



Healthy Family Formula

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Blocking Factors Checklist

1. Personal Care Products

Revisit the following and check for nasty ingredients:

- toothpaste
- chemical mouthwashes
- toothpastes made from synthetic chemicals and containing fluoride
- hair / skin products, dyes, soaps, and treatments - all commercial, non-natural
- after shaves, perfumes, colognes
- aluminum antiperspirants and deodorants
- lip balm and lipstick
- makeup
- nail polish

2. Food and Water

Revisit the following to see if some of your practices around buying and preparing your food could be a problem:

What's in your fridge?

- junk food (just for the occasional indulgence, right?)
- packaged and processed food (anything in a bag, box, or can)
- dairy – pasteurized, homogenized, BGH
- farm-raised fish
- non-organic fruits
- non-organic vegetables
- non-range fed beef
- non-fertile eggs from non-range fed chickens
- processed meat products
- soy products (except perhaps fermented products such as tempeh, natto, miso, soy sauce) (refined grain and flour products)
- foods containing high fructose corn syrup (these foods should have a skull and crossbones on them!)
- an excess of breads, cakes, cereals, cookies, crackers, and pastas





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What do you drink?

- tap water (most municipalities add fluoride and chlorine)
- juice (full of sugar)
- alcohol
- soda pop
- sport drinks
- drinks containing aspartame or other artificial sweeteners (these are NOT healthier than sugar and are actually excitotoxic to brain cells)

How do you prepare and store your food?

- use of aluminum foil in oven or BBQ
- BBQ'd food
- aluminum cookware
- cooking with tap water or softened water
- microwaved food
- frying
- plastic storage containers
- plastic water bottles
- plastics that contain BPA
- plastic wrap

3. Home Environment

Revisit the following and check for things that might be affecting your indoor air quality:

- not enough fresh air
- use of perfumes and air fresheners
- non-organic bedding and clothing (chemicals)
- new furniture
- carpet (which can harbour both chemicals and irritants such as dust and molds)
- glues and home improvement materials such as paints that contain Volatile Organic Compounds (VOCs)
- exhaust from an attached garage (ensure there are no leaks into the main home, and don't leave vehicles to run in the garage)
- gasses such as radon and carbon monoxide (there are alarms you can purchase to detect both)
- home office equipment such as printers
- possible allergens, excessive dust, indoor pets
- chemically-scented candles
- chemically scented "air fresheners" for auto, home



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- cigarette/cigar smoke
- dryer sheets
- fabric cleaners
- furniture polish
- plastic toys and teething rings
- herbicides, pesticides
- new carpet off-gassing
- detergents / dish soaps
- fabric softeners
- all non-natural, chemical cleaning products
- new non-cotton/wool/alpaca clothing and bedding (always wash before wearing)
- exposure to allergens and irritants such as mold, bacteria, dust, and pet dander

4. Home Environment (Other Issues)

Light Pollution and EMF Exposure

Revisit the following, and note your child's exposure:

- blue lights in bedroom
- the family computer - too much screen time
- iPhones and iPods
- alarm clock
- poor or inadequate sleep
- non-natural, non-full-spectrum lighting at home
- non-natural, non-full-spectrum lighting at work
- blue light into the night
- computer work at night
- sleeping with light on
- cell phones (use speakerphone)
- electric blankets
- electric razors
- electric toothbrushes
- electric hair dryers
- wireless headsets (bluetooth)
- waterbed heaters
- x-rays (only take when absolutely necessary)
- living within 300 feet of telephone poles/transformers
- "wired" bedroom containing TVs, computers, video games, and handheld devices





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5. Your Medicine Cabinet

Revisit the following; Do you have any of these things in your medicine cabinet? Check for nasty side-effects and/or ingredients, and consider some alternatives (just because it is labelled “medicine” doesn’t mean it’s good for your kids):

- “benign” pain and fever medications such as Tylenol, Advil, etc.
- cough syrup
- non-prescription, over-the-counter drugs such as antihistamines and topical ointments
- prescription drugs

6. Out and About

Revisit the following, and consider making some changes while you are out and about:

- check your work environment for everything on this list you would look for in your own home
- ditto for your child’s school
- look for anything that may be polluting the air in your vehicle such as fresheners (which emit phthalates)
- new vehicles off-gas all sorts of chemicals into the air from upholstery, plastics, glues, foam, and dyes
- baby car seats have the same issues

7. Relationship

Revisit the following, and get real with what needs to change:

- stressful schedules
- lack of rest and downtime
- not eating at the dinner table together
- no boundaries between outside world and home time (texting during meals, etc.)
- toxic relationships
- negative mindset
- lack of quality family time
- no time to listen to children or have fun with them

