellent.

DIY BUG REPELLENT

1/4 cup pure Castile soap (peppermint scented, unless using peppermint oil)

1/4 cup neem oil

3 cups water

Spray under leaves and on soil to manage leaf pests and eggs.

BEGINNER

AVOID

- ✗ Plastic pots
- ✗ Fertilizers
- ✗ Weed killers

USE INSTEAD

- ✓ Glass or ceramic pots
- ✓ Non-toxic fertilizer
- ✓ Glyphosate-free natural weed killers

EXPERT

AVOID

- ✗ Plastic barrier fabric
- ✗ Plastic drip line irrigation
- ✗ Plastic hoses
- ✗ Fertilizers
- ✗ Seed packages (lined with plastic)

USE INSTEAD

- ✓ Glass or ceramic pots
- ✓ Copper pipe / steel pipe
- ✓ Gravity-fed flood watering
- ✓ Metal hydroponic tables
- ✓ Hemp, flax, burlap or straw mulch
- ✓ Ash, fish bones, egg shells, lactobacillus solution
- ✓ Heirloom seeds saved in paper or glass



Hidden Culprits

Scents

Be cautious of essential oil brands that have "fragrance" or "parfume" in their ingredients. Some avoid phthalates, parabens and other harmful chemicals, but many use cheaper ingredients that pose big health risks.

Try using your own lemon rinds to make lemon oil solutions with a carrier like water or alcohol. Mint and lavender work great as well.

Thermal Paper (Receipts)

One of the biggest issues we had with plastics were receipts. As business owners we track expenses often so we keep the receipts. The thermal paper is riddled with BPAs and because of the way it's made to work, they absorb into the skin quickly!

Try taking a picture of receipts, using apps to track purchases, or honestly — use your sleeve to grab them and shove them into a special bag, then at filing time use gloves to handle them. If you work in a place that handles receipts please use gloves. They should be standard PPE for all checkers.

To-Go Coffee Cups

My least favorite swap because I love the feeling of a paper cup and always thought they were recyclable — so what's the problem? Well firstly they're not, because hardly anything actually is. They are also lined with plastic! One of the most dangerous things you can drink out of because heat causes plasticizers to "bloom" into your cup adding tons of microplastic particles to each sip.

Cans

Tin or aluminum cans both for food and drink are actually lined with a plastic membrane. Over time this leeches into the product. Especially when many things are canned hot or stored in warm temperatures.

Food

We can't all grow our own food and it's not feasible to go entirely plastic free with the options available.

Eating at home is the easiest way to avoid exposure.

Checking the manufacturing process on foods you love can be better than even worrying about their packaging.

Packaging doesn't tell the whole story. Something in a glass bottle can have loads of PFAs and vice versa.

Food is maybe the hardest area to eliminate plastic exposure.

One great solution to mitigate this common culprit is with products like Sifts



Sifts' formula is comprised of thoughtful ingredients that work to bind and eliminate microplastics in the gut.

Use Code: DARBY10

"Now it's your turn to tell your family and friends the good news!"

It doesn't have to be hard to make a difference!
Little fixes become big change!

CHECK OUT MY NEWEST CONTENT

www.thelittlefix.blog

Instagram: [@jesseanddarby_plastics](https://www.instagram.com/jesseanddarby_plastics)

ALTERNATIVE DIY SOLUTIONS ON THE BLOG

- [Baby diaper cream](#)
- [Baby sunscreen](#)
- [Flannel wax covers for food](#)
- [Skin care tips](#)
- [Hair care tricks](#)
- [Scents I love](#)
- [Safer make up](#)

AS FEATURED IN

[Netflix "The Plastic Detox"](#) · [The New York Times](#) · [The Guardian](#) · [BBC Global](#)

ALSO GET MY

Guide to Baby's First Year

Low Tox, plastic-free alternatives for nursery and more!

Follow [@Jesseanddarby_plastics](https://www.instagram.com/jesseanddarby_plastics) and DM [Baby](#)

Pax,
Darby
