

Sherpa FRONTIER

ENVIRONMENTAL TOXINS & DETOXIFICATION STRATEGY

While some toxins are exaggerated in mainstream wellness culture, there's no denying that our modern environment exposes us to a wide array of potentially harmful agents—from plastics and pollutants to chemical additives and heavy metals. The goal isn't fear-based living, but smart reduction and improved physiological clearance using evidence-informed strategies.

At Sherpa Frontier, my approach is grounded in real science—no gimmicks, detox teas, or pseudoscience. I use a simple but powerful 2-pronged strategy:

1. REDUCE TOXIC INTAKE

Most toxins enter the body through what we drink, breathe, eat, and put on our skin. Reducing exposure is the most foundational and accessible form of detoxification. Here's how to take action across key areas:

A. PLASTICS

Plastic compounds such as BPA, BPS, phthalates, and microplastics are endocrine disruptors and may accumulate over time.

- Use glass, ceramic, or stainless steel containers for food and drink storage.
- Never microwave food in plastic. Heating releases harmful chemicals that leach into your food.
- Avoid drinking from plastic water bottles that have been exposed to sunlight or high heat (e.g., left in your car).
- Consider a quality water filter that reduces microplastics and chemical residues (e.g., chlorine, lead, PFAS).



B. Personal Care & Hygiene Products

Many cosmetics and hygiene products contain compounds linked to hormone disruption, skin irritation, or worse.

- Use evidence-based databases like the Environmental Working Group (EWG) to assess product safety.
  - Their Healthy Living app allows you to scan products and review ingredients quickly.
- Look for products labeled:
  - "Fragrance-Free" or "Phthalate-Free"
  - "Paraben-Free"
  - "Free & Clear"
- Apply these standards to sunscreen, deodorant, makeup, lotions, oral care, detergents, and cleaning products - anything which might come into direct or indirect contact with your body.



C. Food Quality & Pesticide Exposure

Not all "organic" foods are perfect, but choosing minimally processed, chemical-free options reduces burden on your detox systems.

- Whenever possible, buy from local, reputable farms where food quality and transparency are higher.
- For store-bought produce, focus on buying organic versions of the "Dirty Dozen"—the most pesticide-contaminated foods according to EWG.
  - Check out the Dirty Dozen article.
- Prioritize antibiotic-free, hormone-free, pasture-raised meats to minimize chemical residues.



D. Air Quality

Indoor air can contain volatile organic compounds (VOCs), mold spores, dust, microplastics, and off-gassed chemicals from furniture, paints, and household items.

- Invest in a high-quality air filtration system with HEPA and activated carbon filters to reduce airborne toxins, allergens, and particles.
- Avoid artificial air fresheners, synthetic candles, and chemical cleaners that add VOCs to your home environment.
- Keep your windows open regularly for ventilation and fresh air exchange (when outdoor air quality is good).
- Consider adding air-purifying plants such as spider plants, snake plants, and peace lilies (note: mildly toxic to pets).



E. Water Quality

Tap water may contain chlorine, fluoride, pesticides, heavy metals (like lead or arsenic), and emerging contaminants like PFAS.

- Use a high-quality water filter that targets heavy metals, pharmaceuticals, pesticides, and microplastics.

- When possible, install a reverse osmosis (RO) filtration system at one of your kitchen or bathroom faucets to ensure a clean, reliable source for drinking and cooking water.
- Avoid drinking from unknown or untested sources unless verified clean or filtered.
- For effective water filtration systems, visit Apex Water Filters or RainSoft.



F. Cookware & Kitchen Materials

The materials you cook with can have a significant impact on your toxic load.

- Avoid non-stick cookware with Teflon or PFAS coatings, which can release harmful fumes and chemicals at high temperatures.
- Choose safer alternatives such as:
  - -Cast iron - Naturally non-stick when seasoned and adds trace iron to food.
  - -Stainless steel - Durable and chemically stable.
  - -Ceramic-coated cookware - Free from PFAS and PTFE, but ensure the brand is lead- and cadmium-free.
  - -Glass bakeware - Great for oven use without leaching chemicals.
- Use wood, bamboo, or stainless steel utensils instead of plastic to reduce exposure to heat-sensitive plastics and dyes



Conclusion:

Balancing Exposure and Effort

While this guide outlines many of the major sources of environmental toxins and practical steps I can take to reduce exposure, it's by no means an exhaustive list. There are countless other vectors through which toxins can enter my body, and new contaminants are being discovered all the time.

I recognize that completely eliminating all exposures is neither realistic nor necessary. Instead, I aim to approach detox strategies through the lens of the contaminant:risk mitigation ratio—a spectrum that helps me balance potential toxic burden with the time, energy, and financial investment required to avoid it.

Ultimately, I need to determine my own comfort level and diligence based on my lifestyle, values, and priorities. For a deeper look into this mindset, I recommend watching: Toxins and Realistic Risk Reduction

2. Improve Toxin Clearance

While complete detoxification of stored toxins (e.g., heavy metals) often requires medical interventions like chelation, the body has built-in detox systems through the liver, kidneys, GI tract, lungs, and skin. Our job is to support and optimize those systems.

A. Nutrition & Supplement Support

B. Hydration

C. Sweat & Thermoregulation

A. Nutrition & Supplement Support

Certain nutrients and compounds assist detox pathways (particularly liver Phase I & Phase II detoxification).

- Key supportive agents include:
  - Glutathione - the body's master antioxidant
  - N-acetyl cysteine (NAC) - a glutathione precursor
  - Glycine - supports liver detox and neurotransmitter balance
  - Fiber - binds toxins in the gut and helps eliminate them through stool
- These are already included in your Sherpa nutrition and supplement protocols, tailored to your labs and needs.

B. Hydration

Proper hydration is essential for kidney and liver function.

- Aim to meet your daily hydration targets using mineral-rich fluids or electrolyte-enhanced water.
- Hydration helps the body filter and excrete water-soluble toxins through urine.

C. Sweat & Thermoregu-lation

The skin is an underrated detox organ. Sweat can excrete trace amounts of heavy metals, BPA, and other compounds.

- Aim for a sweat-inducing session 2-5 times per week.
  - Exercise counts.
  - Consider supplementing with infrared sauna, steam rooms, hot baths, or jacuzzis if you're not sweating regularly.
- Be sure to replenish lost electrolytes after sweating heavily to support continued detox function.

Key Takeaways

- You don't need extreme detoxes, cleanses, or supplements*.
- Focus on minimizing incoming toxins and supporting your body's natural clearance pathways through hydration, movement, sweat, and nutrition.
- Leverage tools like the EWG's Healthy Living App to reduce your daily exposure.
- Consider investing in quality air and water filtration systems like Apex Water Filters and RainSoft to support long-term resilience and health.

If you'd like help implementing any of these strategies into your lifestyle, your Sherpa Frontier coach is here to guide you.