

## 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!
<b>Diet</b>	<ul style="list-style-type: none"> <li>• Drink less canned beverages</li> <li>• ...</li> <li>• ...</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid canned beverages</li> <li>• ...</li> <li>• ...</li> </ul>
<b>Supplements &amp; Medication</b>	<ul style="list-style-type: none"> <li>• Avoid enteric coatings and time-release capsules</li> </ul>	
<b>Personal Care Products</b>	<p>Replace the following products with safer alternatives:</p> <ul style="list-style-type: none"> <li>• SK-II Facial Treatment Essence (Pitera™ Essence)</li> <li>• Curél Ultra Healing Intensive Lotion</li> <li>• Aveeno Therapeutic Shaving Gel</li> <li>• Crest Pro-Health Mouthwash</li> <li>• Head &amp; Shoulders Classic Clean Shampoo &amp; Conditioner 2-in-1</li> <li>• Dial Handsoap</li> <li>• Soft Soap Liquid Soap</li> <li>• Tide Fragrance-Free Laundry Detergent</li> <li>• ...</li> <li>• ...</li> </ul>	<ul style="list-style-type: none"> <li>• Shop products off of our Approved Products List</li> </ul>
<b>Supplies</b>	<ul style="list-style-type: none"> <li>• Avoid scented products</li> <li>• ...</li> <li>• ...</li> </ul>	<ul style="list-style-type: none"> <li>• Shop “fragrance-free” rather than “unscented”</li> <li>• ...</li> <li>• ...</li> </ul>
<b>Environment</b>	<ul style="list-style-type: none"> <li>• Wash hands after using cash register receipts.</li> <li>• ...</li> <li>• ...</li> </ul>	<ul style="list-style-type: none"> <li>• Go paperless. Avoid touching or storing cash register receipts.</li> <li>• Clean floors regularly with</li> </ul>

		a wet mop or HEPA vacuum. Use a damp cloth to dust <ul style="list-style-type: none"> <li>• ...</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Tailored to you</li> </ul>	<ul style="list-style-type: none"> <li>• Tailored to you</li> </ul>

[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.

SAMPLE  
REPORT