

Transforming Autism Workshop 2.0: A Live, Interactive Event

Safer Home Checklist

By Luminara Serdar



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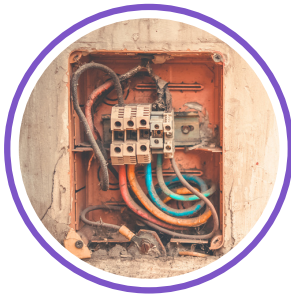
Turn off the wifi at night and any time you don't need it. Electromagnetic frequencies incompatible with the human body, like those used in cell phones, cell phone towers and wifi, have been shown to increase the output of mold toxins by up to 200 times.

And lots of scientific studies exist showing the detrimental effects for body cells. You're just not being told about them by the media.



2

Check for 'dirty electricity', higher than normal voltage that can have a negative impact on the body, in the walls and remedy with Stetzer filters.



3

Check for mold, so toxic for the body, around windows, both inside and out, under sinks and near other plumbing, shower curtains, grout and molding in bathtubs and sinks, in the basement and attic.

Also check for mold in appliances that use water or steam, like a humidifier and clean them regularly.



4

Change heater and air conditioner filters regularly and if suspected, have the system checked for mold.



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Change out an open cat litter box for a covered one. And be careful when scooping the waste out. Cat poop may contain toxoplasmosis, a parasite that seems to be dangerous for pregnant women (but no one else ??).

Kitty litter has also been known to contain radiation that naturally occurs in the clay used to make the litter.

It is said that the level of radiation in kitty litter is safe, but do you want exposure to ANY radiation?



Carpets can trap dust, mold, dust mites, dirt, dander and skin (both human and animal) and other irritants. It may also be off-gassing chemicals, depending on the fibers, padding and adherent used.

Replace wall to wall carpeting with wood floors and rugs and use a HEPA filter. If the carpet remains, vacuum 3 times per week and steam clean at least once per year.

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Plastic storage containers, plastic water bottles, take-out food box liners, can liners all contain plastics that are toxic and can create hormonal problems. Use glass and stainless steel whenever possible.



Your tap water, even well water, may be contaminated with many chemicals you'll never know about – until they have accumulated in your and your family's bodies.

The best water is distilled water, since distilling vaporizes the water away from contaminants originally in the water. The next best is Reverse Osmosis purification, but it still doesn't get all toxins out of the water.

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