

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 	
Personal Care Products	<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
Supplies	<ul style="list-style-type: none"> ● Avoid scented products ● ... ● ... 	<ul style="list-style-type: none"> ● Shop “fragrance-free” rather than “unscented” ● ... ● ...
Environment	<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

		• ...
Other	• Tailored to you	• 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.

SAMPLE
REPORT