



Environmental challenges

	Sources	Symptoms	Food Sources
Chemicals	Medication, dyes, paint, detergents, cosmetics, weed killers, personal hygiene, cleansers, paint, perfumes and alcohol.	Irritation of the eyes or nose, excessive cough, shortness of breath, blood in phlegm, jaundice, fatigue, loss of appetite and rash.	Green tea, cruciferous veggies, garlic, onions, celery, apples, alfalfa sprouts, lemons, spirulina, cracked chlorella.
Hydrocarbons	Gas, plastics, fibres, rubber, solvents, explosives, swimming pools, lubricants, varnish and insect repellent.	Hormonal imbalances, bone and joint weakness, fatigue and high blood pressure.	Probiotics, beets, sweet potatoes, nuts and seeds, miso soup, garlic, spirulina, kamut, cracked chlorella, lemons.
Radiation	X-rays, CT scans, radon gas, dental X-rays and sunlight.	Nausea, vomiting, bleeding, diarrhoea, hair loss, sloughing of skin, fatigue and mouth ulcers.	Spirulina, chlorella, seaweed, kelp, black/green tea, wheatgrass, lemons, parsley, beets, sauerkraut,
Toxic metals	Deodorants, in cans, aluminium foil, antacids, cookware, utensils, nail polish, dental work, batteries, old pipes, diesel engines, soft drinks, pesticides and ink/toner.	Nausea, vomiting, diarrhoea, abdominal pain, tremors, heart irregularity, anaemia, burning feeling in chest, heartburn, flatulence, chronic cough and dizziness.	Bitter greens such as kale, swiss chard, dandelion and mustard greens, arugula, beet greens, broccoli sprouts, lemons, oranges, limes, green tea, garlic, spinach.

We recommend that you get your epigenetics analysed every 88 days to prevent environmental and wellbeing challenges.