



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)





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(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

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



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- 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
- 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





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- 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

## 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



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## 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