

# MINI COURSE: 5 Days to a Healthier, Low Tox Home & Lifestyle

Welcome to your 5-day journey toward a healthier home and lifestyle! I'm Hayley Cooper, a mother, teacher, and conscious living advocate passionate about helping women take simple steps toward reducing toxins in their everyday environment. This mini-course focuses on awareness and intention—not perfection—as we explore the biggest impact swaps for your wellbeing, from chemical awareness to kitchen habits, water quality, and skincare.

# DAY 1: The Invisible Load of Everyday Living

Every day, we're exposed to dozens of synthetic chemicals through ordinary products—from toothpaste to kitchen cleaners. These aren't harmless ingredients; many act as endocrine disruptors that interfere with our hormones, affecting women differently during puberty, fertility years, and menopause.

When I started my low-tox journey, I felt overwhelmed too. The key is focusing on progress, not perfection. Even small swaps, like changing your multi-purpose spray or deodorant, can make a noticeable difference in your wellbeing.



## Check Your Products

Look at labels on 5 daily products: shampoo, moisturizer, foundation, dish soap, and deodorant.

## Scan & Research

Use Think Dirty or EWG's Healthy Living app to evaluate their chemical composition.

## Plan Your First Swap

Identify the product with the worst score and research a healthier alternative.

 **Pro Tip:** "Fragrance" or "parfum" without specific ingredients is a red flag for potentially harmful chemical compounds.

# DAY 2: Water is Your Most Powerful Switch

We're 70% water, yet rarely question its quality. What flows from your tap might be legally "safe" but far from optimal for your body. Beyond drinking, we breathe, bathe in, and cook with water—multiplying our exposure to chlorine and heavy metals.



## Today's Simple Challenges:

- Add a filter to your showerhead and track skin changes over 7 days
- Drink alkaline water first thing in the morning and notice energy effects
- Try lemon in warm water as an accessible alkalinity support

Remember: In a 10-minute hot shower, you absorb more chlorine through inhalation and skin than drinking 8 glasses of the same water!

# DAY 3: Your Kitchen Can Heal or Harm



Your kitchen should be a sanctuary—but hidden toxins might be undermining your health. Non-stick cookware contains “forever chemicals” that leach into food at high heat. Plastic containers release hormone-disrupting compounds when heated. Even conventional cleaning products leave residues we unknowingly ingest.

When we wash produce in alkaline water, the murky residue that comes off reveals what regular water can’t remove—pesticides and waxes that would otherwise enter our bodies.



## Upgrade Cookware

Replace non-stick pans with cast iron, stainless steel, or ceramic options that won’t leach chemicals at high temperatures.



## Switch Storage

Replace plastic containers with glass, stainless steel, or silicone alternatives for safer food storage.



## Clean Naturally

Make simple cleaners from vinegar, baking soda, and essential oils instead of harsh chemical products.

**Today's Challenge:** Soak your fruits and vegetables in water with salt, baking soda, or vinegar—then observe what comes off. The visual evidence might surprise you!

# DAY 5: It's a Lifestyle, Not a Trend

Low-tox living isn't about perfection or following trends—it's about making intentional choices for your wellbeing. You don't need to transform everything overnight. Small, consistent changes create meaningful impact over time.



## Simple Daily Swaps to Start Today:

- Install a shower or drinking water filter
- Replace commercial cleaners with natural alternatives
- Switch to clean personal care products
- Store food in glass or stainless steel containers

✨ **Final Invitation:** Choose just ONE change to commit to for the next 30 days. Remember that lasting change happens gradually. Each small step creates momentum toward a healthier, more conscious lifestyle for you and your family.