

## **Sterilite Box Storage**

We want to be clear, we are not asking you to throw away anything you don't want to in this Toss the Toxins challenge. So please don't panic about possibly throwing out your favorite products! Although we must admit, for some of these products we hope you will see the benefit and removal and keep them out for good. The purpose and goal of Tossing the Toxins is to immediately change the dynamics of the air quality in your home and allow your body to experience the impact of removal.

Since the air in an attached garage impacts a home's indoor air, any regular boxes or bags would ideally go to an outdoor storage area or detached garage until you are ready to decide what to toss and what to keep. If you don't have that option, place anything you're unsure about getting rid of in an airtight sealed container, like this Sterilite box. We like these because they are BPA and phthalate free plastic. Keep in an attached garage, on a porch, or within your living space if need-be. Then when you are ready to evaluate the products, take the box outside if possible, so you will be in the fresh air and limit your exposure!

The most efficient way to reduce repeated, direct chemical exposures is to gather all products from a category at one time and remove them from the house. This is quick and easy and doesn't involve decision-making about whether to keep or toss a product. We don't want people to sit down in front of opened cabinets - under their kitchen sinks or bathroom sinks, etc. - checking labels on each product. That would be time-consuming and stressful. And you would have lots of intensified exposures that way.

Be aware that in households with many toxic products, even the contact of just putting products into a box and taking them out may act as a significant exposure, especially if you are not well. If you are sensitive, consider having someone else help. People have been shocked when they get headaches, feelings of weakness or dizziness, coughing, etc. during this process. One client even woke up throwing up after she had gathered all the toxic products around her home in boxes and left the boxes inside near her bedroom. This gives you a clue as to how harmful these products really are. But once removed, you have automatically improved your air quality!

For cleaning and personal care products, you can watch our video on how to easily assess products. This will help you decide what to toss immediately, what is safe to bring back into the house, and what to keep in a Sterilite box.

Until you have safe replacement products lined up, you can always go to the box, get the product you need to use, and return it to the box when finished. The point is, these products are no longer sitting in your home 24/7, creating a constant chemical soup! For personal care products you need to use daily, you can keep a smaller Sterilite container in your bathroom to make it more convenient until you find safer products to use.

Like we always say, we just don't realize how much these products with harmful ingredients impact us until they are removed. And the Sterilite box provides a convenient and less daunting way to toss the toxins from your home.