

**ANTECEDENTS**  
grandparent exposure  
  
in utero exposure from the mother via the umbilical cord

**TRIGGERING EVENTS**  
  
significant exposure

**MEDIATORS**  
personal care products  
food and water  
cleaning products  
pollution



**SLEEP/RELAXATION**  
Non toxic mattresses  
  
Organic bedding

**EXERCISE/MOVEMENT**  
Sweating helps remove toxins from the body

**NUTRITION/HYDRATION**  
Eat organic food  
Drink filtered water  
Use glass storage containers & drinking vessels  
Cook with metal utensils and do not use non-stick cookware

**STRESS/RESILIENCE**  
Educate patients through the lens of their symptoms/illness to help them understand the "why" and reduce stress around toxins

**RELATIONSHIPS/NETWORKS**