

Prepared for: Jessie

 Sample collection date: October 5th, 2020

 Report date: December 10th, 2020

Your Lifestyle Audit Results

This is a snapshot of your lifestyle audit. More information and recommendations can be found in the detailed report. Here are some personalized small and bigger steps you can take to reduce your exposures.

	Good-Small Steps Can Make Big Changes!	Better-Good Habits Take Time!
Diet	<ul style="list-style-type: none"> • Drink less canned beverages • ... • ... 	<ul style="list-style-type: none"> • Avoid canned beverages • ... • ...
Supplements & Medication	<ul style="list-style-type: none"> • Avoid enteric coatings and time-release capsules 	



<p>Personal Care Products</p>	<p>Replace the following products with safer alternatives:</p> <ul style="list-style-type: none"> ● SK-II Facial Treatment Essence (Pitera™ Essence) ● Curél Ultra Healing Intensive Lotion ● Aveeno Therapeutic Shaving Gel ● Crest Pro-Health Mouthwash ● Head & Shoulders Classic Clean Shampoo & Conditioner 2-in-1 ● Dial Handsoap ● Soft Soap Liquid Soap ● Tide Fragrance-Free Laundry Detergent ● ... ● ... 	<ul style="list-style-type: none"> ● Shop products off of our Approved Products List
<p>Supplies</p>	<ul style="list-style-type: none"> ● Avoid scented products ● ... ● ... 	<ul style="list-style-type: none"> ● Shop “fragrance-free” rather than “unscented” ● ... ● ...



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<p>Environment</p>	<ul style="list-style-type: none"> ● Wash hands after using cash register receipts. ● ... ● ... 	<ul style="list-style-type: none"> ● Go paperless. Avoid touching or storing cash register receipts. ● Clean floors regularly with a wet mop or HEPA vacuum. Use a damp cloth to dust ● ...
<p>Other</p>	<ul style="list-style-type: none"> ● Tailored to you 	<ul style="list-style-type: none"> ● Tailored to you

[Contact us for questions or feedback.](#)

Information provided in this report is for educational purposes only and is not intended to diagnose or treat any health conditions.

