

NON-TOXIC Living

REMOVE THE HARMS




Clean Home · Clean Body

@JAKI_LEON

You'll notice that some products are marked with a star .

Anything starred are a priority because these tend to have the biggest impact on overall toxic load.

If you see a double star , it means it's a #1 priority that you should urgently swap.

Take what resonates, leave the rest, and move at a pace that feels good for your body and your life.

Kitchen

FROM THIS

NON-STICK / TEFLON POTS & PANS★★

PLASTIC COOKING UTENSILS / CUTTING BOARDS★★

PLASTIC TUPPERWARE / CONTAINERS★

MAINSTREAM DISHWASHER DETERGENT★

TEA BAGS

CELLOPHANE WRAP★

PLASTIC ZIPLOC BAGS

SINGLE-USE PLASTIC BAGS

NON-ORGANIC FRUITS & VEGETABLES★

REGULAR PARCHMENT PAPER

TAP WATER★★

POLYESTER CLEANING CLOTH

MAINSTREAM SPONGES★

MAINSTREAM SALT★★

AUTOMATIC DRIP COFFEE MACHINE

PLASTIC DISH RACK★★

MICROWAVE★

*DO NOT USE ALUMINUM FOIL OR ALUMINUM COOKWARE

Kitchen

TO THIS

- NICKEL FREE STAINLESS STEEL :

HIGH COST : NÖNI (BEST)

MEDIUM COST : HOMICHEF (VERY GOOD)

*NOTE : THE INDICATION '18/0(430)' MEANS 0% NICKEL (WHICH IS A GOOD THING) !

- CERAMIC :

HIGH COST : XTREMA (BEST)

- GLASS COOKWARE :

HIGH COST : VISIONS

LOW COST : LIBBEY

- NON-TOXIC BLENDERS :

HIGH COST : STAINLESS STEEL VITAMIX

LOW COST : NINJA

LOW COST : BLACK+DECKER

- WATER FILTERS :

HIGH COST : AQUATRUWATER

LOW COST : AQUAGEAR

LOW COST : AMAZON-BASICS

WOODEN COOKING UTENSILS & CUTTING BOARDS

DISH SOAP-ASPEN OR DISH SOAP-ATTITUDE

GLASS TUPPERWARE

LOOSE-LEAF TEAS ARE PREFERRED OVER TEA BAGS

BEESWAX WRAP : API-FLEX

SILICONE BAGS / REUSABLE CLOTH BOWL COVERS

REUSABLE COTTON CLOTH BAGS

ORGANIC FRUITS & VEGGIES (OR WASH WITH VINEGAR/BAKING SODA OR USE : OZONE GENERATOR)

UNBLEACHED PARCHMENT PAPER (IF YOU CARE UNBLEACHED PARCHMENT)

COTTON CLEANING CLOTH

LOOFAH SPONGE OR NATURAL SPONGES

SALT : MALDONSALT OR DIAMONDCRYSTAL (SEE WHY NEXT PAGE)

STONE DISH DRYING MAT

OLD STYLE RE-HEATING YOUR LEFTOVERS IN A PAN/OVEN

PERCOLATOR (ALL-STEEL) / RATIO EIGHT (GLASS TUBING) / MANUAL POUR-OVER

A word on salt

LA RAISON POUR LAQUELLE JE CHOISIS MALDONSALT OU DIAMONDCRYSTAL EST QUE DES LABORATOIRES INDÉPENDANTS ONT TROUVÉ DE FORTES CONCENTRATIONS DE PLOMB (UN MÉTAL LOURD TOXIQUE) DANS D'AUTRES MARQUES DE SEL COURANTES. VOIR LE TABLEAU CI-DESSOUS.

Comparative Chart of Toxicant Levels Found in Popular Salts & Salt Products: 2025

| Lead Safe Mama, LLC - Salt Chart, Independent, Third Party, Laboratory Test Results. | | | | 1 of 11 Positive for Cadmium = 9% | | | |
|--------------------------------------------------------------------------------------|--------------------------------------------------|------------------------|---------------------|------------------------------------|---------|---------|---------|
| Full lab reports for each listed product can be found on LeadSafeMama.com | | | SALT Chart | 2 of 11 Positive for Mercury = 18% | | | |
| All measurements noted are in PARTS PER BILLION (ppb) | | | SALT Chart | 5 of 11 Positive for Arsenic = 45% | | | |
| Chart Updated: April 26, 2025 - Saturday - 10:30 A.M. BST | | | SALT Chart | 7 of 11 Positive for Lead = 64% | | | |
| Sorted in order of Lead Level Ascending | | | SALT Chart | | | | |
| Product Name | | | | Pb | Cd | Hg | As |
| | | | | Lead | Cadmium | Mercury | Arsenic |
| NON-DETECT for Lead, Cadmium, & Mercury | | Country Of Origin | Salt Type | Lead | Cadmium | Mercury | Arsenic |
| 1 | Jacobsen Salt Co. Pure Kosher Sea Salt | Oregon, USA | Sea Salt | ND <1.5 | ND <3 | ND <1.5 | ND <6 |
| 2 | Maldon Sea Salt Flakes | Essex, England | Sea Salt | ND <5 | ND <5 | ND <5 | ND <10 |
| 3 | Diamond Crystal Kosher Salt | Michigan, USA | Pure Salt | ND <5 | ND <5 | ND <5 | ND <10 |
| 4 | Saltverk Hand Harvested Flaky Sea Salt (White) | Westfiords of ICELAND | Sea Salt | ND <1.5 | ND <3 | ND <1.5 | 21.0 |
| Lead Levels of 5 ppb & Up: | | Country Of Origin | Salt Type | Lead | Cadmium | Mercury | Arsenic |
| 5 | Morton Iodized Salt | USA & Others | Iodized Salt | 7.9 | ND <5 | 5.0 | ND <10 |
| 6 | Saltverk Hand Harvested Lava Salt (Black) | Westfiords of ICELAND | Sea Salt w Charcoal | 18.0 | ND <3 | ND <1.5 | 23.0 |
| 7 | A. Vogel Certified Organic Herbamare Original | Camargue, South France | Herbed Sea Salt | 78.0 | 51.0 | 22.0 | 184.0 |
| 8 | Jacobsen Salt Co. Pure Italian Sea Salt | Trepani, Italy | Sea Salt | 98.0 | ND <10 | ND <10 | ND <10 |
| Lead Levels of 100 ppb & Up: | | Country Of Origin | Salt Type | Lead | Cadmium | Mercury | Arsenic |
| 9 | Baja Gold Salt Co. Mineral Sea Salt - Fine Grind | Sea of Cortez, Mexico | Mineral Sea Salt | 114.0 | ND <10 | ND <10 | 11.0 |
| 10 | Redmond Real Salt Ancient Fine Sea Salt | Utah, USA | Mined Sea Salt | 290.0 | ND <3 | ND <1.5 | 91.0 |
| Lead Levels of 500 ppb & Up: | | Country Of Origin | Salt Type | Lead | Cadmium | Mercury | Arsenic |
| 11 | Selina Naturally Fine Ground Celtic Salt | Guérande, France | Celtic Sea Salt | 626.0 | ND <3 | ND <1.5 | ND <6 |

Learn More at LeadSafeMama.com

ND = "Non-Detect", with the low threshold of detection (in ppb) noted

Kitchen

LAST WORDS

YOUR KITCHEN, YOUR HEALTH — THE BIG WINS TO REMEMBER

- **DITCH PLASTIC WHENEVER YOU CAN, ESPECIALLY ANYTHING THAT TOUCHES HEAT LIKE POTS, PANS, UTENSILS, KETTLES, COFFEE MACHINES, BLENDERS, MICROWAVES. HEAT + FOOD + PLASTIC = LEACHING, MICROPLASTICS IN OUR BODIES, LEADING TO HORMONE DISRUPTION. GO GLASS, STAINLESS OR CERAMIC.**
- **FILTER YOUR WATER. CLEAN WATER FOR DRINKING AND COOKING IS HANDS-DOWN ONE OF THE BEST INVESTMENTS FOR YOUR HEALTH.**
- **GO ORGANIC ON THE DIRTY-DOZEN.**
- **CHECK YOUR SOAPS AND DETERGENTS — YOUR PLATES AND UTENSILS COME IN DIRECT CONTACT WITH FOOD. NON-TOXIC OPTIONS = NO UNNECESSARY CHEMICALS ON YOUR FOOD.**

Bathroom

FROM THIS

MAINSTREAM PERIOD PRODUCTS★★

TYPICAL HAND SOAP★

SYNTHETIC FIBER TOWELS

MAINSTREAM MOISTURIZERS★★

MAINSTREAM LIP BALMS★★

MAINSTREAM TOOTHPASTES★★

TYPICAL MOUTHWASH★★

SCRUBS/EXFOLIATORS

MAKEUP REMOVER

MAINSTREAM DENTAL FLOSS

TYPICAL DEODORANTS★★

MAINSTREAM SHAMPOO & CONDITIONER★

PLASTIC TOOTHBRUSH★

UNFILTERED WATER

PVC SHOWER CURTAIN★

SYNTHETIC BATH MAT

AEROSOL SHAVING GELS★★

DISPOSABLE RAZOR

PLASTIC HAIR BRUSH

MAINSTREAM COSMETICS★★

MOLD★★

Bathroom

TO THIS

ORGANIC COTTON SANITARY PADS & TAMPONS : IRISARLO / L.

SOAPS, SHAMPOOS, CONDITIONERS : TALLOW / DR.BRONNERS / LA PAYSANNE / ONEKA

100% COTTON TOWELS

MOISTURIZERS : BEEF TALLOW / PURE ORGANIC GOLDEN JOJOBA OIL

CLEAN TOOTHPASTE

NATURAL-TOOTHBRUSH

FLOSS DR.TUNG

TONGUE SCRAPER

GUA SHA

NATURAL DRY BRUSH

ALUMINIUM/PARABEN/FRAGRANCE-FREE – DEODORANT

SHOWER FILTER : AQUASANA / JOLIESKINCO

NATURAL FABRICS SHOWER CURTAINS : RAWGANIQUE/BEANPRODUCTS

STONE BATH MAT

PLASTIC FREE RAZOR : LEAFSHAVE OR AMAZON

NON-TOXIC MOLD REMEDY

CLEAN COSMETICS : ARAZA / ATTITUDE / LISANOTO

FAVOURITE SKINCARE PRODUCTS :

ÉMINENCE (BIODYNAMIC)

TALLOWEDANDFREE

DAVINCIA (HIGH COST)

Bathroom

LAST WORDS

YOUR BATHROOM, YOUR HEALTH — FINAL WORDS

AS A GENERAL RULE: REMOVE ENDOCRINE DISRUPTORS FROM ANYTHING YOU PUT DIRECTLY ON YOUR BODY — SHAMPOOS, SOAPS, CONDITIONERS, LOTIONS, TOOTHPASTE...

HERE'S HOW:

- 1. READ THE INGREDIENTS LIST. IF A WORD DOESN'T MAKE SENSE, USE AI TO CHECK IT.**
- 2. AVOID THESE :**
 - ALUMINIUM, PARABENS, SYNTHETIC FRAGRANCES, SULFATES, SILICONES, PHTHALATES**

Bedroom

FROM THIS

SYNTHETIC FIBER BEDDING★★

TYPICAL SCENTED CANDLES★

MAINSTREAM MATTRESSES

MAINSTREAM CARPETS

BED BUG SPRAYS

TYPICAL AIR FRESHENERS / ROOM SPRAYS★★

THIN CURTAINS★

LITTLE LIGHTS COMING FROM THE SMOKE DETECTOR OR ANY

OTHER ELECTRONICS

ANY PLUGGED-IN DEVICES★★

WIFI ON★

Bedroom

TO THIS

PUT BLACK TAPE ON ANY LITTLE LIGHTS

ABSOLUTELY NO ELECTRONICS IN THE ROOM

NASAL BREATHING (TOOL) : SOMNIFIX / MYOTAPE

WIFI OFF

IF TRAVELLING (ESSENTIALS) : SLEEP-MASK + PORTABLE LAMP

NATURAL FIBER BEDDING – 100% COTTON / SILK / HEMP / LINEN / WOOL

100% BEESWAX CANDLES

DIM YELLOW / ORANGE / RED LIGHT (BEFORE BED) : ORANGE BULB/ RED

BULB (1 W IS SUPER DIM, 7 W WOULD BE PERFECT AFTER SUNSET)/ SALT

LAMPS

NATURAL FIBER MATTRESS : AVOCADO

NATURAL FIBER CARPET

BLACKOUT CURTAINS : RAWGANIQUE OR SIMONS

Bedroom

LAST WORDS

YOUR BEDROOM, YOUR HEALTH — FINAL WORDS

YOU SPEND ABOUT A THIRD OF YOUR LIFE IN YOUR BEDROOM — NO EXCUSES. THIS IS YOUR SANCTUARY, THE ONE PLACE YOU CAN FULLY CONTROL, MAKE IT AS PURE AS POSSIBLE.

- **GO NATURAL. CHOOSE BEDDING, MATTRESSES, AND PYJAMAS MADE FROM COTTON, LINEN, WOOL, OR OTHER NATURAL FIBERS.**
- **KEEP THE ROOM AS DARK AS POSSIBLE TO SUPPORT DEEP SLEEP. BLOCK OUTSIDE LIGHT WITH BLACKOUT CURTAINS, COVER SMALL LED LIGHTS WITH BLACK TAPE.**
- **LIMIT ELECTRONICS. KEEP CHARGERS, PLUGGED-IN DEVICES, AND SMART GADGETS OUT OF YOUR BEDROOM WHENEVER YOU CAN. FOR EXTRA IMPACT, TURN OFF YOUR WI-FI ROUTER AT NIGHT.**
- **FRESH AIR MATTERS. OPEN WINDOWS REGULARLY LET YOUR BEDROOM BREATHE.**

Whole house

FROM THIS

MAINSTREAM CLEANING PRODUCTS★★

AEROSOL SPRAY★★

CLASSIC BLUE-LIGHT-EMITTING BULBS :

(LED / FLUORESCENT / “COOL WHITE” LIGHTING)★

FREQUENT USAGE: MANY VARIATIONS OF ELECTRONICS (WI-FI, TV, PHONE, LAPTOPS, ETC.)★

WIRELESS EARBUDS★★

SYNTHETIC FABRIC CLOTHING

FAKE PLANTS

PLASTIC WATER BOTTLES★

CONVENTIONAL LAUNDRY DETERGENTS★

Whole house

TO THIS

CLEANING PRODUCTS ; VINEGAR, BAKING SODA, 100% ORGANIC LEMON, TEA TREE OR

OREGANO ESSENTIAL OILS /

CLEAN MULTI-PURPOSE / USE YOUR DISH SOAP

OPEN THE WINDOWS AS MUCH AS POSSIBLE

INCANDESCENT LIGHTS : CHROMALUX

AS MUCH NATURAL LIGHT AS POSSIBLE

LOW USAGE OF ELECTRONICS : PUT DEVICES ON AIRPLANE MODE AS MUCH AS POSSIBLE. KEEP DISTANCE FROM YOUR BODY, AND TURN OFF BLUETOOTH AND WI-FI

WHEN NOT IN USE VIA THE SETTINGS ON YOUR PHONE/LAPTOP

RADIATION-FREE-EARPHONES

NATURAL FABRIC CLOTHING : SIMONS HAS A LOT OF ORGANIC COTTON SELECTIONS,

QFORQUINN, MATE, KOTN

AIR PURIFYING PLANTS

AIR PURIFIER : SMALL ROOM/MEDIUM ROOM/ LARGE ROOM / AIR DOCTOR

GEROLSTEINER MINERAL WATER

NON-TOXIC LAUNDRY DETERGENT (POWDER) / NON-TOXIC LAUNDRY DETERGENT

(LIQUID) / LIQUID (FROM PURE)

HOW TO USE AI FOR CONSCIOUS SHOPPING

NOWADAYS, THERE ARE APPS LIKE YUKA THAT CAN BE HELPFUL FOR QUICK SCANS, BUT THEY OFTEN RELY ON SIMPLIFIED SCORES AND REGULATORY THRESHOLDS. IF YOU WANT A DEEPER, UNDERSTANDING OF WHAT YOU'RE ACTUALLY SPENDING YOUR MONEY ON YOU CAN USE AI INSTEAD. BY TAKING A PHOTO OF THE PRODUCT AND ITS INGREDIENT LIST, YOU CAN GET A CLEAR EXPLANATION, REAL CONTEXT, AND EDUCATION OVER TIME, SO **YOU FEEL EMPOWERED AND CONFIDENT IN YOUR CHOICES** RATHER THAN JUST RELYING ON AN APP SCORE.

USE THE LONG PROMPT WHEN YOU HAVE TIME AND WANT A THOROUGH BREAKDOWN.
USE THE SHORT PROMPT WHEN YOU JUST NEED A CLEAR YES-OR-NO DECISION.

LONG PROMPT

YOU ARE MY NON-TOXIC PRODUCT SAFETY ANALYST.

**I WANT A 100% CLEAN, NON-TOXIC, ENDOCRINE-SAFE LIFESTYLE WITH NO GREENWASHING AND NO HARMFUL OR QUESTIONABLE INGREDIENTS.
PLEASE ANALYZE THE PRODUCT SHOWN IN THE PHOTOS (FRONT + INGREDIENT LIST) USING CURRENT HEALTH, TOXICOLOGY, AND ENDOCRINE-DISRUPTION KNOWLEDGE.**

START WITH A CLEAR VERDICT:

**✔ 100% CLEAN — BUY
⚠ NOT IDEAL — BETTER OPTIONS EXIST
✗ AVOID — CONTAINS CONCERNING INGREDIENTS**

**IF THE PRODUCT IS NOT 100% CLEAN, LIST:
-THE CONCERNING INGREDIENTS
-WHAT EACH INGREDIENT IS USED FOR
KNOWN OR SUSPECTED HEALTH RISKS (ESPECIALLY HORMONE, THYROID, FERTILITY, NEUROLOGICAL, GUT, IMMUNE, OR LONG-TERM EXPOSURE EFFECTS)**

FINISH WITH 1–3 CLEANER ALTERNATIVES OR WHAT A TRULY CLEAN INGREDIENT LIST WOULD LOOK LIKE.

BE CONSERVATIVE AND PROTECTIVE. IF SAFETY IS UNCLEAR, ERR ON THE SIDE OF CAUTION.

SHORT PROMPT

**ANALYZE THIS PRODUCT FOR NON-TOXIC AND ENDOCRINE SAFETY.
GIVE ME A SIMPLE VERDICT:**

✔ BUY / ⚠ THINK TWICE / ✗ AVOID

**IF NOT A CLEAR “BUY,” BRIEFLY NAME THE PROBLEM INGREDIENTS AND THEIR MAIN HEALTH RISKS.
ERR ON THE SIDE OF CAUTION.**