



Lindsey Graham What is Toxic Load?

What is a toxin?

What is toxic load?

Simple Swaps and DIY's to Reduce Toxic Load

All-purpose Cleaner

- _____
- _____
- _____
- _____

Glass Cleaner

- _____
- _____
- _____
- _____

Soft Scrub

- _____
- _____
- _____
- _____

Lemon Essential Oil

Zendocrine

Detox Bath Soap

- _____
- _____
- _____
- _____
- _____

DIY Exfoliator

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- _____
- _____

DIY Face Wipes

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- _____
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- _____
- _____
- _____

DIY Dry Shampoo

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- _____