

Environmental Toxins and Your Health

Why Detox Starts with Awareness

Why Environmental Toxins Matter

Chronic illnesses like autoimmunity, obesity, infertility, brain fog, and hormonal problems are on the rise. A hidden contributor? **Everyday toxic exposures** — from the air we breathe to the products in our homes. Many people don't realize they're affected until symptoms appear.

Common Sources of Toxic Exposure

You may be regularly exposed to harmful toxins through:

- Mold or water-damaged buildings
- Household cleaning products and air fresheners
- Heavy metals (like lead or mercury)
- Plastics (containing BPA or phthalates)
- Urban air pollution and car exhaust
- Personal care products with synthetic fragrance or dyes
- Electronics and Wi-Fi (EMFs)

Signs You May Have Toxic Overload

Watch for these red flags:

- Persistent fatigue or brain fog
- Headaches or chronic sinus issues
- Allergies, asthma, or autoimmune flares
- Sensitivity to smells (perfume, cleaners)
- Hormonal imbalance, low libido, or infertility
- Mood swings, anxiety, or memory trouble
- Dizziness or balance problems

Toxins and Their Impact

Toxin Type	Examples	Possible Effects
Pesticides	Produce, lawn care	ADHD, brain fog, infertility
Solvents	Paint, cleaners	Headaches, mood issues, autoimmune flares
Heavy Metals	Fish, old pipes	Memory loss, fatigue, insomnia

Mold/Mycotoxins	Water damage	Immune suppression, sinus issues, fatigue
Phthalates	Plastics, fragrances	Hormone disruption, obesity
Air Pollution	Cities, traffic	Mood changes, asthma, cognitive decline

First Step: Avoid the Offenders

The most powerful detox step is **avoiding continued exposure**. That means:

- Swapping to non-toxic products
- Fixing water damage or mold issues
- Choosing glass over plastic
- Improving air quality in your home

How Functional Medicine Evaluates Toxic Load

- Health timeline and symptom history
- Exposure screening (EHQ questionnaire)
- Mold and heavy metal testing if needed
- Home and workplace history

Everyone Detoxes Differently

Some people are genetically more sensitive or have low detox capacity. Over time, small exposures build up like filling a “rain barrel”—until it overflows into symptoms.

Takeaway Tips

- Reduce toxic exposures where you can
- Eat nutrient-rich foods to support detox
- Drink plenty of water
- Ask your provider about testing for mold, metals, and chemical exposure

Functional medicine starts by finding and removing the root causes—including toxins hiding in plain sight.