



**UNDERGROUND
WELLNESS.COM**

BLOCKING FACTOR AND TOXIC LOAD CHECKLIST

Stress-related conditions may only be solved by eliminating as many stressors as possible. Stress is cumulative. One stressor stacks on top of the other, adding to the total physiological load your body is under. The checklist below will help us to identify any items or habits that may be acting as obstacles to your success.

*Instructions: Place an "x" next to any item that you are **currently using or doing**. Remove them from your life, as you are able.*

ALUMINUM

- antiperspirants
- cookware - pots, pans, ladels
- eating utensils
- aluminum foil for wrapping food

AIRBORNE CHEMICAL EXPOSURE

- aerosol hair sprays
- aerosol air fresheners
- chemically-scented candles
- chemically-scented "air fresheners" for auto/home
- cigarette/cigar smoke
- dryer sheets
- fabric cleaners
- freshly painted rooms
- furniture polish
- herbicides/pesticides
- new carpet off-gassing

Note: Always have fresh air circulation indoors. Use air purifiers as needed to clean the air or dust, molds, allergens, and chemicals.

CLOTHING

- non-cotton/wool/alpaca clothing
- non-cotton/linen/wool/alpaca bedding

DETERGENTS AND DISH SOAPS

- fabric softeners
- non-biodegradable dish washing liquid soaps
- non-biodegradable dish washer soaps
- non-biodegradable "dry cleaning" agents
- non-biodegradable wash detergents

DRUGS

- non-prescription, over-the-counter drugs
- prescription drugs -minimize with your physician's consent and guidance
- "recreational" or illegal drugs

Note: Research any drug use using Google or a Physician's Desk Reference and learn about short/long term side effects. Look for adverse symptoms that may have come after you started taking a drug's side-effects list

ELECTRO-MAGNETIC FIELDS

- cell phones (use speakerphone)
- electric blankets
- electric razors
- electric toothbrushes
- electric hair dryers
- wireless headsets (bluetooth)
- waterbed heaters
- x-rays (only take when absolutely necessary)
- living within 300 feet of telephone poles/transformers

Do you sit or sleep close to the following?

- CRT, bulky computer monitors
- CRT bulky TVs
- electric panels or fuse boxes
- freezers
- ovens
- refrigerators

HOUSEHOLD CLEANING AGENTS

- all non-natural, chemical cleaning products

LIGHTING

- non-natural, non-full-spectrum lighting at work (i.e. fluorescent lighting)
- non-natural, non-full-spectrum lighting at home

MICROWAVE

- microwaved food, beverages

FOOD

- alcohol
- canned products
- dairy - pasteurized, homogenized, rBGH
- farm-raised fish
- non-organic fruits
- non-organic vegetables
- non-range fed beef
- non-fertile eggs from non-range fed chickens
- processed meat products
- soda pop
- sport drinks
- soy products (except fermented products such as tempeh, natto, miso, soy sauce)

refined grain and flour products such as:

- breads
- cakes
- cereals
- cookies
- crackers
- pastas

FOOD ALLERGIES

- gluten
- soy
- nuts
- dairy

HAIR/SKIN TREATMENTS - all commercial, non-natural, chemical products for skin and hair

- after shaves, perfumes
- antiperspirants
- body lotions
- colognes
- deodorants
- hair colorings
- lip balm
- lipstick
- makeup
- permanents
- shampoo
- soap

INVADERS

- candida
- fungus
- parasites

PLASTIC STORAGE CONTAINERS

food storage containers not labeled as #5PP, #2HDPE, or #4LDPE
plastic water bottles not labeled as #5PP, #2HDPE, or #4LDPE

STRESS

- physical stress - overtraining, over-laboring
- structural - cranial, spinal, tmj
- mental stress - overworking
- emotional stress - family, friend, love, work
- insufficient regular sleep

TEETH

- Root canals
- metal fillings, crowns (especially mercury)

TOOTHPASTE/MOUTHWASH

- chemical toothpastes
- toothpastes made from synthetic chemicals and containing fluoride

WATER

- cooking with tap water or softened water
- drinking tap water or softened water

Thank You!