

# TOXIC EXPOSURE CHECKLIST

We are exposed to thousands of chemicals daily, but we can decrease the toxic burden that disrupts our body's wellness, by removing as many toxins that are within our control.

## HOUSEHOLD

<input type="checkbox"/>	SCENTED GARBAGE BAGS
<input type="checkbox"/>	SCENTED DOGGIE BAGS
<input type="checkbox"/>	GLADE PLUG-INS / OTHER AIR FRESHENERS
<input type="checkbox"/>	SCENTED CANDLES/ REED STICKS
<input type="checkbox"/>	PEST CONTROL INDOORS
<input type="checkbox"/>	DOG GROOMING SCENTS
<input type="checkbox"/>	CONVENTIONAL MAID SERVICE
<input type="checkbox"/>	DRYER SHEETS
<input type="checkbox"/>	SCENTED KITTY LITTER
<input type="checkbox"/>	SYNTHETIC FIBER RUGS / CARPETS
<input type="checkbox"/>	LAUNDRY / CLEANERS SCENTED / DYES

## FOOD

<input type="checkbox"/>	NON-ORGANIC PRODUCE
<input type="checkbox"/>	CONVENTIONAL MEAT / EGGS / DAIRY
<input type="checkbox"/>	FACTORY FARMED FISH
<input type="checkbox"/>	DRINK OUT OF PLASTIC
<input type="checkbox"/>	DRINK TAP WATER / TAP WATER ICE
<input type="checkbox"/>	COFFEE PODS / TEA BAGS / COFFEE FILTERS
<input type="checkbox"/>	EAT TAKEOUT
<input type="checkbox"/>	DRINK ALCOHOL REGULARLY
<input type="checkbox"/>	BUY PROCESSED / PACKAGED FOODS
<input type="checkbox"/>	USE PAM COOKING SPRAY
<input type="checkbox"/>	EAT GLUTEN

## BEAUTY CARE

<input type="checkbox"/>	DRUG STORE: SOAP / SHAMPOO / LOTION / DEODORANT
<input type="checkbox"/>	FLOURIDE TOOTHPASTE
<input type="checkbox"/>	CONVENTIONAL TAMPONS
<input type="checkbox"/>	PERFUME / COLOGNE
<input type="checkbox"/>	CONVENTIONAL BUG SPRAY
<input type="checkbox"/>	DRUG STORE MAKE UP BRANDS
<input type="checkbox"/>	SCENTED LOTION
<input type="checkbox"/>	SHOP @ BATH & BODY WORKS
<input type="checkbox"/>	DRUG STORE SUNSCREEN
<input type="checkbox"/>	SCENTED TOILET PAPER / TISSUES
<input type="checkbox"/>	SCENTED HAIR POMMADE

## WIFI

<input type="checkbox"/>	CELL PHONE IN BEDROOM
<input type="checkbox"/>	USE 'ALEXA''
<input type="checkbox"/>	SMART TV/ COMPUTER IN BEDROOM
<input type="checkbox"/>	NEST OR OTHER WIRELESS HVAC
<input type="checkbox"/>	ELECTRONIC BED: SLEEP NUMBER, etc.
<input type="checkbox"/>	CORDS OR ELECTRONICS NEAR BED
<input type="checkbox"/>	METAL BED FRAME
<input type="checkbox"/>	ROUTER IN COMMON AREA
<input type="checkbox"/>	SPRINGS IN MATTRESS
<input type="checkbox"/>	USE BLUETOOTH EAR BUDS
<input type="checkbox"/>	CARRY PHONE ON BODY /IN POCKET

# TOXIC EXPOSURE CHECKLIST

## KITCHEN

<input type="checkbox"/>	SMART APPLIANCES
<input type="checkbox"/>	WIFI IN KITCHEN
<input type="checkbox"/>	MICROWAVE FOOD OR WATER
<input type="checkbox"/>	COOK WITH ALUMINUM FOIL / PANS
<input type="checkbox"/>	USE NONSTICK TEFLON PANS
<input type="checkbox"/>	CONVENTIONAL CLEANERS
<input type="checkbox"/>	STORE OILS NEAR STOVE
<input type="checkbox"/>	STORE FOOD IN PLASTIC CONTAINERS
<input type="checkbox"/>	EAT FROM PLASTIC TAKEOUT CONTAINERS
<input type="checkbox"/>	USE PLASTIC UTENSILS / PLATES / CUPS
<input type="checkbox"/>	SCENT / DYE SOAP LIKE DAWN

## OTHER

<input type="checkbox"/>	DRIVE TESLA OR OTHER ELECTRIC CAR
<input type="checkbox"/>	WORK IN HAIR SALON
<input type="checkbox"/>	WORK IN NAIL SALON
<input type="checkbox"/>	WORK AROUND INDUSTRIAL CHEMICALS
<input type="checkbox"/>	USE VAPE PENS
<input type="checkbox"/>	HAVE TATTOOS
<input type="checkbox"/>	HISTORY OF CHEMOTHERAPY
<input type="checkbox"/>	OTC PAIN RELIEVER OR OTHER OTC MEDS USAGE
<input type="checkbox"/>	GET CLOTHES DRY CLEANED
<input type="checkbox"/>	CARPET CLEANING TWO OR MORE TIMES/YR
<input type="checkbox"/>	CAR AIR FRESHENER



## BEAUTY

<input type="checkbox"/>	BREAST IMPLANTS
<input type="checkbox"/>	FACIAL FILLERS
<input type="checkbox"/>	SPRAY TANS
<input type="checkbox"/>	BOTOX
<input type="checkbox"/>	ACRYLIC NAILS / NAIL POLISH
<input type="checkbox"/>	HAIR DYE REGULARLY
<input type="checkbox"/>	WEAR YOGA PANTS REGULARLY
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

## HOME EXTERIOR

<input type="checkbox"/>	PEST CONTROL
<input type="checkbox"/>	LAWN CARE CHEMICALS / SERVICE
<input type="checkbox"/>	GARDEN ROUNDUP OR OTHER CHEMICALS
<input type="checkbox"/>	MOLD ON EXTERIOR OF HOME
<input type="checkbox"/>	POOL CHEMICALS
<input type="checkbox"/>	MOLD ON DECK
<input type="checkbox"/>	SMART METER ON HOME FOR WATER
<input type="checkbox"/>	RING OR WIRELESS SECURITY
<input type="checkbox"/>	WATER DAMAGE PAST OR PRESENT
<input type="checkbox"/>	YARD BUG BOMBS
<input type="checkbox"/>	

# results & next steps

1-10	Let's discuss how you can make your home even more safe for you, your family and pets.
16-25	You have some work to do, and now you know where to start.
25+	Your home & lifestyle needs adjustments to become an environment that supports your health
	Download my Toxin Free Lifestyle Guide @ <a href="http://www.suewilliamswellness.com">www.suewilliamswellness.com</a>
	Schedule a complimentary Discovery Call to discuss your results and how you can heal. Use link or QR code below. <a href="https://l.bttr.to/zvqXF">https://l.bttr.to/zvqXF</a>

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WELLNESS

