

# —PURE—

Whole-Food & Plant-Based Support

## Workbook

Module Eleven

# Water



How much water do you drink each day?

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What type of water is it? Tap, bottled, filtered, etc?

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Is your urine clear or more the color of apple juice?

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# Water



**Step 1:** Take your weight (in lbs.) and divide that by 2.2

**Step 2:** Multiply that number depending on your age

- if you're younger than 30, multiply by 40
- if you're between 30 and 55, multiply by 35
- if you're older than 55, multiply by 30

**Step 3:** Divide that sum by 28.3

**Step 4:** Your total is how many ounces of water you should drink each day. Divide that number by 35 to see your result in liters.

Step 1 \_\_\_\_\_

Step 2 \_\_\_\_\_

Step 3 \_\_\_\_\_

Step 4 \_\_\_\_\_

# Water



Are you drinking the recommend amount of water each day?

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What are four things you can do to increase your water intake each day?

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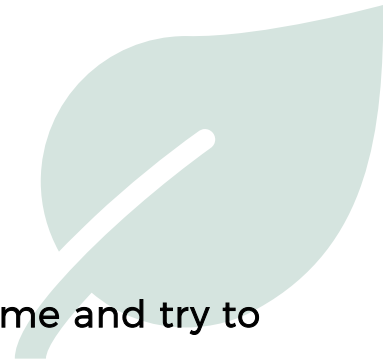
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# Healthy Home



Use this checklist to go through your home and try to make it as healthy as possible!

## KITCHEN

- ☐ Do you cook with non-stick cookware? Replace with cast-iron, stainless steel, or glass when possible. Stuck with it? Take care not to overheat it, which releases toxic fumes.
- ☐ Do you use plastic food containers? We recommend glass over plastic. Never microwave food in plastic containers. For baby, use glass or BPA-free plastic bottles.
- ☐ Do you filter your tap water? Check EWG's online tap water quality database for local contaminants and a filter that removes them, if needed.
- ☐ Do you drink bottled water? Kick the habit. For water on-the-go, get a reusable water bottle, like stainless steel (not plastic or aluminum lined with plastic).
- ☐ Any canned food in the pantry? Cook with fresh or frozen whenever possible; most food cans (including liquid infant formula) are lined with bisphenol-A (BPA), a toxic chemical that leaches into the food.

# Healthy Home



- ☐ Do you eat conventionally grown produce? Use locally grown, organic food when possible.
- ☐ Do you use iodized salt? You should. Iodine is necessary to maintain healthy thyroid function.
- ☐ Do you eat high-mercury fish? Ask before eating and opt for the lower-mercury types (especially for pregnant women and young children).

# Healthy Home



## BATHROOM

- ☐ Do you use air fresheners? Don't! Most contain a number of toxic chemicals that contaminate the air you breathe.
- ☐ Is there fragrance in your personal care products? We don't know what's in "fragrance," so it's safer to choose all fragrance-free personal care products. Always check ingredient lists to be sure.
- ☐ What kind of toothpaste do you use? Choose fluoride-free for children younger than 2 and teach older children to rinse and spit; fluoride is toxic if swallowed. Also, pick a paste without triclosan -- you'll see it on the ingredient list.
- ☐ Do you use liquid hand soap? If so, avoid anti-bacterials - - the American Medical Association recommends against using them at home.
- ☐ What material is your shower curtain? Avoid vinyl shower curtains. If you get a new curtain (whatever the material), leave it outside for several days before using.
- ☐ Do you have extra products? Less is more. Skipping cosmetics like hair spray and detangler, body sprays and powder is less toxic -- and cheaper!

# Healthy Home



## LAUNDRY AND CLEANING CLOSET

- ☐ Are your cleaners green? It's hard to know without a full ingredient list, which most products don't have.
- ☐ Do your product labels list all ingredients? Most don't, but they should. Support companies that disclose all ingredients by buying their products -- you have a right to know.
- ☐ Do you need all those products? Most homes can be safely cleaned with a few non-toxic ingredients: vinegar (it's anti-bacterial), baking soda, water, a HEPA vacuum, microfiber mops and cloths ... and some elbow grease! Skip laundry products you don't need, like dryer sheets, fabric softener, and chlorine bleach.