THE ANTI-AGING ENVIRONMENT AUDIT

A Room-by-Room Checklist to Remove Hidden Toxins & "Age-Accelerators" From Your Home. THE KITCHEN (The Inflammation Audit)



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Toss the "Rust"

Throw away Vegetable Oil, Canola Oil, Soybean Oil, and Corn Oil. **(Replace with: Olive Oil, Avocado Oil, Butter/Ghee)**.

Ditch the BPA

Recycle old plastic tupperware, especially if scratched. **(Replace with: Glass storage containers)**.

Filter the Water

Install a tap filter or use a filtered pitcher to remove chlorine and heavy metals.

Check the Salt

Toss bright white table salt. **(Replace with: Pink Himalayan or Celtic Sea Salt for trace minerals)**.



THE BEDROOM (The Sleep Sanctuary)

Blackout Check

Can you see your hand in front of your face at night? If yes, it's too bright. **(Add: Blackout curtains or use a sleep mask)**.

Phone Distance

Move your phone charger to the other side of the room (or the hallway) to stop "doom scrolling" and reduce EMFs near your head.

Cool Down

Set thermostat to 67°F - 69°F for optimal deep sleep.

Tape the Lights

Use small pieces of black electrical tape to cover little red/blue power lights on TVs or smoke detectors.



THE BATHROOM (The Toxin Audit)

Deodorant Check

Does your deodorant contain Aluminum? **(If yes, switch to an aluminum-free natural brand to reduce heavy metal load)**.

Skin Food

Check lotions for "Parabens" or "Phthalates." Your skin eats what you put on it. If you wouldn't eat it, be careful putting it on your skin.

The Cold Finish

Add a sticky note to your shower door: "Last 30 seconds = COLD." **(Reminds you to do your daily metabolic boost)**.



THE "GO" BAG (Daily Resilience)

Hydration

Carry a stainless steel or glass water bottle (avoid drinking from hot plastic bottles left in the car).

Protein Snack

Keep a non-perishable high-protein snack (like beef jerky or almonds) to prevent blood sugar crashes.

