

Julie's Approved Brands

Lower-tox swaps for your home, pantry, and body that I trust and use myself. Every brand here has been vetted by me as a Nutrition Therapy Practitioner. Beauty and body products are also screened for pore-clogging ingredients.

STEP 1 Swap as you run out No need to throw everything away. When a product runs out, replace it with one from this list.	STEP 2 Start with laundry It has the biggest impact. You're in clothes all day, sleep on sheets, and dry off with towels.	STEP 3 Always check labels Brands change formulas and sometimes sell to bigger companies. Give the label a quick look before you buy.
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Look for **JULIE'S PICK** for my personal favorites and **DEAL** for current discounts. Going fully "no-tox" isn't possible, and you don't need to. Progress beats perfection.

HOUSEHOLD

Home & Cleaning

Swap these first. They touch your skin, your air, and your food surfaces every day.

LAUNDRY

Truly Free **JULIE'S PICK** [Shop →](#)

Molly's Suds [Shop →](#)

Branch Basics [Shop →](#)

ECOS [Shop →](#)

Attitude Living [Shop →](#)

Safe & Sound Soap Co [Shop →](#)

Wool dryer balls [Shop →](#)
Replace dryer sheets and fabric softener

CLEANING

Branch Basics [Shop →](#)
All-purpose concentrate

Aunt Fannie's floor cleaner [Shop →](#)
For mopping

Puracy [Shop →](#)
I love their refillable hand soap and dish soap

Truly Free dishwasher detergent [Shop →](#)

Seventh Generation dishwasher tablets [Shop →](#)
Not the cleanest, but a better option

DISINFECTANTS

Safe for food-contact surfaces and baby toys

HOCI Pro (hypochlorous) [Shop →](#)

Force of Nature **30% OFF BUNDLES** [Shop →](#)

Biotech HOCI Cleaner [Shop →](#)

UV Mist Clean Sprayer [Shop →](#)
So much fun to use

CANDLES

Fontana Candle Co. [Shop →](#)

Arctic Wicks [Shop →](#)

AIR FRESHENERS

Grow Fragrance [Shop →](#)
Great car fresheners too

Drift [Shop →](#)
Car freshener, a great gift idea for men

KITCHEN WRAPS & BAGS

Parchment paper [Shop →](#)

Hippo Sak trash bags [Shop →](#)

LIGHT, AIR & WATER

Your Environment

Light, air, and water are signals too. These tools help you clean them up at home.

WATER FILTRATION

AquaTru [Shop →](#)

Clearly Filtered [Shop →](#)

AIR FILTERS

Air Doctor [Shop →](#)

FilterTime A/C filters [Shop →](#)

RED LIGHT

Lume Box \$260 OFF [Shop →](#)
Lowest EMF

BLUE-LIGHT-BLOCKING GLASSES

EMR-Tek BEST CURRENT DEAL [Shop →](#)

KITCHEN

Pantry

Shelf-stable staples and snacks with cleaner ingredient lists.

COOKING OILS & FATS

I recommend cooking with ghee, grass-fed butter, or beef tallow. Use the oils below as finishing oils on vegetables and salads.

Fourth & Heart grass-fed ghee

JULIE'S PICK

For cooking

Kosterina olive oil [Shop →](#)

Kirkland organic olive oil

Thrive Market organic olive oil

Primal Kitchen avocado oil

Kirkland organic coconut oil

COFFEE & TEA

Purity Coffee

[Shop →](#)

Tested for mold

Matcha.com

JULIE'S PICK

[Shop →](#)

Pique Life

[Shop →](#)

CONDIMENTS

Primal Kitchen

Siete

Chosen Foods

CHIPS & POPCORN

Siete

LesserEvil popcorn

Boulder Canyon avocado oil kettle chips

SNACKS

Simple Mills

Hu

Paleovalley beef sticks

[Shop →](#)

Chomps beef sticks

Best price is at Costco

Rawr Organics protein bars

[Shop →](#)

The only protein bar I stand behind

CEREAL & RICE

Lovebird cereal

Seven Sundays

Lundberg Family Farms rice

CHOCOLATE

Hu chocolate

Navitas Organics cacao

Chocolove milk chocolate

Ghirardelli Intense Dark Twilight Delight

Taza organic dark chocolate

Enjoy Life mini chocolate chips

Kirkland semi-sweet chocolate chips

Lily's semi-sweet baking chips

PROTEIN POWDER

Just Ingredients

[Shop →](#)

Has a great vegan option too

Be Well by Kelly

[Shop →](#)

Ancient Nutrition Bone Broth Protein

Mt. Capra protein powder

SALT & ELECTROLYTES

Redmond Real Salt

Maras Salt Reserve

[Shop →](#)

For coffee

LMNT

[Shop →](#)

FREE SAMPLE PACK WITH 12CT+

E-Lyte by BodyBio

DRINKS

Olipop

Prebiotic soda without the junk

KITCHEN

Fridge & Freezer

Fresh and frozen staples worth looking for.

MILK

Milk

Maple Hill

Three Trees

Elmhurst

CHEESE, YOGURT & BUTTER

Organic Valley grass-fed cheese

Maple Hill yogurt

Cocoyo yogurt

Kerrygold grass-fed butter

EGGS

Farm-fresh from a local farm **JULIE'S PICK**

Your best option

Vital Farms

MEAT & POULTRY

Local grass-fed and grass-finished

JULIE'S PICK

Your best option

Tennessee Meats

Good Ranchers

FROZEN & TORTILLAS

Cappello's cookies, biscuits & pizza

Snow Days pizza rolls

Soozy's donuts

Siete tortillas

BEAUTY

Makeup & Skincare

Every product here is screened for pore-clogging ingredients. For clear skin and healthy aging, I don't think any of your beauty products should contain them.

MAKEUP

VooQo [Shop →](#)

Priia [Shop →](#)

Youthforia Date Night skin tint [Shop →](#)

Merit Minimalist complexion stick [Shop →](#)

Tom Ford Traceless foundation stick [Shop →](#)

Ere Perez Quinoa Water & Oat Milk foundations [Shop →](#)

Alima Pure Satin Matte foundation [Shop →](#)

Make Beauty Diffusion Dew skin tint

Colleen Rothschild tinted eye cream

Fit Glow Beauty setting powder [Shop →](#)

Lily Lolo pressed bronzer [Shop →](#)

Rare Beauty liquid blush

Ilia liner & mascara [Shop →](#)

Sila Beauty

Formless Beauty

Online and at Sprouts

Peach & Lily [Shop →](#)

Elaa Skincare [Shop →](#)

SKINCARE

ClearStem [15% OFF](#) [Shop →](#)

Vanicream cleanser & moisturizer [Shop →](#)

Julia's Essentials Abyssinian Oil [Shop →](#)

Dime Beauty Gentle Jelly Cleanser [Shop →](#)

Fit Glow Beauty Vitamin Detox Cleanser [Shop →](#)

Primally Pure

Love their latte lip oil

SUNLESS TANNER

LolaVie **JULIE'S PICK**

Found at Ulta

Beauty by Earth **Shop →**

Salty Face **Shop →**

Eco Tan Face Tan Water **Shop →**

NAILS

Bare Hands **JULIE'S PICK** **Shop →**

At-home mani and pedi

Sophi nail polish **Shop →**

Huella Beauty **Shop →**

Piggy Paint **Shop →**

For kids

PERFUME

Dime perfume **Shop →**

Bohemian Reves **Shop →**

PERSONAL CARE

Body, Hair & Dental

Also screened for pore-clogging ingredients.

BODY WASH & LOTION

Naturium GlowGetter body wash [Shop →](#)

JULIE'S PICK

Zuma Nutrition body wash [Shop →](#)

Rahua shower gel [Shop →](#)

Odele Soothing body wash [Shop →](#)

Khus + Khus Rasa body lotion [Shop →](#)

ClearStem SoftSkin body lotion & oil [Shop →](#)

DEODORANT

Tip: dust a little arrowroot powder over deodorant to absorb moisture.

Fit Glow Beauty deodorant spray [Shop →](#)

JULIE'S PICK

Just Ingredients [Shop →](#)

Erbaviva Lemon & Sage [Shop →](#)

Mineralized deodorant powder [Shop →](#)

HAIR CARE

Zuma Nutrition hair care [Shop →](#)

Loma Daily Shampoo [Shop →](#)

Rahua Classic Shampoo [Shop →](#)

Luna Nectar Hair Glass shine rinse [Shop →](#)

Carina Organics [Shop →](#)

Leave-in conditioner and hairspray

John Masters Organics [Shop →](#)

Giovanni shampoo & conditioner

DENTAL

Just Ingredients tooth powder [Shop →](#)

RiseWell [Shop →](#)

Boka [Shop →](#)

Cocofloss [Shop →](#)

The Humble Co. [Shop →](#)

Living Well [Shop →](#)

SHAVING

Leaf Shave razor

[Shop →](#)

A one-time investment

Pacific Shaving Co. Caffeinated Shave Cream

For men

Skip the shaving cream

Body wash or conditioner works great

SUNSCREEN & FEMININE CARE

Badger sunscreen

Thinksport sunscreen

Cora

Rael pads & liners

First Aid & Pets

Gentler options to keep on hand for your family, including the furry members.

FIRST AID & IMMUNE SUPPORT

Active Skin Repair [Shop →](#)

Genexa

Ollois homeopathic [Shop →](#)

Beekeeper's Naturals [Shop →](#)

Llama Naturals elderberry gummies [Shop →](#)
For kids

PET CARE

Wondercide [Shop →](#)

Flea and tick collar, yard treatment, shampoo

Puracy dog shampoo [Shop →](#)

Zuma Nutrition pet shampoo [Shop →](#)

The Honest Kitchen [Shop →](#)

Open Farm [Shop →](#)

Julie

I hope this becomes a go-to reference for you. Small, steady swaps add up. Your symptoms are signals, and your environment is one of the inputs your body is reading every day.

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