

THE
GABRIEL
METHOD

THE **GABRIEL** METHOD

DETOX

PROGRAM

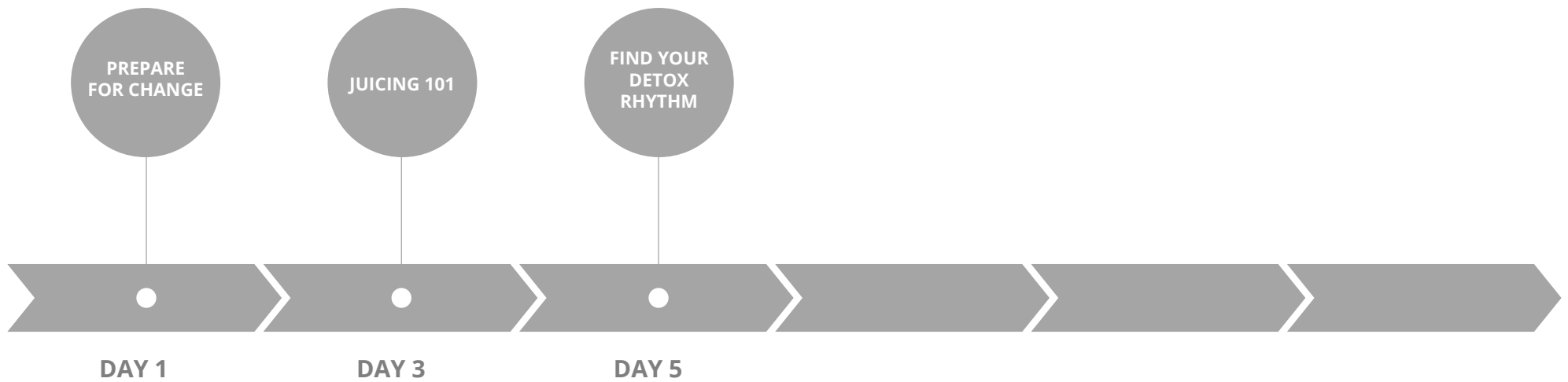
with Jon Gabriel
Coach Nadia and Coach Janine



DAY 3: DETOX YOUR HOME

www.TheGabrielMethod.com

WEEK 1: PRE-CLEANSE



WEEK 2: CLEANSE



Detoxify Your Home & Bath

Helping Your Body's Natural Detoxification System
through a Safe Living Environment

- ▶ How do home & bath products affect us
- ▶ What are the best options
- ▶ Inexpensive alternatives



How do home products affect the body?

- ▶ The Truth: There are several products within our home that are highly toxic
- ▶ Cleaning products can affect our lungs and skin
- ▶ Body products can affect our skin and internally
- ▶ Cooking products can affect us internally



Cleaning Products

- ▶ Include: sprays, gels, liquids, bleach, and other chemical cleaning products
- ▶ These products are inhaled into our system and absorbed through our skin
- ▶ May Contain:
 - Carcinogens - can cause/promote cancer growth
 - Endocrine Disruptors - throws hormones out of balance
 - Neurotoxins - affecting brain activity



Avoid These (when possible)

Look Out for...

- ▶ Cleaners with bleach, ammonia, lye, sodium hypochlorite or triclosan
- ▶ Cleaners with labels containing any of these words: toxic, dangerous, warning, caution, poisonous, skin irritant, eye irritant



"Green" Alternatives

Consider...

- ▶ Lemon Juice
- ▶ Apple Cider Vinegar
- ▶ White Vinegar
- ▶ Baking Soda
- ▶ Castile Soap
- ▶ Commercial Cleaners with Green Certification
- ▶ Essential oils w/ antibacterial properties



Corrosive Drain Cleaners

- ▶ These chemicals can cause severe burns on eyes and skin
- ▶ The fumes are known irritants to the eyes, nose, throat and into the lungs
- ▶ Threaten water quality, fish and wildlife



Toilet Bowl Cleaners

- ▶ The fumes are known irritants to the eyes, nose, throat & lungs
- ▶ Alternatives: eco-friendly cleaner or simple vinegar bottle in the tank for maintenance
- ▶ There are DIY solutions if you want the classic “gel” in the bowl



Oven Cleaners

- ▶ What you put in your oven ends up in your food & your body
- ▶ Sodium Hydroxide (Lye): Caustic, strong irritant, burns skin & eyes. Inhibits reflexes, will cause severe tissue damage if swallowed.
- ▶ DIY: Salt. Heat oven to 125° Fahrenheit (50° C) or use self-clean oven setting. When it's warm, spray w/ water or vinegar & pour salt over grime. Turn off oven. Once cool, it is ready to be cleaned off w/ a damp rag.



Body Products

- ▶ Lotions, shampoos, sunscreen, toothpaste, soaps, make-up, etc.
- ▶ May cause skin allergies & enter the blood stream
- ▶ If you wouldn't eat it, don't put it on your skin (don't forget toothpastes & lipsticks!)



Shampoo & Soaps

- ▶ Shampoo and soap should clean us, not introduce more toxins into our system
- ▶ DIY skin: Look in the kitchen & grab salts, baking soda, honey and oats. Delicious, fun and safe. Start with dry brushing
- ▶ Try oils! Castor oil with olive oil extracts dirt and leaves skin glowing



Conditioner

- ▶ Before conditioner, mayonnaise & egg whites were used as conditioner
- ▶ We intuitively knew how to make hair soft and shiny, was not through chemicals
- ▶ Every time we shampoo, we strip our hair of its natural oils
- ▶ DIY hair: Wash w/ baking soda & water, rinse w/ apple cider vinegar & water



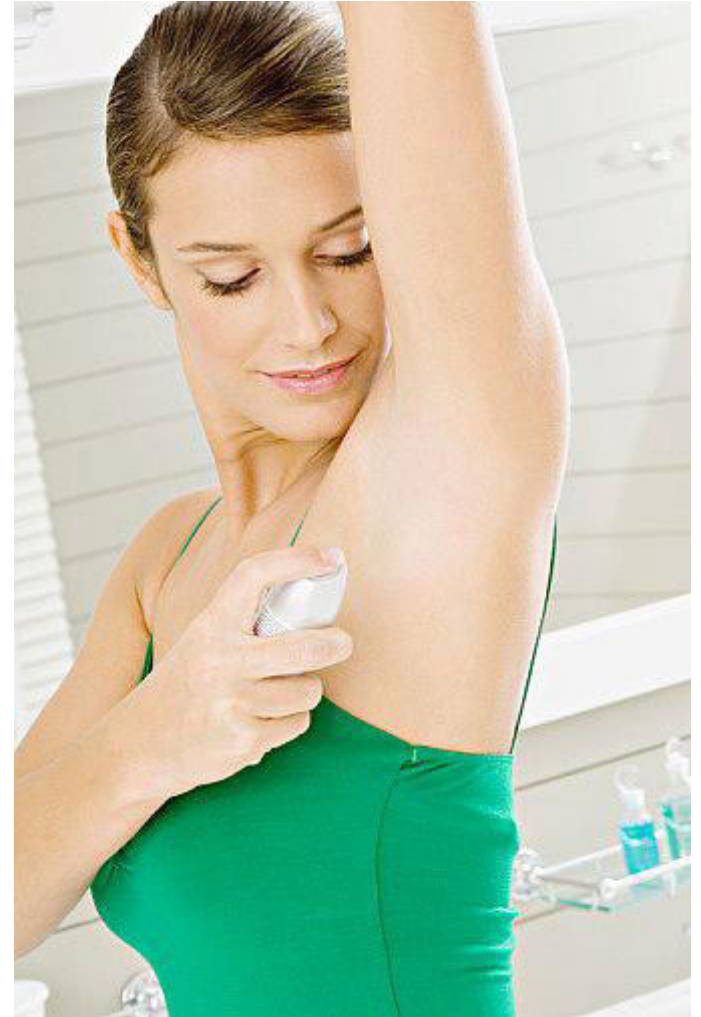
Sunscreen

- ▶ To slather or not to slather?
- ▶ We need Vitamin D for a strong immune system
- ▶ Natural Sunscreens
- ▶ Skin Protection from Food: cacao, blueberries, oranges, watermelon, stewed tomatoes, carrots, spinach, apricots, fish, orange & yellow peppers



Deodorant/Anti-Perspirant

- ▶ Studies link deodorants and antiperspirants with cancer
 - ▶ Sweating helps eliminate toxins & disrupting sweat process makes the rest of your body work harder
 - ▶ Clogs your lymphatic system
- A cleaner diet = less need for deodorants



Toothpaste

- ▶ “If you accidentally swallow more than used for brushing, seek professional help or contact a poison control center immediately.”
- ▶ Your diet creates your teeth & gums. Limit sugar & soda.
- ▶ DIY Toothpaste:
Combine 8 drops tea tree oil, 14 drops peppermint essential oil, 2 tsp castile soap in a 1 oz. glass dropper. Add water almost to top. Shake gently. Put 3 – 6 drops on your toothbrush.



Make-Up

- ▶ Most important = what you put on your mouth (lipsticks and lip-glosses)
- ▶ Make-up should be used to enhance beauty, not destroy it



Cookware

- ▶ Cooked food can be contaminated by the very means you use to cook and store the food.
- ▶ Try to avoid cookware with Teflon, non-stick (PFOA), and Aluminum, Anodized Aluminum, and Cast Aluminum
- ▶ Best alternatives: Stainless Steel, Cast Iron (for women), High quality Ceramic Cookware



Plastics with Bisphenol A (BPA)

- ▶ How you store food is important
- ▶ For storing foods/spices that came in plastic packaging, transfer to glass containers or jars
- ▶ Storing leftovers & water?
Choose glass or BPA Free Plastic
- ▶ Never heat food in the microwave in a plastic container



Non-Toxic Alternatives

- ▶ Non-Toxic home & bath products are now more available in local grocery stores
- ▶ Find brands without added unnatural fragrances, chlorine, phosphates or fillers
- ▶ Look for “green”, non-toxic cleaners
- ▶ No: chlorine, alcohols, triclosan, triclocarbon, lye, glycol ethers, or ammonia
- ▶ Choose safer products: “petroleum-free,” “biodegradable,” “phosphate-free,” “VOC-free,” & “solvent-free”

Inexpensive, DIY Alternatives

- ▶ Baking Soda & Vinegar is great for almost everything!



All Purpose Spray Cleaner

- ▶ Fill a glass jar w/ thyme
(Fresh? Fill to top. Dry? Fill ½ way)
- ▶ Add white vinegar, fill to top of the glass
- ▶ Let sit from 24 hrs to 2 weeks
- ▶ Contents will turn pink
- ▶ Strain out thyme
- ▶ Bottle infused vinegar in a spray bottle



NOTE: This cleaner is antibacterial & disinfectant, can be used throughout your home. Ignore marketing campaigns that would have you believe you need a different cleaner for every job!

Taking Action (without losing your mind)

- ▶ Start with the things you put in your mouth (toothpaste, mouthwash, etc)
- ▶ Next, focus on the things you put on your skin (makeup, body care, soaps)
- ▶ Then think about the what you're cooking and preparing your food with
- ▶ Finally, think about your household cleaners, detergents, and other household chemicals

NOTE: no one is perfect, pick your battles one at a time, and don't beat yourself up. Do your best, and over time it gets easier and simpler to detoxify your home.

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