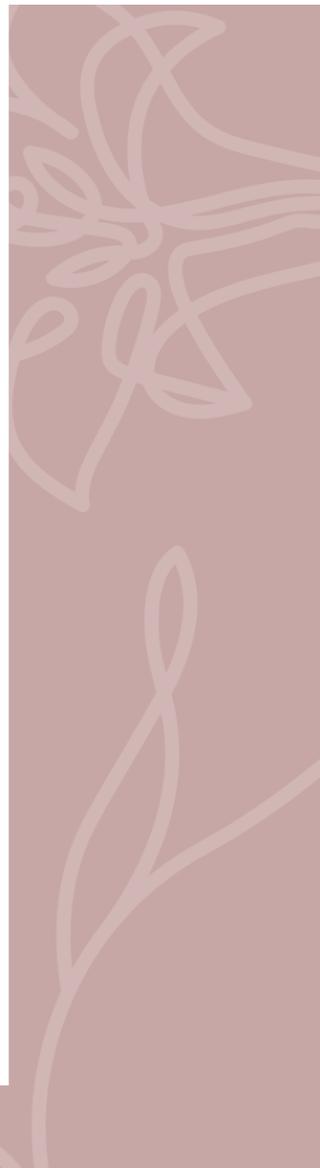




Dr. Jessi Grajczyk
FUNCTIONAL MEDICINE

17 Products That Won't Destroy Your Hormones



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I know that finding products that are safe for your hormones is so important; that's why I've put together a list of 17 products that I personally recommend to support your health and wellbeing. It's crucial to be mindful of the chemicals in the products we use, especially when it comes to things like essential oils, tea, shampoo and conditioner, and so much more. Here's a guide to help you find products that won't disrupt your hormones.

1. Essential Oils

MOUNTAIN ROSE HERBS

Mountain Rose Herbs takes their commitment to your health and the environment seriously. They have partnered with a farm to achieve Regenerative Organic certification, ensuring that their products are not only clean but also support the natural balance of the soil and livestock. With our skin being our largest organ, it's crucial to be aware of the chemicals present in the products we use. Mountain Rose Herbs prioritizes manufacturing practices that prevent contamination with harmful substances such as lead or mold. Rest assured, when you choose their products, you can have peace of mind knowing that your family's safety is their priority.

2. Tea

PIQUE LIFE

These tea bags are free from mycotoxins and microplastics, ensuring a pure and clean drinking experience. With recommendations to enjoy 1-3 cups per day, this tea contains EGCG antioxidants known for preventing cell damage, reducing cancer risks, and supporting blood sugar management to aid in weight management. Convenience is key with Pique Life tea, as each packet can be easily added to hot or cold water for a quick and delicious beverage on the go.

3. Shampoo & Conditioner

ACURE

Say goodbye to harmful chemicals and hello to beautiful, healthy hair with Acure's shampoo and conditioner products. Their formula is free from harmful ingredients such as parabens, sulfates, mineral oils, petrolatum, and formaldehyde. Not only is it a safer option, but it's also a great choice for the whole family as teenagers love it! Enjoy high-quality haircare without compromising on safety and wellbeing with Acure.

4. Hair Dye

MOROCCO METHOD

For a natural approach to hair coloring, turn to Morrocco Method. Their hair dye uses clean and pure Henna, free from chemicals and sulfates. Experience a gentler way to color your hair without compromising on quality or safety.

5. Deodorant

SCHMIDTS

Schmidts deodorant stands out as the only deodorant certified by Ecocert. Offering a truly natural formula, it goes beyond just being free from aluminum, artificial fragrance, propylene glycol, phthalates, and parabens. With a range of plant-scented options to choose from, Schmidts ensures a refreshing and eco-friendly experience for its users.

6. Toothpaste

BIOCIDIN OR FEED YOUR GOOD GUYS

Transform your oral healthcare with Biocidin or Feed Your Good Guys toothpaste. These plant-based toothpastes are specifically formulated to remove oral biofilms, promoting better gut health starting from the mouth. You can trust that these toothpastes are made with natural and plant-based ingredients while being free from fluoride. Prioritize your oral and gut health with Biocidin or Feed Your Good Guys.

7. Candles

FONTANA CANDLE COMPANY

Fontana Candle Company offers candles that are third-party certified and naturally scented, ensuring that there are no artificial chemicals present in your fragrance experience. As the first company to be certified non-toxic, you can enjoy their candles with peace of mind, knowing that you are creating a safe and healthy environment in your home.

8. Feminine Products

NATRA CARE

Natra Care offers a range of feminine products made without plastics, fragrances, chlorine, dyes, or pesticides. Their products are crafted from 100% certified organic cotton, catering to women of all ages. From tampons, pads, liners, to wipes, maternity pads, baby wipes, and incontinence pads, Natra Care provides a natural and safe option for your feminine hygiene needs.

9. Sunscreen & Bug Spray

BADGER BALM

Badger Balm offers a range of organic, regenerative, biodynamic, and fairly traded products to meet your skincare needs. Their mineral-based sunscreen is specially formulated to avoid leaving a white residue on your skin, providing a clear and effective coverage. Moreover, their bug spray is safe and non-toxic for your children's skin, with no DEET. The scent of citronella, rosemary, and wintergreen brings an added sense of freshness to your outdoor adventures. You can trust Badger Balm to provide effective and conscious choices for your body and the environment.

10. Make Up

BEAUTY COUNTER, WELL PEOPLE, HONEST BEAUTY

For a less toxic makeup regimen, I highly recommend Beauty Counter, Well People, and Honest Beauty. These brands feature products that score low on all toxin lists and are safe for use. Additionally, they cater to various needs, allowing for a versatile makeup routine that suits your preferences. As a plus, these brands are also teen-approved, providing safe and reliable options for our younger generation.

11. Perfume

DIME BEAUTY

Dime Beauty offers a line of perfumes that are free from parabens, sulfates, phthalates, and BPA/BPS. With these harmful chemicals omitted, you can enjoy wearing their perfumes for special occasions without worrying about potential hormone-disrupting effects.

12. Laundry Detergent

TRULY FREELY HOME

Truly Free Home provides an environmentally sustainable laundry detergent solution by offering a one-time jug purchase and convenient refill options that can be mixed with water. Their patented quadrasalt technology is specifically designed to effectively remove tough stains, especially those caused by kids' messes. With this product, I have successfully eliminated all of the stains from my children's clothing, making it a reliable and efficient choice for laundry care.

13. Cleaning Products

TRULY FREELY HOME

Our go-to choice for kitchen and bathroom cleaning is Truly Free Home. Their plant-based, non-toxic products have been instrumental in keeping our living spaces clean and safe. The owners' expertise in chemistry research shines through in their products, especially in effectively removing stubborn soap scum. Additionally, the company offers generous membership benefits, allowing customers to receive complimentary products on a monthly basis through their autoship program.

14. Air Purifier

AIR DOCTOR

The Air Doctor is an exceptional sealed system equipped with HEPA and carbon filters that effectively ensure a clean home environment. We've installed one in each bedroom and main living area to maintain air quality throughout the house. The air purifier operates continuously but also features a smart sensing function that automatically switches to high fan mode when exposed to more toxic elements, swiftly eliminating any harmful substances from the air.

15. Facial Skin Care

ANNA MARIE GIANNI

As stated on their website, Anna Marie Gianni takes great care in selecting their ingredients by hand. These ingredients are then delicately infused into base oils and aloe juice, and expertly combined with other plant extracts and ingredients to maximize their effectiveness. The end result is stunning, radiant skin. I appreciate the owners' dedication to sourcing high-vibration products that not only nourish our skin but also benefit our overall well-being.

16. Cookware

XTREMA

After a long search, I finally found a product that meets my standards. While this may change with the introduction of newer products, I am currently satisfied with Xtrema cookware for being lead, cadmium, nickel, and copper-free. Made entirely of 100% ceramic without a metal core, these pots and pans are designed to minimize leaching for a safer cooking experience.

17. Lotions & Body Wash

ATTITUDE, EVERYONE

With a focus on plant-based ingredients and essential oils, Attitude, Everyone offers luxurious lotions and body washes with delightful scents. Their products are designed to provide long-lasting hydration without the use of harsh chemicals, ensuring that they are non-drying and gentle on the skin throughout the day.

I hope this guide helps you navigate the world of hormone-safe products and find items that support your overall health and wellness. You deserve products that honor and prioritize your body's natural balance. Let me know if you have any questions or need further guidance - I'm here for you every step of the way.

