

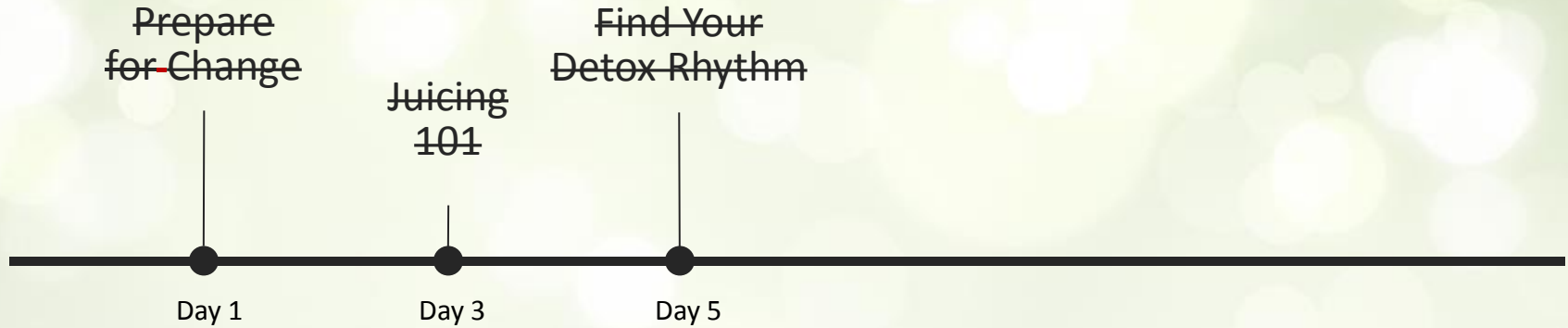
THE
**GABRIEL
METHOD™**

DETOX

with Jon Gabriel, Nadia Harper, & Janine Oliver



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.

THE
**GABRIEL
METHOD™**

DETOX

with Jon Gabriel , Nadia Harper, & Janine Oliver

