

# Environmental Toxins Case Assignment (Answer)

## **CASE #1 ANSWER:**

You should educate D.T. on the chemicals she is exposing herself to daily and how they might play a role in her headaches as well as increasing her risk of disease in the future. Work with the patient on taking out unnecessary chemicals in her daily life and swapping them with something safer. For example, she should stop wearing perfume and perhaps swap it for a natural, essential oil-based perfume with no fragrances. She could also use an essential oil diffuser instead of air fresheners. She could try natural cleaning products like baking soda and vinegar instead of chemical-filled cleaning products. Given that she's made the connection between getting her nails done and headaches, you should encourage her to skip the nail salon and find other ways of connecting with her friends. She should also get an air purifier for her home and start filtering her water.

In addition to swapping out many of the chemicals in her life, she should also be on a nutrient-dense diet to assist in proper detoxification. This includes plenty of fruits and vegetables, especially cruciferous vegetables (organic is best, but at least organic versions of the Dirty Dozen), grass-fed meats (including organ meats), fermented foods, prebiotics, and lots of purified water.

D.T. should also be incorporating stress management techniques daily, and you should ensure she is getting enough sleep each night.