THE BATHROOM



GETTING STARTED: *Implementation Techniques To Fix Your Brain*

BATH

▶ *Shower* — Replace your shower head and install a chlorine shower filter.

▶ *Soap & Shampoo* — Look to begin replacing your soap and shampoo with products that have all natural ingredients. Specifically look for products that tout that they are paraben-free and gluten-free.

▶ *Practice Mindfulness* — Take a pause while in the shower and use the time to "wash off the day", practice positive affirmations and just be present.

TOILET & SINK

▶ *Toilet* — Remember to keep the toilet seat down.

▶ *Hand Soap* — This is one place we don't suggest replacing once you have used what you have. Throw away your antibacterial soap immediately.

PERSONAL CARE

▶ *Check your products* — Start to become a label reading detective. Replace products that have parabens and move towards products with all natural ingredients. You want products that state on the packaging they are paraben-free, gluten-free and organic.

▶ *Perfume* — Move away from using synthetic fragrances and replace with all natural alternatives such as essential oils.

▶ *Toothpaste* — Replace your toothpaste with a gluten-free and fluoride free alternative such as Dentalsidin.

▶ *Lipstick and Balm* — Replacing all of your makeup could be very costly. Start with replacing your lipstick and lip balms. Check the ingredients and swap out with gluten-free alternatives.