

GUIDES FOR THE GOOD LIFE

HOW TO LIVE WHOLE

Build Your Nontoxic Lifestyle

and fulfilling!

REFINE

TRUTH. BEAUTY. LIFE.

GET CLEAN

HOW TO DETOX

DETOX YOUR LIFE

Ready to detox your life? We're here to help! As awareness grows about the hidden toxins in nearly everything we come in contact with – from chemicals in cleaning products to additives in processed foods – more people are taking action to protect their physical, mental, and social well-being.

While it might feel overwhelming at first, taking simple, intentional steps to detox your life can lead to better health, more energy, and a greater sense of balance.

IN OUR GUIDE

We've designed this guide to make your journey to a cleaner, healthier lifestyle as simple and stress-free as possible. Whether it's swapping out conventional beauty products for clean alternatives, cooking with nutrient-dense oils, or reducing exposure to harmful chemicals in your home – every small change counts.

Remember, the goal isn't to stress about eliminating every toxin from your life – that would be impossible. Instead, focus on what you can control. Start small, stay consistent, and celebrate the progress you make along the way.

Let's dive in and explore practical ways to reclaim your health and live with intention. Your nontoxic lifestyle journey starts here!



EAT CLEAN

GUT CARE

Food is central to our flourishing and human experience. However, in the name of convenience and profit, it's been almost unrecognizably tampered with by added ingredients and chemicals that are doing the opposite of what should make the body strong and nourished. And let's face it, the high price tag on healthy, nutrient-dense foods doesn't help either.

Cleaner eating habits are still within reach, though, for any budget or taste. Here are a few ways you can start to ensure that mealtime leaves you fed, full, and happy.

5 Healthy Habits

EAT WHOLE

Prioritize eating whole, nutrient-dense foods the majority of the time

EAT BALANCED

Aim for well-balanced meals high in proteins, healthy fats, and fiber

EAT ORGANIC

Try to buy organic when possible, wait for sales, and buy in bulk

EAT HEALTHY OIL

Swap out your cooking oils for healthier ones like extra virgin olive oil

EAT LOCAL

Shop locally raised and grown for meat, vegetables, fruit, and dairy

EAT HOMEMADE

Limit eating fast food and highly processed snacks, and aim for restaurants that use whole or local ingredients

FOOD SUBSTITUTIONS

SKIP

EAT THIS INSTEAD

White rice

Brown rice or wild rice

White flour

Mix equal amounts of unbleached white flour and whole wheat flour for lighter results

Highly processed breakfast cereals

Muesli, granola, oatmeal, or hot or cold cereals made with whole grains

Refined sugar

Honey, molasses, sorghum, maple syrup, barley malt, or rice syrup

Pasta made from white flour

Whole wheat or veggie-based pasta

Peanut butter with sugar and preservatives

Natural peanut, almond, cashew, or sesame (tahini) butter

Canned vegetables and fruits

Frozen or fresh vegetables and fruits

BE CLEAN

PERSONAL CARE

It's no secret that the cosmetic industry has long capitalized on our natural desire to look and feel our best. What were once considered to be trusted brands for makeup and skincare have shamelessly left our well-being behind, instead promoting products full of chemicals and toxins for us to unknowingly apply to our skin – our largest and one of the most vital organs.

TRUSTED PRODUCTS

Thankfully, there are countless clean cosmetic and skincare lines on the market already that promote personal care that looks as good on you as it is good for you.

Read the labels before buying a new product, and watch out for ingredients like parabens, paraffins, sulfates, formaldehyde, and added fragrances.

ILIA

Makeup and skincare

ROOTED FOR GOOD

Skincare for men and women

LITTLE SEED FARM

Natural deodorant, serums, baby care



EASY DIY ALL-NATURAL FACE MASK

Want to treat your skin to some all-natural love? Here's how to make a simple, nourishing face mask in just 4 steps!

1. Grab Your Ingredients

- ✓ 1 tbsp honey (moisturizing + antibacterial)
- ✓ 1 tbsp plain yogurt (soothing + exfoliating)
- ✓ 1 tsp oatmeal (calming)
- ✓ A few drops of lemon juice (optional for added glow)

2. Mix It Together

Stir everything in a small bowl until you get a creamy paste.

3. Apply & Relax

Spread the mask evenly on your face, avoiding your eyes and mouth. Chill for 15-20 minutes while it works its magic.

4. Rinse & Shine

Rinse with warm water, gently massaging for light exfoliation. Pat dry, and voilà—soft, glowing skin!

5. Repeat 1-2 times a week for the ultimate natural glow.



LIVE CLEAN

HOME SUPPLIES

Household cleaning products – from laundry detergent to toilet cleaners – are sadly common culprits for introducing toxins into your home. Add in scented candles and air fresheners, dish soaps, and window cleaners, and before you know it, your clean isn't really as clean as it's advertised to be.

TRUSTED PRODUCTS

Try looking into alternative, nontoxic cleaning products or methods to keep your living space fresh and clean with a purpose.

BRANCH BASICS

Laundry, dishwasher, household cleaners

POOFY ORGANICS

Dish soap, laundry, toilet, cleaners

CORDA CANDLES AND PRIMALLY PURE

Nontoxic candles and air fragrances

BONUS: SUNSHINE AND EXERCISE

It's probably the easiest detox change you can make – try to soak up some sun and get moving on the daily! Even just 10–20 minutes a day of vitamin D and a little exercise can boost your health, mood, and productivity.



TOUCH GRASS

Commit to spending 10-15 minutes outdoors every day – nothing beats fresh air! Whether it's sipping your coffee on the porch, a quick neighborhood walk, or just sitting in the sun, it adds up to better health and happiness.

EXPLORE LOCAL TRAILS

Check out nearby hiking or biking trails. Even a short stroll in the woods or by the water can boost your mood and energy levels.

COMMUTE DIFFERENTLY

If you live close to work or school, walk or bike instead of driving. Even a short stroll to the bus stop gets you moving outside.

PLAN OUTDOOR MEETUPS

Instead of meeting friends for coffee indoors, suggest a walk, outdoor market, or park hangout.

EXERCISE OUTSIDE

Swap the treadmill for a walk, jog, or workout session at the park. Outdoor workouts feel less like a chore and more like an adventure!

DINE AL FRESCO

Turn meals into mini outdoor escapes. Have breakfast on your balcony, get outside for lunch, or fire up the grill for a backyard BBQ.

REFINE

REFINELIFE.CO

*Here's to
cleaner,
intentional
living!*