

REDUCING YOUR EXPOSURE TO TOXINS



RACHEL RAUCH, BCND

TOXINS ARE SYNONYMOUS WITH THE ENVIRONMENT WE LIVE IN.

Did you know the average woman uses 168 chemicals on her body each day?



We can't avoid toxin exposure! But we can take steps to reduce our exposure and detox when we are exposed.

- Mold.
- Pesticides and herbicides from lawn care and farming.
- Chlorine and other chemicals in city drinking and shower water.
- Chemical runoff in well water.
- Household cleaning chemicals
- Body care products.



EMF Protection

We cannot avoid electromagnetic frequencies (EMFs), but we can reduce our exposure and impact.

Here are some simple steps to get started.

1. Don't carry your phone on your body. When possible keep it at least 6 feet away from you or put it in airplane mode.
2. Don't sleep with your phone. Keep it across the room or put it in airplane mode if you use it as an alarm.
3. Use ethernet cables instead of WiFi when possible.
4. Avoid Smart appliances when possible.
5. Turn off your router at night.
6. Resource Tech Wise for additional ideas on reducing impact.
7. Use BluShield products to minimize the negative impact of the frequencies.
 - a. Find out your exposure to cell towers and antennas near your home.
 - b. Choose your level of protection according to your cell tower exposure.
 - c. Don't forget to take advantage of a 10% discount using the code: Eir010



I AM VERY SENSITIVE TO EMF'S SO I USE THE B1 PREMIUM CUBE AT HOME AND THE PHI 01 PORTABLE WHEN I AM AWAY FROM HOME.





Infrared Sauna Detox

Avoiding exposure to toxins is impossible but you can reduce the load of toxin on your body with the regular use of an infrared sauna.

This portable Therasage Sauna offers full spectrum (near, mid, far infrared light) giving you the benefits of all three. It includes an earthing mat and gives off NO harmful electromagnetic frequencies.

The dry heat and infrared light combine to penetrate deep into your tissue to dislodge toxins from your body.

Common benefits of the Therasage infrared sauna include...

- Pain relief
- Increased metabolism
- Improved energy
- Better sleep
- Less illness
- Reduced inflammation
- Deep detoxification
- Burn calories.
- Increased circulation
- Mitochondria Support
- Increased Natural Nitric Oxide
- Collagen Production
- Cellulite Reduction

I PERSONALLY USE THIS SAUNA SEVERAL TIMES PER WEEK AND LOVE IT!

USE THIS CODE TO GET AN ADDITIONAL 10% DISCOUNT: EIROWELLNESS.



Shower Filters

Many of us use water filtration units for our drinking water to reduce the toxic exposure to chemicals, chlorine, heavy metals, and even pharmaceutical drugs that have found their way into our water supply.

But few of us consider the water we shower in. Unfortunately, the exposure to toxins in shower water can be even more detrimental because the steam from the shower opens the pores on your skin and increases the chemical vapors which you inhale, allowing you to absorb higher levels of toxins and chemicals. Chlorine also dries out your hair and skin and interferes with iodine production in the body which impacts thyroid health.

You can significantly reduce your exposure with a quality shower filter. After researching different brands, I chose AquaBliss shower filters. They reduce chlorine, dirt, chemicals and contaminants. They also supports pH balance to improve dry itchy skin, dandruff and other skin conditions.

The shower filters are super easy to install! Just screw it onto your shower head and replace the filter cartridge inside every 6 months!



I PERSONALLY USE THE SF500
SHOWER FILTER FROM AQUABLISS.

USE THIS CODE TO SAVE 5% ON
YOUR ORDER: RACHELRAUCH.



The Pour Over News

According to the American Psychological Association, Media Saturation Overload including doomscrolling and headline anxiety is increasingly impacting our mood in a negative way.

Constant negative news acts like a toxin in the body, triggering the release of adrenaline and cortisol. We were not designed to carry the weight of knowing every difficult and painful event happening around the world.

When we hear bad news, our bodies instinctively mobilize to take action and help resolve the crisis. Natural disasters, economic struggles, wars, and political turmoil leave us unsettled because we long to relieve the suffering we see. But when we can't take meaningful action, the stress hormones released in our bodies have no outlet. Over time, this can leave us feeling anxious, depressed, or compulsively returning to our newsfeeds, hoping for resolution. Unfortunately, most outlets thrive on "clickbait" and highlight ongoing drama rather than peace or solutions.

That's why I turn to The Pour Over News. It provides a non-partisan perspective on current events while also grounding each story in Scripture, reminding us of God's bigger picture. This keeps my nervous system from being overwhelmed and helps prevent an unnecessary adrenaline response.



the pour over

SUBSCRIBE TO THE POUR OVER NEWS, DELIVERED TO YOUR EMAIL INBOX THREE TIMES PER WEEK.

(After subscribing, you will need to confirm your email address.)



I'm Rachel Rauch.

I know what it feels like to experience stress, trauma, anxiety and overwhelm and not feel well or energetic. You've likely wondered if the way you feel now is as good as it gets, or if there's a way to feel better so you can make a greater difference in your family and community.

It simply feels wrong to have limitations because of your health.

As the founder of Eiro Wellness, I get it. I've been there. I know the struggle and the discouragement. For the past 15 years, I've helped thousands of people just like you overcome anxiety, fatigue, insomnia, stress, moodiness and hormone issues. I can help you experience renewed resilience and wake up feeling energetic each morning.

After 25 years of experience in the natural health industry, I have noticed an important trend: most women coming to see me are dealing with the effects of stress and trauma even if their primary symptoms seem unrelated. As I begin to address the root cause, women successfully improve their health – emotionally, mentally, and physically!

I believe that you deserve to fully engage in life, without being held back by physical symptoms. **It is time to get back to taking care of those you love and feeling good about how you are managing life.**

Wholeness Restored

WELLNESS PROGRAMS WITH RACHEL RAUCH, ND

Many women are frustrated because they feel tired, moody and stressed out. At Eiro Wellness, I help address underlying health concerns so they can better handle life's demands and expectations and fully enjoy life again.

- 1.) BOOK A FREE 45-MINUTE CALL AT EIROWELLNESS.COM
- 2.) CHOOSE THE PROGRAM THAT BEST FITS YOUR NEEDS.
- 3.) START FEELING LIKE YOU AGAIN!

Programs Includes -

- Unique tests to get to the root
- Lifestyle curriculum
- Customized Nutrition Program
- 1:1 consultations
- Email/messaging support
- Virtual webinars with Q&A
- 4-week menu and recipes



eirowellness.com

rachel@eirowellness.com / 260-227-8300