

# TOXIN

## AVOIDANCE 101



How to create a non-toxic environment, covering cosmetics, cleaning products, mold avoidance, safe removal of amalgam teeth fillings, food, water, kitchenware, EMF, bluelight & more

# DISCLAIMER

Origin Healing provides health education, and is not a licensed health care provider. This information is not intended as a substitute for medical advice, nor does it claim to treat any condition. Always seek the guidance of your doctor regarding your health or a medical condition. Continue taking any current medications as advised by your doctor. Please ensure that you check all new supplements for contraindications with your current medications. When making any changes regarding your health or medical condition, seek the approval of your doctor. The supplements and therapies listed here are suggestions for educational purposes. Ensure that they are compatible for your body and needs.



## CONTACT



origin.healing



zakia@joinoriginhealing.com



+971589486145



www.joinoriginhealing.com



# CONTENTS

<b>What are toxins</b>	<b>04</b>
<b>How toxins affect us</b>	<b>05</b>
<b>Toxins and autoimmunity</b>	<b>07</b>
<b>Toxins in food</b>	<b>08</b>
<b>Toxins in water</b>	<b>11</b>
<b>Household toxins</b>	<b>12</b>
<b>Toxins in cosmetics</b>	<b>13</b>
<b>Oral care</b>	<b>17</b>
<b>Air quality</b>	<b>18</b>
<b>Toxic cookware</b>	<b>19</b>
<b>Amalgam teeth fillings</b>	<b>20</b>
<b>Mold</b>	<b>21</b>
<b>EMF &amp; bluelight</b>	<b>22</b>
<b>Core supplements</b>	<b>23</b>
<b>Get help to get well</b>	<b>24</b>

# BUT FIRST, WHAT ARE TOXINS?

**When people hear the word toxins, they associate it with something poisonous that causes death. In reality, toxins are:**

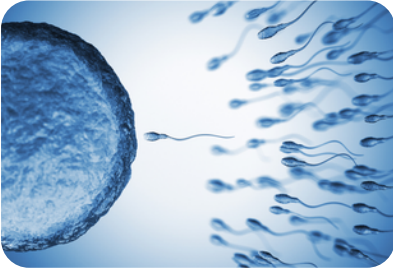
- Any chemical that has the potential to disrupt normal bodily function, cause chronic illness or short-term effects
- Natural or manmade
- Often **not** labelled as toxic in ingredients lists
- A non-toxic substance that's needed in the body can also become toxic when too high e.g. iron
- Can be absorbed through breathing, swallowing and skin absorption.

The fact is, if you live on planet earth, you have some level of toxins, and even more so if you live in a busy city or polluted area

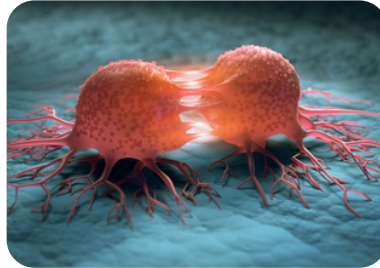


# HOW TOXINS AFFECT US

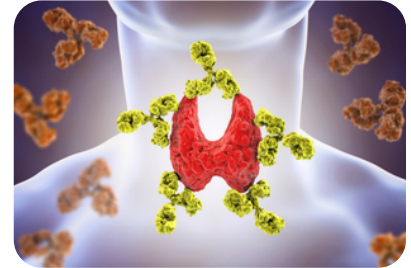
Disrupt hormones  
e.g. thyroid, fertility,  
cortisol



Cause or contribute  
to cancer growth  
by damaging cells



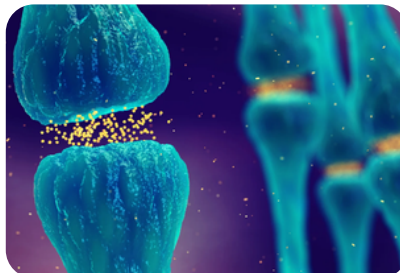
Lead to autoimmune  
disorders e.g. multiple  
sclerosis, Hashimoto's



Damage the digestive  
system e.g. leaky gut,  
food sensitivities



Disrupt brain function  
e.g. neurological  
symptoms, insomnia

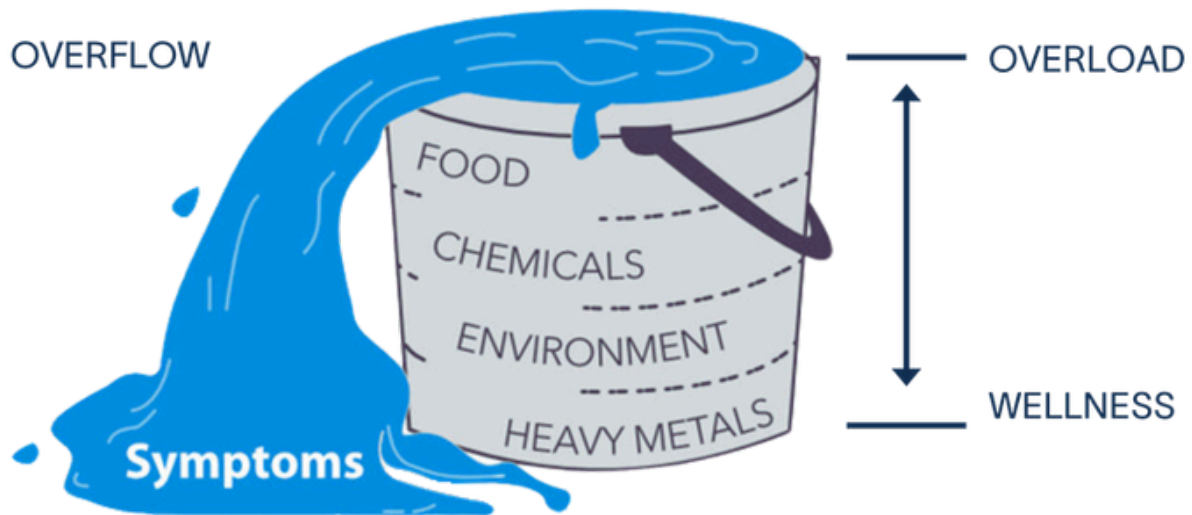


Disrupt development  
of children e.g. learning  
difficulties, ADHD



Toxins can have a harmful effect on every aspect of our health. As they accumulate in the body, they gradually poison us, contributing to a wide range of symptoms, health issues, and diagnoses. In fact, toxins are now recognized as the leading cause of chronic illness, as we are exposed to higher levels of toxins than ever before.

# TOXIN BURDEN



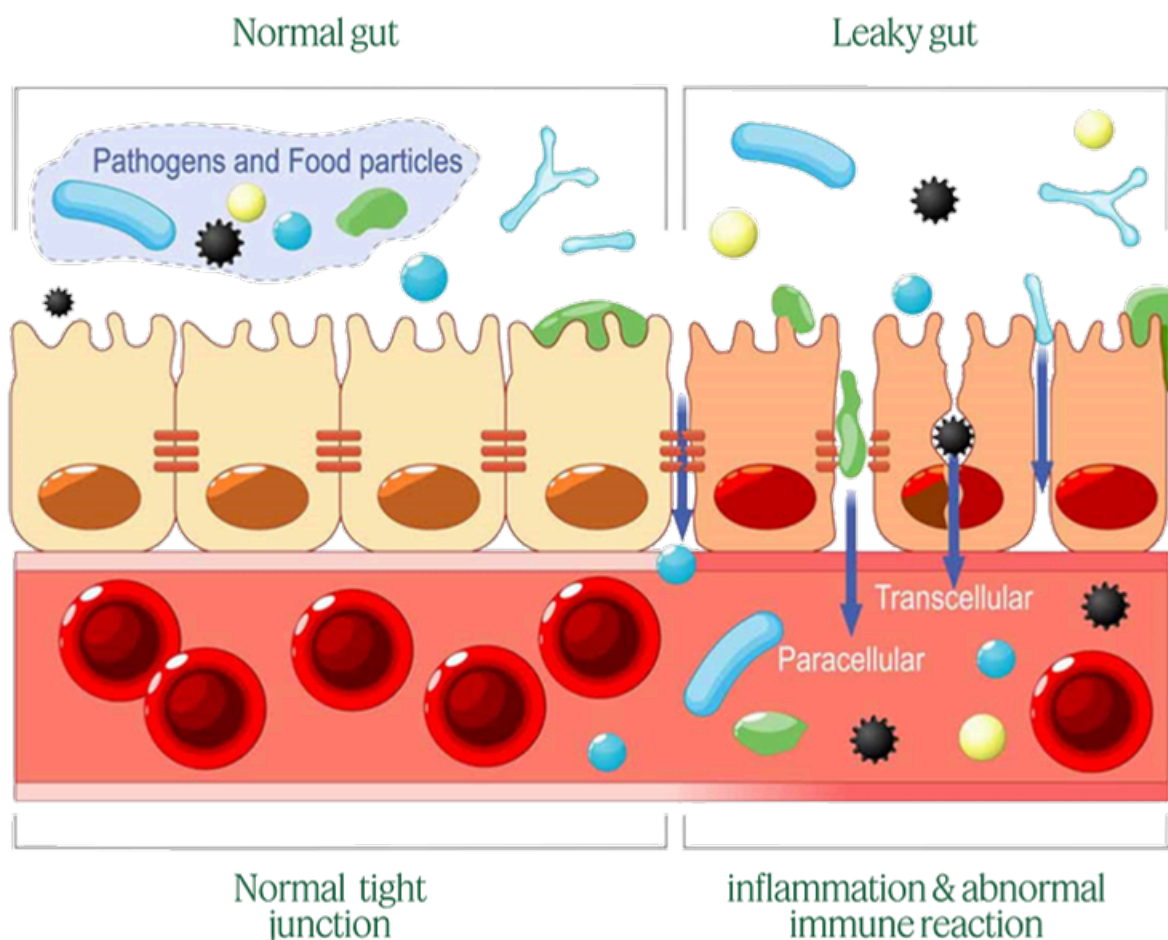
We are dealing with hundreds, or even thousands of toxins **daily**. The body will detox what it can. Once our toxin load becomes too **high**, we feel the symptoms, leading to health problems. If our **drainage** pathways are slow, that makes it even harder for the body to eliminate toxins. Contact us to learn how to optimise your drainage.

## What we can do about it

- Detox our home, workplace, car
- Clean up our diet
- Ensure drainage pathways are working well e.g. bowel movements, sweat, lymph, liver, kidneys
- Lower the burden on the body by avoiding toxin exposures
- Support the body using supplements
- Complete detoxes regularly. Contact us to learn how to detox safely and effectively.

# TOXINS & AUTOIMMUNITY

- Toxins play a hand in triggering autoimmunity
- The increased incidence of autoimmune disease is associated with the increase in **industrial** pollutants
- **Heavy metals** lead to leaky gut, chronic inflammation, Hashimoto's, IBD and much more
- Toxins are linked to the destruction of pancreatic cells, leading to type 1 **diabetes**
- Toxins are directly linked to **multiple sclerosis** and **fibromyalgia**
- **Pesticides** are linked to **Lupus** and other autoimmune issues
- Smoke toxins linked to rheumatoid **arthritis**.
- Contact us to learn how to address the above and heal leaky gut.



# TOXINS IN FOOD

## Pesticides

Fresh produce that's not organic.  
Clean using aluminium-free baking soda/vinegar, soak for 20min.  
Prioritise organic for the dirty dozen.



## Plant chemicals

Antinutrients and defensive chemicals e.g. lectins, oxalates, acrylamide, phytate.



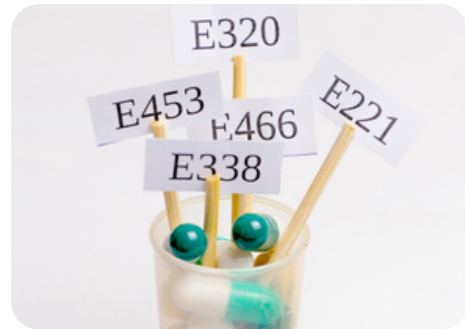
## Industrial oils

Processed using chemicals.  
High in inflammatory linoleic acid (omega-6) PUFAs. Oxidised and rancid.



## Additives

E numbers, preservatives, MSG, artificial flavourings, dyes etc.  
Avoid processed & GMO foods.



## Plastics

Seafood, tin can lining, plastic food packaging, cling film, food storage, teabags, plastic bottles.



## Heavy metals

Mercury from seafood especially tuna. Arsenic from rice/chicken  
Contaminated baby food.  
Most protein powders.



## Prioritise buying these organic

Best to buy these as organic when possible, or soak for 20min in a mixture of aluminium-free baking soda and water (1 tsp per liter)



EWG's 2026

# DIRTY DOZEN™

1. Spinach
  2. Kale, collard & mustard greens
  3. Strawberries
  4. Grapes
  5. Nectarines
  6. Peaches
  7. Cherries
  8. Apples
  9. Blackberries
  10. Pears
  11. Potatoes
  12. Blueberries
- + Green beans
- + Bell & hot peppers

**Note: the list changes each year**

## These have the least amount of pesticides

Not necessary to buy these organic, but still wash well, as there may be some contamination



# TOXINS IN WATER

- Halogens such as **chlorine** and **fluoride**
- **Pharmaceuticals** including antibiotics and hormonal birth control
- Herbicides and **pesticides**
- Heavy metals such as lead and **mercury**
- BPAs and microplastics from **plastic** bottled water
- **PFAS**, known as forever chemicals.



## What's the solution?



For the best water filter from AQUAPRO: click [here](#)

The ideal solution is to install a **reverse osmosis** water filtration system in your home, or at the very least, under the kitchen sink, from [aquapro.shop](http://aquapro.shop). It comes with a separate tap for drinking water. Be sure the system includes a remineralisation stage to restore essential minerals. You can also ask for a UV add-on. You can further enhance your water by adding electrolytes or trace minerals such as ReMyte, or by incorporating high-quality salt, lemon juice, and cucumber slices. Install a **shower** filter too, also available [here](#) from [aquapro.shop](http://aquapro.shop).



# HOUSEHOLD TOXINS

## Cleaning products

Use natural ingredients such as vinegar and baking soda, or clean brands - Organic Living, Kyma (use origin for a discount), The Botanist or similar.



## Off-gassing

Adhesives, paint, new furniture, formaldehyde, particle wood. Stick to solid wood, metal and glass.



## Candles & air freshener

Endocrine-disrupting, chemical fragrances, burning releases toxic chemicals. Stop using these.



## Cosmetics

Skincare, make-up, and hair products. Use the 'think dirty' app for ratings. Switch to non-toxic.



## Vinyl

Flooring, shower curtains, clothing, furniture (PVC, faux leather) can off-gas toxins.



## EMFs & bluelight

Wifi, electrical devices, sockets. Screens, artificial lighting. Get EMF & bluelight protection from [biohackn.com](http://biohackn.com) and [svife.com](http://svife.com) (use origin for a discount)



# TOXINS IN COSMETICS

- Parabens
- Triclosan
- Phthalates
- Heavy metals
- Sulfates
- Dyes
- Fragrance/perfume
- PFAS
- Formaldehyde
- Coal tar



## These toxins are known to

- Cause or contribute to **cancer**
- Lead to genetic mutations or **DNA** damage
- Disrupt **hormones** and fertility
- Irritate or sensitise the **skin**
- Contribute to chronic health issues
- Impact overall health

Switch to natural, non-toxic ingredients such as essential oils, tallow, shea, castile soap, or search for trusted companies that prioritise real, clean ingredients and transparency.

# NON-TOXIC MAKE-UP



## 1. ILIA Beauty

- Certified clean, cruelty-free, and made with organic botanicals.
- Offers a full range of makeup, including foundations, lipsticks, and mascaras.
- Free from parabens, sulfates, phthalates, and synthetic fragrances.
- Ships internationally from the USA.

## 2. RMS Beauty

- Uses organic, raw, and food-grade ingredients for high-performance makeup.
- Best known for its coconut oil-based foundation and cream blushes.
- Free from synthetic preservatives and harsh chemicals.
- International delivery available.

## 3. 100% Pure

- Makeup made with fruit pigments instead of synthetic dyes.
- Offers skincare and cosmetics free from toxins, artificial fragrances, and heavy metals.
- Vegan, cruelty-free, and environmentally friendly packaging.
- Worldwide shipping available.

## 4. Kjaer Weis

- Luxury organic makeup brand with refillable, eco-friendly packaging.
- Uses certified organic ingredients and sustainable production practices.
- Offers high-quality foundations, blushes, and lip products.

## 5. Ere Perez

- Australian brand known for botanical-based, non-toxic cosmetics.
- Infused with nourishing ingredients like avocado oil, oat milk, and carrot extracts.
- Vegan, cruelty-free, and free from harmful additives.
- Ships to most countries.

# NON-TOXIC SKINCARE



## 1. True Botanicals

- Certified non-toxic, high-performance skincare made with safe, bioactive ingredients.
- Clinically proven to improve skin health without harmful preservatives.
- Free from synthetic fragrances, sulfates, and parabens.

## 2. Dr. Hauschka

- Holistic skincare brand using biodynamic, organic ingredients.
- Offers gentle yet effective cleansers, moisturizers, and toners.
- Free from synthetic fragrances, silicones, and preservatives.
- Available worldwide.

## 3. OSEA Malibu

- Marine-based skincare made with seaweed, plant-based oils, and vitamins.
- Free from parabens, synthetic dyes, and harsh chemicals.
- Vegan, cruelty-free, and sustainably sourced.

## 4. Tata Harper

- 100% natural, high-performance luxury skincare brand.
- Uses farm-grown botanicals and avoids all synthetic chemicals.
- Known for serums, cleansers, and face masks that deliver real results.
- Ships internationally.

## 5. Mukti Organics

- Australian-made, organic skincare focusing on natural actives.
- Free from artificial preservatives, silicones, and parabens.
- Certified organic and cruelty-free.
- Worldwide delivery available.

**UAE:** Clean Rebel (use ORIGIN for a discount), Izil Beauty, Skin Story ME, Purple Swan DXB, Fierce Nature, KSR Apothecary, Zaira organic Skincare, Matia Natural, Ixora Organic Beauty, Amalico Cosmetics.

# NON-TOXIC PERFUMES

## 1. Henry Rose

- Founded by Michelle Pfeiffer, this brand is EWG-certified and 100% transparent about ingredients.
- Made with safe, high-quality essential oils and botanicals.
- Free from phthalates, parabens, and synthetic musks.
- Ships internationally.

## 2. Abel Odor

- Uses plant-based, biodegradable ingredients to create luxurious and long-lasting scents.
- Blends fine essential oils with sustainable, non-toxic fixatives.
- Free from synthetic chemicals and artificial dyes.
- Worldwide shipping available.

## 3. By Rosie Jane

- Handcrafted perfumes made with natural ingredients and organic sugarcane alcohol.
- Light, fresh, and floral fragrances that work for daily wear.
- Free from parabens, phthalates, and synthetic stabilizers.
- Ships to multiple international locations.



## 4. Lavanila

- Specializes in vanilla-based perfumes infused with essential oils.
- Hypoallergenic, vegan, and safe for sensitive skin.
- Free from harsh chemicals, petroleum, and artificial dyes.
- International shipping available.

## 5. Skylar

- Offers clean, hypoallergenic perfumes with sophisticated, fresh scents.
- Vegan, cruelty-free, and made with responsibly sourced ingredients.
- Free from allergens, sulfates, and synthetic dyes.
- Ships worldwide.

**Others:** Dime Beauty Co & Bondi Beach Parfum by Recreation Beauty

# ORAL CARE



**Fluoride** is a neurotoxin that calcifies the pineal gland in the **brain**, leading to chronic health issues over time. So switch to fluoride-free, **hydroxyapatite** toothpaste instead, such as Roze Bio Health (use origin for a discount). Plastic-free, plant-based toothbrushes are best.



For **mouthwash**, use organic coconut oil to oil-pull regularly. Occasionally, you can use **hydrogen peroxide** to naturally whiten teeth and kill pathogens. Be sure to rinse your mouth out afterwards. Not for long-term use.

**Floss** regularly using a natural fibre such as **silk**. If you have any **root canals** or teeth **implants**, regularly check for signs of **infection** or inflammation, ideally with a **biological** dentist, as these teeth have been connected to various health conditions.



# AIR QUALITY

**Indoor air pollution is 5 to 100 times higher than outdoors, due to -**

- Cleaning product sprays
- Fragrances/candles/air freshener
- Mold mycotoxins and spores
- Volatile organic compounds (off-gassing from furniture, materials, paints)
- Cooking fumes, gas stoves.

## What's the solution?

- Open the **windows** often for fresh air and circulation.
- Keep **humidity** below 50% to prevent mold growth - use dehumidifiers, especially in areas of humidity, such as the bathrooms.
- Add Anosan (from Amazon) in the collection trays of AC to prevent mold growth and it's circulation.
- Spray EMI Microbial inoculant (probiotic) on absorbent surfaces - curtains, rugs, sofas to counteract mold
- Use a good quality **air filter** that removes particle size smaller than 0.3microns .e.g. Dyson Purifier formaldehyde cool, Air doctor, LG PuriCare 360, or Air Dog and TPA from [thesanistore.com](http://thesanistore.com) which don't require replacement filters - use origin for a discount.
- Use Betterair Biotica 800 probiotic filter in bedrooms are areas of concern in the home to counteract mold.



# TOXIC KITCHENWARE

## Non-stick/Teflon

Releases particles that disrupt hormones and overall health. Switch to stainless steel, cast iron or Cosmic Cookware.



## Aluminium

Found in pots, pans, bakeware, foil. A toxic heavy metal linked to numerous health problems.



## Plastic storage

PET plastics and BPA leach into food, building up in the body, wreaking havoc on health. Use glass.



## Chopping boards

Avoid plastic. Choose solid wood to avoid adhesives. Check for signs of mold growth regularly.



## Copper pans

Leach copper into food, which can be toxic at high levels. Sometimes lined with tin.



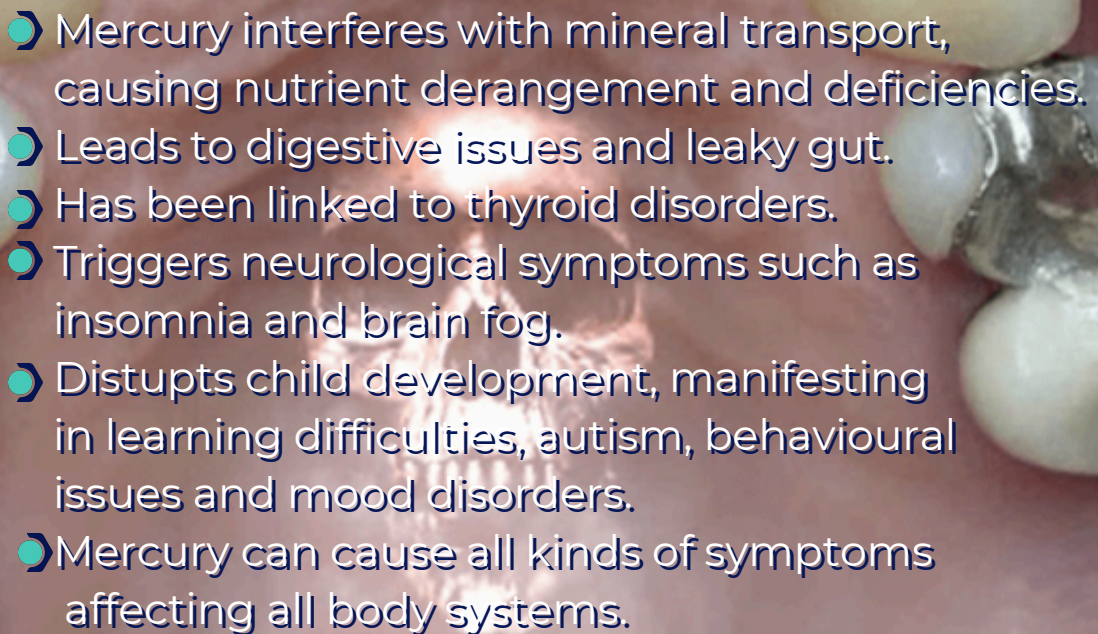
## Old/nickle-lined pans

Replace old pans, as the materials may be questionable.



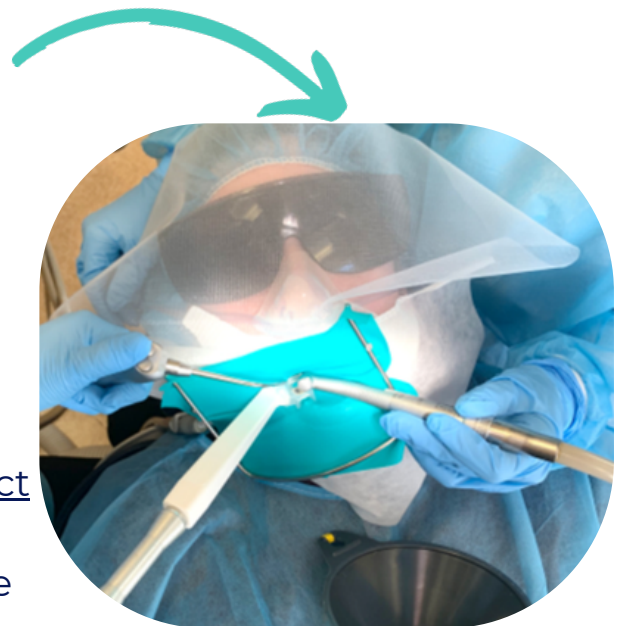
# AMALGAM TEETH FILLINGS

**Mercury** from metal teeth fillings is highly toxic, and continuously leaches into the body when eating and drinking. Even if replaced, a deep **detox** is required.

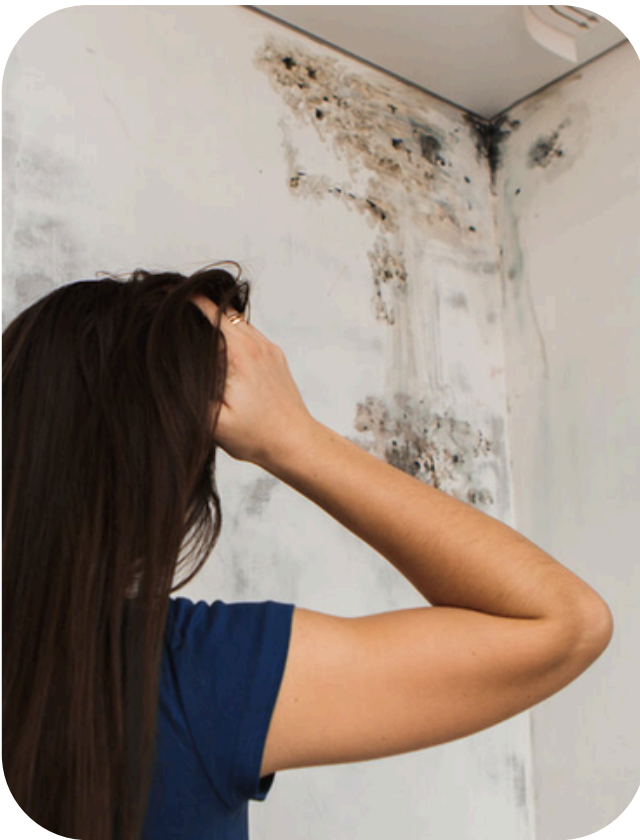
- 
- Mercury interferes with mineral transport, causing nutrient derangement and deficiencies.
  - Leads to digestive issues and leaky gut.
  - Has been linked to thyroid disorders.
  - Triggers neurological symptoms such as insomnia and brain fog.
  - Disturbs child development, manifesting in learning difficulties, autism, behavioural issues and mood disorders.
  - Mercury can cause all kinds of symptoms affecting all body systems.

## What's the solution?

- **Replace fillings** safely via the **SMART** protocol with a **biological** dentist e.g. Dr Roze Clinics, Dr Sofia or Dr Reem at Euromed Clinic.
- Support the body with **supplements** e.g. vitamin C, magnesium, zinc, B complex.
- **Detox** the mercury - most detoxes being promoted are either unsafe or do not go deep enough into cells and organs. Contact [Origin Healing](#) to learn the best way to detox - or refer to our Protocol eBook - The Complete Heavy Metal Detox.



# MOLD



Mold is a a very common problem and a huge health hazard. Most people are unaware of how detrimental it can be, and it's not always obvious in the home. It may be lurking behind kitchen cabinets, within walls, in damp basements, in the roof, in areas of high humidity, behind wallpaper, and most commonly - in the AC - including the car. And don't forget about your workplace. [Contact us](#) to learn how to heal from mold illness.

## Symptoms of mold illness

- Sinus congestion
- Asthma or chronic cough
- Skin issues e.g. hives
- Insomnia or sleep issues
- Chronic fatigue
- Thrush, candida, yeast infections
- Irritable bowel & gut issues
- Recurring viral issues e.g. EBV
- Bacterial vaginosis or UTIs
- Numbness, tingling or nerve pain
- Migraines

If you suspect mold - get your home ERMI tested. Saniservice in Dubai offer mold testing and remediation services. Mention Origin Healing for a discount.



# EMF OVER-EXPOSURE

Non-native EMFs are emitted from manmade electrical technology. They cause **oxidative stress**. People with high toxin loads and mold illness tend to be more sensitive to EMF. Symptoms include ringing in ears, tremors, tingling, numbness, headaches, disrupted sleep, cognitive issues and fatigue. EMFs have also been linked to autism, cancer, infertility, DNA damage, and mood disorders. EMFs also encourage mold growth. Get a home harmonizer and other EMF protection from [svife.com](http://svife.com) (use origin for a discount) and [safelivingtechnologies.com](http://safelivingtechnologies.com).



Cell Towers



TV



Cell Phone



TV Remote



WIFI



Router



Laptop



Headphone

## ARTIFICIAL BLUELIGHT

- Avoid using **screens** after sunset.
- No bright lights after **sunset** – use dim, amber or red lighting.
- Wear bluelight blocking glasses from [biohackn.com](http://biohackn.com) (use origin for a discount), **yellow** tints during the day indoors/when using screens, and **red** tints after sunset.
- Download **filters** on your laptop (such as f.lux) and phone (search for bluelight blocking app). Or stick red film over your screens.

Excessive artificial light exposure is leading to body clock imbalances, hormone disruption and eye issues such as dryness, floaters and vision loss.



# CORE SUPPLEMENTS TO COUNTERACT TOXINS

Supplement	How	Benefits	Duration	From
Whole C Reset by RNA Reset or liposomal vitamin C by BodyBio 	1-4 times a day or more often when sick/need extra support.	Antioxidant, fight toxin damage, Immunity	Continuous	Use origin for a discount at B Health shop
Magnesium glycinate by Researched Nutritionals or similar 	1 capsule 1-3 times a day, anytime, preferably with food. At bedtime to help sleep.	Overall health	Continuous	<a href="#">Use origin for a discount at B Health shop</a>
Zinc+ by Designs for Sport or similar 	After dinner, 2-3 times a week, more often when sick	Overall health, Immunity, skin	2 months / when sick/ feeling unwell	<a href="#">Use origin for a discount at B Health shop</a>
Vitamin B complex by RnA Reset or Methylated B Complex 	One capsule in the morning.	Overall health, detox support, energy	1-2 months on, 1-3 month break	<a href="#">Use origin for a discount at B Health shop</a>
If vitamin D is low (below 50): Vitamin D Supreme by Designs for Health 	1 a day for a month/if not getting daily sun, – with breakfast or lunch with fat.	Overall health, immunity	If not getting daily sun	<a href="#">Use origin for a discount at B Health shop</a>

Others may be required depending on your personal needs - book an online consult for a tailored protocol

# Ready to restore your health back to it's origin? We can help

Discover your **root causes** through **bioresonance** testing or an online zoom consultation with us. Receive a **personalised** health plan that empowers you to make real improvements through-

- Diet, lifestyle and routine optimisation for your needs
- Detoxes that actually work
- Tailored supplement protocols
- Gut work that makes a difference
- WhatsApp support
- Being treated as an individual



## Got questions?

### CONTACT



origin.healing



zakia@joinoriginhealing.com



+971589486145



[www.joinoriginhealing.com](http://www.joinoriginhealing.com)





# LINKS

**Free risk assessment -**

<https://www.joinoriginhealing.com/freemoldtoxinriskassessment>

---

**Online consultation -** [www.joinoriginhealing.com/product-page/onlinediscoveryconsultationwithwellnessplan](http://www.joinoriginhealing.com/product-page/onlinediscoveryconsultationwithwellnessplan)

---

**Bioresonance test -** [www.joinoriginhealing.com/product-page/bioresonancetestonly](http://www.joinoriginhealing.com/product-page/bioresonancetestonly)

---

**Supplements -** [www.bhealth.shop](http://www.bhealth.shop) use origin for a discount

---

**Collagen & others -** [www.healthnag.com](http://www.healthnag.com) use origin for a discount

---

**EMF protection -** [www.svife.com](http://www.svife.com) use origin for a discount

---

**Biohacking gadgets -** [www.restorefitness.ae](http://www.restorefitness.ae) use origin for a discount

---

**iHerb supplements -** [www.iherb.com](http://www.iherb.com) use ATJ6749 for a discount

---

**Protocol Guides** (Heavy metal Detox, Mold Illness, SIBO, Parasites, Drainage Pathways, H Pylori) - [originhealing.gumroad.com/](http://originhealing.gumroad.com/)

---

# SUPPLEMENT PLANNER

PROTOCOL \_\_\_\_\_ PERIOD \_\_\_\_\_

	Supplement/medicine - how much/often	Time	When to begin/stop
MORNING			
DAYTIME			
EVENING			