

LOW TOX Beginners Guide





HOW TO USE THIS GUIDE

I don't say 100% toxin-free because that would be VERY difficult. Toxins are everywhere, and eliminating them all just isn't practical. My rule is if it's something I use every day, I want it to be as clean as it gets.

One thing to be mindful of when switching over to cleaner products is greenwashing. This is when companies claim to be clean, or their company name gives off a less toxic vibe, like Green Works. I've put a list of products to be careful with at the bottom. This is where the Yuka and EWG app come in handy. I won't buy anything if it's in the RED zone on the apps. 90% of my products are in the green zone, with a few in the low range yellow.

I've always taught my clients to start by swapping out one thing at a time. When you're out of deodorant, switch to something less toxic. When you're out of shampoo, swap it. This way, it's not as overwhelming for you, and you aren't wasting products.

The list below gives you some options, along with links to where you can purchase them. Anything underlined has a purchase link.

 The Canadian flag indicates a Canadian Company.



Avocado indicates what I use.

Deodorant



Where you can find Purely Great

- [Purely Great Online](#)
- [Amazon](#)
- Local Health Food Stores



Where you can find Attitude

- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies




Where you can find Routine

- [Amazon](#)
- [Routine Online](#)



Where you can find Green Beaver

- [Green Beaver Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Local grocery stores & pharmacies



Where you can find Schmidt's

- [Amazon](#)
- Local Grocery Stores & Pharmacies



Where you can find TANIT

- [Online Shop](#)
- Local Health Store





Where you can find Avalon

- [Amazon](#)
- Local Grocery Stores & Pharmacies



Where you can find Native

- Local Grocery Stores & Pharmacies



Where you can find Carina

- Local Health Food Stores
- Walmart



Where you can find Hello Joyous

- [Hello Joyous Online](#)



Where you can find Attitude

- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Where you can find Rocky Mountain Soad

- [Online Shop](#)
- [Multiple Store fronts and health stores across Canada](#)
- [Amazon](#)



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Where you can find Attitude



- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Where you can find Honest



- [Amazon](#)
- Shoppers Drug Mart
- Superstore
- Walmart



Where you can find Genesis



- [Genesis Online Shop](#)
- Local Health Food Stores



Where you can find Everyone



- Superstore
- Shoppers
- Walmart

Where you can find Hello Joyous



- [Hello Joyous Online](#)



Where you can find Carina



- Local Health Food Stores
- Walmart



Toothpaste



Where you can find TANIT

- [Online Shop](#)
- Local Health Store



Where you can find BOKA

- [Amazon](#)
- Walmart



Where you can find Green Beaver

- [Green Beaver Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Local grocery stores & pharmacies



Where you can find Attitude

- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Feminine Hygiene

Where you can find Natracare



- [Amazon](#)
- Local Health Food Stores
- Superstore
- Pharmasave
- London Drugs
- [Full list of Canadian Stores](#)



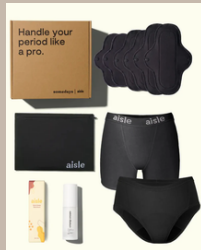
Where you can find Diva Cup



- [Amazon](#)
- Local Grocery Stores & Pharmacies



Where you can find Period Aisle



- [Online Shop](#)



Where you can find L.



- [Amazon](#)
- Local Health Food Stores
- Local grocery stores and pharmacies

Where you can find Joni



- [Amazon](#)
- [Joni Online](#)
- [Local Store Locator](#)



Hand Soap

Where you can find
Attitude



- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Where you can find
Everyone



- Superstore
- Shoppers
- Walmart

Where you can find
The Unscented



- Sobeys
- Superstore
- Canadian Tire
- Bulk Barn

Where you can find Dr.
Bronners



- Local Grocery Stores & Pharmacies

Sunscreen

Where you can find
TANIT



- [Online Shop](#)
- Local Health Store

*This one is the best natural I've found. Doesn't leave a thick white cast on your skin.



Where you can find
Attitude



- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Where you can find
Thinksport



- [Amazon](#)
- Local Grocery Stores & Pharmacies

Where you can find True
Botanicals



- [True Botanicals Online](#)
- [The Detox Market](#)





Where you can find ECOS

- Local Grocery Store & Pharmacies



Where you can find Nature Clean

- Local Grocery Store & Pharmacies
- Amazon

*this brand has great dish soap and hand soap but laundry detergent is not ideal.



C l e a n i n g



Where you can find Aspen

- Local health food stores
- Aspen online
- Local Store Locator



Where you can find EcoMax

- Local Grocery Store & Pharmacies



Where you can find Attitude

- Attitude Online Shop
- Amazon
- Local Health Food Stores
- Starting to pop up at local grocery stores

& pharmacies



Where you can find Nellie's

- Nellie's Online Shop
- Amazon
- Canadian Tire
- London Drugs
- Local Store Locator



Laundry



Where you can find Aspen

- Local health food stores
- [Aspen online](#)
- [Local Store Locator](#)



Where you can find Nellie's

- [Nellie's Online Shop](#)
- [Amazon](#)
- Canadian Tire
- London Drugs
- [Local Store Locator](#)



Where you can find Attitude

- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Where you can find EcoMax

- Local Grocery Store & Pharmacies
- [Amazon](#)



Where you can find Attitude



- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies



Where you can find Honest



- [Amazon](#)
- Shoppers Drug Mart
- Superstore
- Walmart

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Where you can find Pampers Pure



- Local Grocery Stores & Pharmacies
- [Amazon](#)

Where you can find Everyone



- Superstore
- Shoppers
- Walmart

Where you can find Earth Mama



- Local Health Food Stores
- [Earth Mama Online](#)
- [Amazon](#)

Where you can find Carina



- Local Health Food Stores
- Walmart



Skin Care



Where you can find
Three Ships

- [Three Ships Online](#)



Where you can find
Hello Joyous

- [Hello Joyous Online](#)



Where you can find
Honest

- [Amazon](#)
- Shoppers Drug Mart
- Superstore
- Walmart



Where you can find True Botanicals

- [True Botanicals Online](#)
- [The Detox Market](#)

This brand is pricey but really nice if you're looking for a more high end product. Detox Market is where to get it in Canada.

Makeup

Finding clean makeup can be difficult. This is where the yuka or ewg app come in handy.

Where you can find
Attitude

- [Attitude Online Shop](#)
- [Amazon](#)
- Local Health Food Stores
- Starting to pop up at local grocery stores & pharmacies
- EWG verified



Where you can
find Saie

- [Sephora](#)



Where you can find
Ilia

- [Sephora](#)



Perfume

Where you can
find DIME

- [Dime Online](#)



Where you can find 7
Virtues

- [Sephora](#)



Cookware



Look for stainless, cast iron or ceramic.

- Green Pan
- Caraway
- All-Clad

*AVOID NON STICK



Cutting boards

- Stainless Steel
- Wood (watch for mold-replace often)

*AVOID PLASTIC



Kitchen Utensils

- Wood (watch for mold-replace often)
- **Food Grade** Silicone
- Stainless Steel

*AVOID PASTIC & LOW GRADE SILICONE & TEFLON

Food Storage



Glass Storage Containers
over plastic.



Reusable Beeswax wraps instead
of plastic wrap.



Reusable Stasher bags instead
of plastic bags.

Home & Car Scents



[Young Living Online](#)



[Vitruvi Online](#)



[Wick of Hope Online](#)



[Saje Car Diffuser](#)



Brands to Watch out for

For these popular brands, I suggest checking the EWG or Yuka app to find out which products are safe and which are not. The quality varies by product, some items are good while others may be harmful.



Some items are ok, but majority of this brand is not.



Laundry soap is not ideal, but the hands soaps and dish soaps are good.



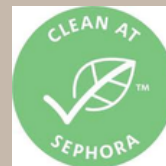
Majority not great!



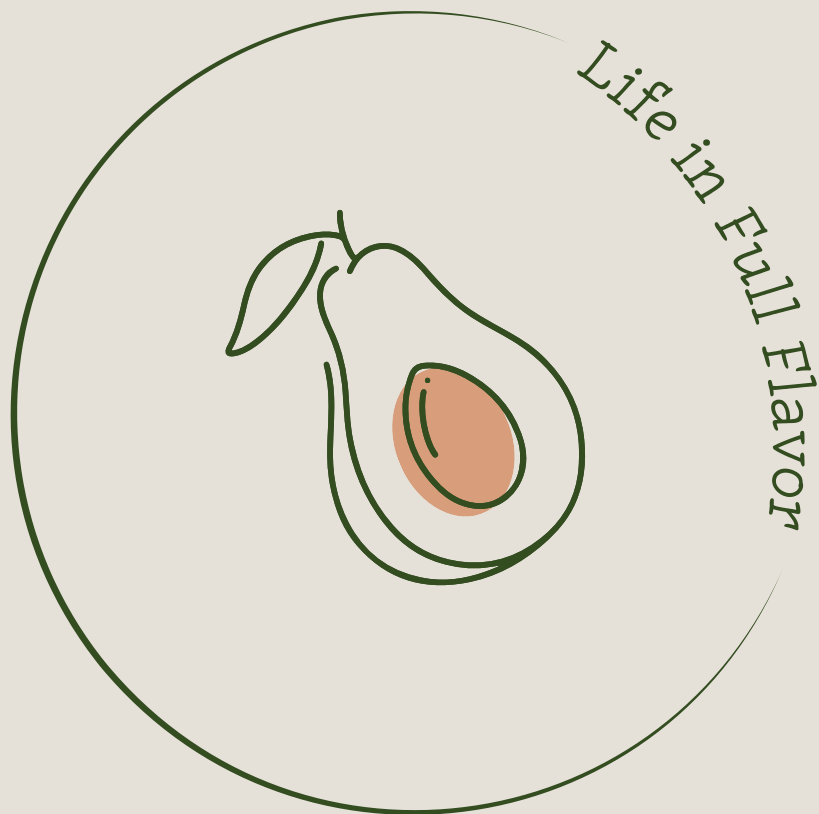
First greenwashing I fell for. Majority not great!



Ranges from green to red. Use the app.



Most items I found go from green to high yellow. Just remember that just because an item from a specific brand is clean doesn't mean the entire brand is clean. Use the YUKA app.



The information shared here is for educational purposes only and isn't a substitute for personalized medical advice. It's meant to inspire healthy habits and support overall well-being – not to diagnose or treat any condition.

Always check with your healthcare provider before making significant changes to your diet, supplements, or lifestyle, especially if you have a medical condition, are pregnant, or take medication.

By using this material, you agree to take full responsibility for your health choices.