



# INCREMENTAL *Health*

## My Recommendations for Low-Tox Living, Health Hacks & Gadgets

My guide to low-tox living, including all the products I personally use and recommend for Cooking, Home Cleaning and Personal Care as well as the products and gadgets I use for overall health.

# RECOMMENDATIONS

The content of these recommendations is not medical advice, it is for informational and educational purposes only.

The recommendations within are not to diagnose, treat or cure any medical health issue.

Nor am I not suggesting everyone needs to purchase everything on this list.

We live in a world where convenience and profit is more important than the quality of a product and its interactions with our health.

This list of recommendations contains many of the things I use myself on a daily basis, which are specifically chosen based on the quality of the ingredients and with a focus on health the main priority.

Therefore, some of these products may be more expensive than other alternatives, but at what cost?

# RECOMMENDATIONS

These recommendations will include links to buy, and things to consider, covering many areas such as:

**FOOD - DRINK - COOKING**

**HOUSEHOLD CLEANING - LAUNDRY - PERSONAL CARE**

**HEALTH GADGETS - HEALTH HACKS**

**SUPPLEMENT COMPANIES I TRUST**

This Guide will start with a list of all the things I have personally use and recommend for years, you can click the links to head straight to the products information/purchase page.

Beneath the list, I will expand on each of the items individually and explain why I choose it and why similar conventional products can be harmful and should be avoided.

**NOTE: I MAY RECEIVE COMMISSION FROM SOME OF THESE RECOMMENDATIONS WHERE A DISCOUNT CODE IS PROVIDED**

Currently, the products on this list I receive a small commission on with my discount code are Allavare, Block Blue Light, EMR-Tek, Bon Charge, Zero Water, APE nutrition and Spartan Gum. Regardless of the commission, I have still used and loved these products for years.

# RECOMMENDATIONS

## FOOD & DRINK

**Hunter and Gather** - Mayo, BBQ, Tomato, Olive Oil, Coconut Oil etc.

<https://hunterandgatherfoods.com/?ref=INCHEALTH>

Save 10% when you use this link and code INCHEALTH

**Redmond Real Salt** - Good quality, clean, mineral rich Salt

.or <https://healf.com/INCHEALTH>

Save 10% when you use this link

**Electrolytes** - Key for good hydration, many contain bad ingredients

**Redmond Re-lyte** - SAVE 10% when you use this link

<https://healf.com/INCHEALTH>

**Keto-pro Electrolytes**

<https://theketopro.com/collections/electrolytes>

**Coffee** - No pesticides, mould or heavy metals.

**Lean Caffeine** (my favourite)

<https://www.amazon.co.uk/Lean-Caffeine-Coffee>

or <https://leancaffeine.co.uk>

**Exhale**

<https://exhalecoffee.com>

**Water Filter** - Jug Type

<https://zerowater.co.uk/INCHEALTH>

Save with code INCHEALTH

# RECOMMENDATIONS

## COOKING & STORAGE

**Frying Pans** - Stainless Steel

<https://www.amazon.co.uk/Pyrex-Master-Stainless-Frying-Pan>

**Storage** - Glass Containers

Medium - [Amazon.co.uk/gp/product/Glass-Food-Storage-Small](https://www.amazon.co.uk/gp/product/Glass-Food-Storage-Small)

Large - [Amazon.co.uk/gp/product/Glass-Food-Storage-Large](https://www.amazon.co.uk/gp/product/Glass-Food-Storage-Large)

## HOME CLEANING

Sodium Bicarbonate and distilled vinegar can be used for cleaning almost anything in the kitchen or home, including washing dishes/in dishwasher, work surfaces, bathroom and even for laundry! You can pick both up for pennies at any supermarket. (Add Lemon for scent)

### **Laundry Powder**

Allavare - <https://www.allavare.co.uk/J59656>

Save 10% with code J59656

Tip: add some distilled vinegar and a few drops of essential oils to the fabric softener drawer to add a fragrance to your laundry.

# RECOMMENDATIONS

## PERSONAL CARE

“If you wouldn’t put it in your mouth, don’t put it on your skin”.

### Body wash/Soap

Fierce Nature Tallow Soap

<https://www.amazon.co.uk/fierce-nature-soap>

Remnant Beauty Tallow Soap

<https://www.remnantbeauty.co.uk/products/pure-tallow-soap>

Aleppo Soap

<https://www.amazon.co.uk/Organic-Natural-Aleppo-Soap>

**Toothpaste** - Fluoride free, chemical free.

Dimples Toothpaste

<https://www.amazon.co.uk/dimples-toothpaste>

MooGoo - “Moothpaste”

<https://www.amazon.co.uk/MooGoo-Moothpaste>

### Mouthwash

Coconut Oil - “oil pulling” use for 5 mins each morning and spit out.  
Any Extra Virgin Coconut Oil will be fine but I use Hunter & Gather

[hunterandgatherfoods.com/extra-virgin-organic-coconut-oil](https://hunterandgatherfoods.com/extra-virgin-organic-coconut-oil)

MooGoo - “Moothwash”

<https://moogooskincare.co.uk/products/moothwash>

### Tongue Scraper

<https://www.amazon.co.uk/Copper-Tongue-Scraper>

### Deodorant

Your Nature

<https://www.amazon.co.uk/yournature-deodorant>

**Sun Cream** - Natural non harmful ingredients.

Shade

<https://www.amazon.co.uk/shade-natural-suncream>

# RECOMMENDATIONS

## HACKS & GADGETS

**Nose Strips** - Help expand the airways for sleep and exercise.

<https://www.amazon.co.uk/breath-right-nasal-strips>

**Mouth Tape** - Use for sleeping to ensure nasal breathing

<https://www.amazon.co.uk/3M-micropore-tape>

**Silicone Ear Plugs** - Perfect for sleeping

<https://www.amazon.co.uk/silicone-ear-plugs>

**Loop Ear Plugs** - Specially designed for minimising hearing damage but maintaining enjoyment at loud events like music concerts/raves, motorsports or stadiums etc.

<https://www.loopearplugs.com/products/experience-plus>

Add the “Loop Link“ to keep them safe and not drop them

**Mastic Gum** - Natural chewing gum also great for Gut Health.

<https://spartanhealth.io/en-gb/products/spartangum>

Save 10% with code INCHEALTH

**Block Blue Light** - Save 10% off everything with code INCHEALTH

**Blue Light Blocking Glasses** - Improve sleep and circadian rhythm. RED lens for evening/Night and YELLOW lens for Daytime/Computer

[www.blockbluelight.co.uk/blue-blocking-glasses-night-time](http://www.blockbluelight.co.uk/blue-blocking-glasses-night-time)

Save 10% with code INCHEALTH

**Blue Light Free Bulbs and Reading Lights** - Improve sleep and circadian rhythm by using amber/red bulbs in the evening.

[www.blockbluelight.co.uk/Bulbs-Lamps-Lights](http://www.blockbluelight.co.uk/Bulbs-Lamps-Lights)

Save 10% with code INCHEALTH

# RECOMMENDATIONS

## HACKS & GADGETS

**Sunrise Simulator Alarm Clock** - Make waking up easy!

<https://www.amazon.co.uk/lumi-alarm-clock-dawn-simulator>

**Red Light Therapy Devices** - The benefits are endless!

<https://www.emr-tek.com/red-light-therapy-devices>

Save 15% when you use this link and code INCHEALTH

**Bon Charge** - Save 15% off everything with code INCHEALTH

**EMF Blocking Laptop Pad** - Protect your precious parts from EMF's!

<https://uk.boncharge.com/emf-radiation-blocking-laptop-mat>

Save 15% when you use this link and code INCHEALTH

**EMF Reducing Airtube Earphones** - Protect your brain from EMF's!

<https://uk.boncharge.com/low-emf-radiation-airtube-headphones>

Save 15% when you use this link and code INCHEALTH

Bon Charge also have an awesome range of blue light blocking glasses, low blue light/amber/red bulbs and red light therapy devices, as well as infra red sauna blankets.

**Grounding Bed Sheet** - Stay grounded while you sleep!

<https://groundingofficial.com/products/grounding/bedsheet>

**Grounding Mat for Sitting/Standing/Working**

<https://www.groundology.co.uk/earthing/grounding-mats>

Save 15% when you use this link and code INCHEALTH



# RECOMMENDATIONS

## BAREFOOT SHOES

**Vivobarefoot** - Best all rounders and very good for sport/hiking

<https://www.vivobarefoot.com/uk/>

**Message me for a discount code!** (it changes every month)

**Feel Grounds** - Best for Smart Casual

<https://eu.feelgrounds.com/>

**Groundies** - Best for Smart Dressed and Casual

<https://www.groundies.com/>

**Earth Runners** - Awesome for summer hiking and also keeps you grounded at the same time!

<https://www.earthrunners.com/>

# RECOMMENDATIONS

## SUPPLEMENTS

I'm not recommending any specific supplements to anyone here, but Many brands either mislead you with the amount of each ingredient or sometimes even straight up lie about what's in the product.

For this reason, here are some of the supplement brands that I know and trust, who use the best possible ingredients and are accurate with the contents of dose.

**APE Nutrition** - Full range of Nose to Tail supplements including organ blends, collagen, MCT, colostrum medicinal mushrooms, oysters and much much more. I have spoken to Josh the owner multiple times and his desire to deliver the best products is unrivalled.

[openutrition.co.uk/INCREMENTALHEALTH](https://openutrition.co.uk/INCREMENTALHEALTH)

Save 10% with code INCREMENTALHEALTH

**Thorne** - Wide range of supplements, all 3rd party tested and clean.

<https://uk.iherb.com/c/thorne>

**Pure Encapsulations** - Wide range of supplements, all 3rd party tested and clean.

<https://www.planetorganic.com/collections/pure-encapsulations/>

**NOW Foods** - Wide range, accurately labelled and well dosed.

<https://uk.iherb.com/c/now-foods>

**Doctors Best** - Wide range, accurately labelled and well dosed.

<https://uk.iherb.com/c/doctors-best>

**Nordic Naturals** - The absolute best for Fish oils/Omega 3's

<https://www.dolphinfitness.co.uk/en/nordic-naturals>

# REASONS

## SAUCES

Most sauces are full of nasty ingredients like seed oils, added sugars, stabilisers, preservatives, artificial sweeteners and all sorts of things that you don't want to consume on a regular basis.

Thankfully there are some really good products out there that cover all of our saucy needs.

HUNTER AND GATHER are my go to for things like mayo, ketchup, bbq sauce, garlic mayo and dressings. All made with whole natural ingredients and without any added nasties. They also sell things like Olive oil, Coconut oil, Collagen and Organ Supplements.

Check all their awesome products out here!

<https://hunterandgatherfoods.com/?ref=INCHEALTH>

Save 10% when you use this link and code INCHEALTH

## SALT

Good quality salt is essential for a healthy body. Your body cannot hydrate without minerals and a good quality salt contains them. Most "table salts" are full of anti-caking agents and are heavily processed. And NO, salt does NOT cause high blood pressure.

There are a few decent salt options out there but my favourite is REDMOND REAL SALT.

You can find it on [healf.com](https://healf.com) - Search Redmond

<https://healf.com/INCHEALTH>

Save 10% when you use this link

# REASONS

## ELECTROLYTES

Electrolytes are absolutely essential for proper hydration. Drinking plain water can actually have a dehydrating effect as it's diluting the essential electrolytes necessary for hydration.

The same as sauces, most electrolytes you find are loaded with unwanted ingredients like artificial sweeteners etc. Finding a good quality electrolyte is key.

My favourite is REDMOND RE-LYTE

You can find it on [healf.com](https://healf.com) here! SAVE 10% when you use this link <https://healf.com/INCHEALTH>

Redmond Re-lyte is quite expensive compared to other electrolytes so if you're on a budget then KETO-PRO ELECTROLYTES are a great cheaper option.

You can find it on Amazon here!

<https://www.amazon.co.uk/Keto-Pro-Electrolytes>

Or the Keto-pro website here!

<https://theketopro.com/collections/electrolytes>

# REASONS

## COFFEE

Choosing a good quality coffee is super important. Most coffee's are known to contain high levels of Mould, pesticides, heavy metals and other contaminants.

Most instant coffee, (and big popular large chain brands) are best to avoid when possible.

That's not to say never have them at all, but having them on a daily basis is likely harming your health.

Fortunately, just like everything else, if you look hard enough there are very good options for health coffee too.

What makes a coffee healthy? Well, if the coffee has been lab tested for things like mould, pesticides, heavy metals and other unwanted compounds then you're good to go.

But, not all good coffee has to be lab tested. Most single origin organic coffee will be a much better option than most.

My favourite by far is LEAN CAFFEINE. It is lab tested and tastes great!

You can find it on Amazon here!

<https://www.amazon.co.uk/Lean-Caffeine-Coffee>

Or on the Lean Caffeine website here!

<https://leancaffeine.co.uk>

Another really good option is EXHALE coffee you can find it on their website here!

<https://exhalecoffee.com>

# REASONS

## WATER FILTER

Tap water contains loads of harmful compounds, Filtering it is the only way to ensure what we are drinking is clean and healthy.

There are some really effective, but also expensive filter systems like Reverse Osmosis, but for an effective entry point solution I recommend ZERO WATER Jug filter.

Check them out here!

<https://zerowater.co.uk/INCHEALTH>

Don't forget to re-mineralise your filtered water with salt or electrolytes. While filtering water is a good thing to remove the impurities and unwanted compounds, filtering also removes the good beneficial minerals. So adding them back in is essential!

## COOKING

It's not only what we eat or drink that matters to our health, but also what we use to cook, store or consume our food/drink.

Compounds from our cookware or storage containers can leach into our food/drink and disrupt our health.

Quick tip: if it's really convenient then its probably bad

# REASONS

## COOKWARE

“NON-STICK” cookware should be avoided. The coating that makes up a traditional “non-stick” pan is loaded with toxic chemicals, many of which have been directly linked to causing cancer and other serious health issues.

I personally avoid them entirely, but especially if they are scratched they are releasing millions of particles of these toxic compounds into your healthy food during cooking.

STAINLESS STEEL Is a safe and affordable option. They take a bit more effort to clean but if used properly aren't too much of an issue.

There are loads of different brands styles and sizes out there, as long as it's full stainless steel it's going to be fine.

I use these PYREX ones as they're cheap and do the job.

<https://www.amazon.co.uk/Pyrex-Master-Stainless-Frying-Pan>

An extra note on cookware, AVOID COOKING YOUR FOOD IN TIN FOIL. I personally use a ceramic baking dish and cover the top with foil but try to avoid cooking your food in contact with the foil as aluminium is known to leach into the food during cooking.

# REASONS

## STORAGE

Avoid storing Food/Drink in plastic containers

Similarly to cooking, storing any liquid, or food (especially if warm) in anything plastic allows for the chemicals within the plastic to leach into the food or liquid. This is even worse if reheating food in a plastic container.

These plastic chemicals are well known to disrupt hormones, damage gut health, affect neurological issues and many other health complications.

STAINLESS STEEL Is a great for water bottles. (Glass is a good option too but who doesn't drop their water bottles).

There are loads of different brands styles and sizes out there, as long as it's full stainless steel it's going to be fine.

GLASS is the best for storing food for meal prepping or leftovers etc. Again there are millions of styles and sizes.

I use these ones I found on Amazon.

MEDIUM

<https://www.amazon.co.uk/gp/product/Glass-Food-Storage-Small>

LARGE

<https://www.amazon.co.uk/gp/product/Glass-Food-Storage-Large>



# REASONS

## HOME CLEANING

The G.O.A.T's (greatest of all time) of Home cleaning are the tried and tested combination of Bicarb (baking soda) and White Vinegar.

When mixed they create a fizzing reaction which has awesome cleaning action, coupled with the acidity which makes the solution bacteria neutral.

This combination can be used for almost everything from Laundry, Washing up pots & Pans, cleaning worktops and much more.

Add some lemon juice for extra cleaning power and a subtle natural smell.

# REASONS

## LAUNDRY

What we wash our clothes with really matters. Most traditional laundry products are full of nasty chemicals, some of which stay within your clothes and are in contact with your skin for hours per day. Some of the worst offenders are the “fragrances” used not just in laundry products but all different cleaning products for the home and personal care. When breathing in these scents you're breathing in harsh chemicals, not natural fragrances.

Just like the previous items, these harmful compounds in cleaning products also disrupt hormones, damage gut health as well as contribute to skin reactions, breathing problems and allergies.

Many people just use Sodium Bicarbonate and White Vinegar to wash their clothes (yes it works great and no it doesn't leave clothes smelling of vinegar). That is a super cheap and effective option.

My favourite is Allavare, a local mother and son company in south Wales. You can find it here: Use this link for 10% off your order!

<https://www.allavare.co.uk/J59656>

And if you want to add a natural scent to your laundry, mix a few drops of essential oil with distilled vinegar and add it to the fabric softener draw when washing.

# REASONS

## PERSONAL CARE

Our skin is our biggest organ. It's not just a waterproof layer for our body. It is extremely absorbent and anything that does enter our body through the skin goes directly into the blood stream, bypassing our bodies natural detoxification pathways and causing all sorts of issues around the body.

There's a simple rule - "if you wouldn't put it in your mouth, don't put it on your skin."

Also - Don't be fooled by the word "natural" on any products, always read the ingredients list and check for yourself.

Avoid anything that has the words "Fragrance" or "Parfume". These terms are a loophole that manufactures use to hide harmful chemicals. The rule is that if an ingredient is for "fragrance" purposes then it doesn't need to be disclosed. But there are hundreds of thousands of chemicals that come under that banner and most of them are harmful.

# REASONS

## PERSONAL CARE

### BODY WASH

This area is a minefield, there are millions of products claiming to be “Natural” but when inspecting the ingredients there’s still plenty of harmful things that you don’t want to be using.

This is why I stick to a tried and tested ancient product:

Tallow Soap. Yep a soap made from the fat of a cow (Beef Tallow).

Here are some of the ones I use:

<https://www.amazon.co.uk/fierce-nature-soap>

<https://www.remnantbeauty.co.uk/products/pure-tallow-soap>

Many people also recommend Aleppo which is made with natural oils

<https://www.amazon.co.uk/Organic-Natural-Aleppo-Soap>

# REASONS PERSONAL CARE

## ORAL CARE

Health starts in the mouth. Having a healthy oral microbiome is absolutely key for overall health. Our mouths are unique in that things can be absorbed straight into the bloodstream and even the brain directly from the mouth. So it should be obvious that we wouldn't want to be using harmful chemicals or compounds in our oral care products right?

Well unfortunately, almost ALL conventional oral care products are full of nasty chemicals that we don't want to have in our body.

Fluoride in toothpaste is a known to be neurotoxic to the brain and the antibacterial properties of most mouthwash products destroys the oral microbiome leading to all sorts of Gut and overall health issues like diabetes.

**Toothpaste** - Fluoride free, chemical free.

Dimples Toothpaste

<https://www.amazon.co.uk/dimples-toothpaste>

MooGoo - "Moothpaste"

<https://www.amazon.co.uk/MooGoo-Moothpaste>

## Mouthwash

Coconut Oil - "oil pulling" use for 5 mins each morning and spit out.

Any Extra Virgin Coconut Oil will be fine but I use Hunter & Gather

[hunterandgatherfoods.com/extra-virgin-organic-coconut-oil](https://hunterandgatherfoods.com/extra-virgin-organic-coconut-oil)

MooGoo - "Moothwash"

<https://moogooskincare.co.uk/products/moothwash>

## Tongue Scraper

<https://www.amazon.co.uk/Copper-Tongue-Scraper>

# REASONS PERSONAL CARE

## DEODORANT

Most conventional deodorants contain harmful things such as aluminium, parabens, phthalates which have no place on the skin.

What's worse is, sweating is a very important natural process where the body is eliminating toxins. Blocking the sweat glands with these types of products is a very bad idea.

It's actually the build up of toxins within the body that make your sweat smell in the first place.

If you start living a Low-Tox life by using the products mentioned in this guide, you will notice that your sweat doesn't smell and the need for such products like deodorants are much less.

Another issue is that one of the main lymphatic pathways runs underneath the armpit. Using normal deodorants can cause blockages to the lymph nodes and cause all sorts of health issues.

Choose a natural, low ingredient deodorant if needed.

### Deodorant

Your Nature

<https://www.amazon.co.uk/yournature-deodorant>

# REASONS PERSONAL CARE

## SUN CREAM

Similarly to all other skin based products, conventional sun creams are loaded with harmful chemicals.

Many big brands have actually been taken to court and had to remove their products from sale due to the presence of cancer causing chemicals.

Many of them can also make sun burn WORSE by only blocking out some of the UV rays whilst giving you the sense of security.

Sensible sun exposure time is always the best thing for reducing sunburn but if a sun cream is needed there are plenty of good natural options.

Here is the one I have been using for a few years now.

**Sun Cream** - Natural non harmful ingredients.

Shade

<https://www.amazon.co.uk/shade-natural-suncream>

# REASONS HACKS & GADGETS

## NOSE STRIPS

Placed on the bridge of the nose, they help expand the airways improving breathing, I mainly use them for sleeping and occasionally running.

Many people breath very poorly when asleep or during exercise which has a whole raft of negative health implications, Using a nasal strip might just be the trick you need!

**Nose Strips** - Help expand the airways for sleep and exercise.

<https://www.amazon.co.uk/breath-right-nasal-strips>

## MASTIC GUM

Conventional chewing gum is full of artificial sweeteners, sugars and other unwanted things. They can also be detrimental on Gut Health.

Mastic Gum is naturally sourced from the sap of a tree, it helps strengthen and shape the jawline and also has compounds which are beneficial to oral microbiome and the gut microbiome.

**Mastic Gum** - Natural chewing gum also great for Gut Health.

<https://spartanhealth.io/en-gb/products/spartangum>

Save 10% with code INCHEALTH



# REASONS HACKS & GADGETS

## SILICONE EAR PLUGS

Absolutely essential for a good night sleep, and silicone plugs are the best I have found for this. They can be a little more of a faff to put in than normal ear plugs but they're super effective and the only plugs I have found that don't hurt when you rest your head sideways on the pillow.

I never sleep without them.

**Silicone Ear Plugs** - Perfect for sleeping

<https://www.amazon.co.uk/silicone-ear-plugs>

## LOOP EAR PLUGS

An absolute game changer for music events, festivals and concerts, or any loud event such as motorsport or stadiums.

Hearing damage from loud events is a real thing, we bat it off when were young but the effects of it drastically alter the quality of life in older age when damage related hearing loss catches up to you.

Luckily there's a solution, These loop ear plugs are a game changer.

They are specifically designed with an acoustic channel to allow a certain amount of sound through, and not block it completely. This maintains enjoyment and stops hearing damage.

**Loop Ear Plugs**

<https://www.loopearplugs.com/products/experience-plus>

Add the "Loop Link" to keep them safe and not drop them

# REASONS HACKS & GADGETS

## BLUE LIGHT

Perhaps one of the biggest issues affecting our health right now. We are bombarded with artificial blue light almost 24/7. Yes it's convenient, but the health implications of excess exposure is incredible.

It's widely known that blue light exposure at night can suppress melatonin meaning getting to sleep and sleep quality can be greatly effected, made harder by the obsessive use of screens and devices today.

But the negative effects of blue light don't stop at sleep. Mood, Memory, Focus can all be influenced as well as issues with blood sugar regulation like diabetes etc are also linked. Even skin cancer is heavily linked to excess artificial blue light exposure.

Some of the best ways to mitigate these unwanted health outcomes are:

Use blue light blocking glasses, Yellow lenses if working on screens for long periods during the day and red lenses for the few hours before bed.

Use Red/Amber bulbs in your lamps during the evening instead of bright overhead lights.

# REASONS HACKS & GADGETS

Here are some of the places that i get my Blue Light avoiding products from

**Block Blue Light** - Save 10% off everything with code INCHEALTH

**Blue Light Blocking Glasses** - Improve sleep and circadian rhythm. RED lens for evening/Night and YELLOW lens for Daytime/Computer  
[www.blockbluelight.co.uk/blue-blocking-glasses-night-time](http://www.blockbluelight.co.uk/blue-blocking-glasses-night-time)

Save 10% with code INCHEALTH

**Blue Light Free Bulbs and Reading Lights** - Improve sleep and circadian rhythm by using amber/red bulbs in the evening.

[www.blockbluelight.co.uk/Bulbs-Lamps-Lights](http://www.blockbluelight.co.uk/Bulbs-Lamps-Lights)

Save 10% with code INCHEALTH

**Bon Charge** - Save 15% off everything with code INCHEALTH

Bon Charge also have an awesome range of blue light blocking glasses, low blue light/amber/red bulbs and red light therapy devices, as well as infra red sauna blankets.

# REASONS HACKS & GADGETS

## SUNRISE SIMULATOR ALARM CLOCK

Having a completely blacked out room is super important for quality restful and restorative sleep. Even a tiny little LED on your TV etc can be enough to disrupt sleep.

Therefore I always recommend using blackout blinds in the bedroom, the only down side to that is no natural lighting of the room in the morning.

We have evolved with the natural light/dark cycle of the sun which was our main signal for waking up. Even without blackout blinds we are removed from this stimulus and many of us wake up in the dark and with a screaming alarm sound from the mobile phone.

For these reasons, I recommend a Lumi “Dawn Simulator” alarm clock.

I have used mine for a few years now and it is hands down one of the best investments I have made for my health and how I feel day to day.

The Lumi gradually lights up from red to white over the space of 20 minutes, simulating a natural sunrise, many time this lighting alone is enough to wake you up gently. If not, the sound of birds or other wildlife can be set as an alarm noise.

**Sunrise Simulator Alarm Clock** - Make waking up easy!

<https://www.amazon.co.uk/lumi-alarm-clock-dawn-simulator>

# REASONS HACKS & GADGETS

## EMF REDUCING PRODUCTS

EMF's, like blue light, are another thing that comes hand in hand with our technological society and all the benefits it brings. But, also like blue light, Non-native Electro Magnetic Fields (nnEMF's) have multiple downsides for our health.

Much like Light, we have evolved with the natural electromagnetic frequencies of the earth, but our modern advancements mean we are constantly bombarded with man made and super powerful EMF's which are unnatural for the body.

Think WiFi, 4G/5G, Microwaves, Bluetooth etc.

It's not about being a caveman and avoiding technology, but there are some useful products we can utilise to mitigate our exposure to EMF's.

A big one these days are bluetooth headphones, they emit serious amounts of radiation as they communicate with each other and the mobile phone, and guess what, your brain is sandwiched right between them. It's like walking around with your WiFi router strapped to your head.

I know they're not as convenient or "cool" but standard wired headphones are a much better option, even better are these "air tube" headphones which have the speakers lower down so there's no EMF's anywhere near your head while using.

**EMF Reducing Airtube Earphones** - Protect your brain from EMF's!

<https://uk.boncharge.com/low-emf-radiation-airtube-headphones>

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# REASONS HACKS & GADGETS

## EMF REDUCING PRODUCTS

Also the use of “Laptop” computers.

When using a computer on your lap, harmful levels of nnEMF’s are in direct contact with your body, especially your vital reproductive/hormonal organs!

If you insist on using your laptop on your lap then please use an EMF blocking laptop pad like this one from Bon Charge.

EMF’s have been linked to all sorts of health issues like cancers etc and also developmental issues in children.

Children are also more susceptible to the effects of nnEMF’s because they are smaller and their bones are softer making it easier for EMF’s to penetrate their bodies.

**EMF Blocking Laptop Pad** - Protect your precious parts from EMF’s!

<https://uk.boncharge.com/emf-radiation-blocking-laptop-mat>

Save 15% with code INCHEALTH

# REASONS HACKS & GADGETS

## GROUNDING

Another thing that we evolved with that has been radically changed in our modern environment is grounding.

We evolved in constant connection with the earth, this connection has been severed by living indoors and modern footwear.

Grounding reduces inflammation, improves blood flow, sleep and improves the immune system, yet many of us might only contact the earth with bare skin a few times a year!

It is especially good for reducing the negative effects of EMF's mentioned earlier.

Getting outside in the grass/sand is always the best, but UK winters don't lend themselves to enjoyable grounding experiences.

Thankfully there are some in-home grounding products that we can use for connecting to the earth while at work or at home.

**Grounding Bed Sheet** - Stay grounded while you sleep!

<https://groundingofficial.com/products/grounding/bedsheet>

**Grounding Mat for Sitting/Standing/Working**

<https://www.groundology.co.uk/earthing/grounding-mats>

Save 15% with code INCHEALTH

# REASONS HACKS & GADGETS

## BAREFOOT SHOES

Another downside to our modern world, is the invention of ridiculously shaped shoes.

While the invention of the shoe in general is a brilliant thing, the way brands like Nike etc prioritised looks over function has left our feet in ruins.

Super stiff, super cushioned and very narrow on the toes, modern shoes are terrible for our bodies.

Bunions, ankle issues, knee problems, hip pain and lower back suffering can all be caused or related to poorly designed footwear.

Thankfully, new brands are finally making shoes for the benefit of our feet, they're wide, flexible and perfectly flat, exactly what our lower limbs need to function properly.

Here are some of my favourites.

**Vivobarefoot** - Best all rounders and very good for sport/hiking

<https://www.vivobarefoot.com/uk/>

Message me for a discount code! (it changes every month)

**Feel Grounds** - Best for Smart Casual

<https://eu.feelgrounds.com/>

**Groundies** - Best for Smart Dressed and Casual

<https://www.groundies.com/>

**Earth Runners** - Awesome for summer hiking and also keeps you grounded at the same time!

<https://www.earthrunners.com/>



# REASONS HACKS & GADGETS

SO THAT'S IT!

You have completed my guide and recommendations to low-tox living and healthy hacks & gadgets.

Honestly I only recommend anything in this document if I have used it personally and trust it.

But, there's just one more thing!

As a thank you for using this guide, I am offering you the chance to book a FREE health consultation worth £300!

All you have to do is book a slot that suits you using the link below and then fill out the questionnaire.

I'll see you on the other side!

**Book your FREE consultation here!**

<https://tidycal.com/incremental-health/free-consultation>