



THE PREVELITY LIBRARY

VOL. 09 · NON-TOXIC LIVING

Non-Toxic Living, Without the Panic.

A calm, evidence-first guide to the everyday swaps worth making — skin, home, and daily life — and the many you can safely stop worrying about.

FREE PREVIEW EDITION

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PRE-VELITY

INNOVATIVE PREVENTION, PERSONALIZED FOR LONGEVITY.

FOREWORD

Most of the products in your bathroom are fine.

I want to say that first, because the internet rarely does. The wellness corner of it runs on fear — that your shampoo is poisoning you, that your moisturizer is why you're tired, that everything must go by Sunday. None of that is true.

Here's what is true. A small number of ingredients we put on our skin, breathe in our homes, and heat in our kitchens are worth being thoughtful about — and the evidence on which ones, and how much they matter, has become much clearer. You don't need a hazmat suit. You need a short list and a sensible order to work through it.

You also deserve better than the loudest voice in your feed. The person selling a cleanse is rarely the person reading the research. This guide is meant to do the reading for you: what actually moves the needle, and — just as often — what to leave alone.

Good daily habits — gentle products, real sun protection, cleaner air and water, a calmer home — prevent more than almost anything done in a clinic. This is where they start.

WHAT THIS IS — AND ISN'T**A starting point, not a verdict.**

This is a plain-language guide to swaps worth your attention. It isn't a judgment about your specific skin, health, or home, and it isn't medical advice. PreVevity sells no products and takes no referral or affiliate fees for anything named here.

SAVANAH MULLEN, PA-C

PREVENTIVE SKIN & ENVIRONMENTAL HEALTH

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SECTION 01

01.

What We Mean by "Toxins."

It's a loaded word. Before swapping a single product, let's agree on what we're talking about, where it shows up, and how it gets into the body at all.

INSIDE THIS SECTION

A useful definition · Three doorways · The short list

A WORKING DEFINITION

Useful, not hysterical.

"Toxin" gets used to mean almost anything. Here it means something narrower: a man-made chemical that, at the doses we're realistically exposed to, may nudge the body's normal signaling off course — most often by acting a little like a hormone when it shouldn't.

Two ideas keep this grounded. **Dose matters** — a trace of something once a day is not the same as a daily soak for years. And **exposure adds up** — what matters is the total load across everything you use, breathe, and eat. That's good news: a few well-chosen swaps in the things you use most can matter more than obsessing over any single label.

DEFINITION

Endocrine disruptor

A chemical that can mimic or block the body's hormones, interfering with how they're made, used, or cleared. Most of what's worth reducing in personal care falls into this category, plus a handful of irritants and indoor air pollutants. — adapted from the U.S. National Institute of Environmental Health

Sciences

FIGURE 01 · THREE DOORWAYS

SKIN, AIR, AND WHAT YOU SWALLOW.

ABSORPTION

On your skin

Skin is a barrier, not a sponge — most of what you apply stays on the surface. Some ingredients do absorb.

+

INHALATION

In the air

What you breathe indoors absorbs readily — and indoor air can hold more of some pollutants than outdoor air.

+

INGESTION

In what you eat

Food, water, and how they're stored and heated are often the largest doorway of all.

We don't chase any single source. We lower the total — starting where it's easiest.

THE USUAL SUSPECTS

A short list covers most of what's worth knowing.

NAME	WHERE IT HIDES	WHY IT'S ON THE LIST
Fragrance / "parfum"	Skin care, laundry, candles, air fresheners, cleaners	The most common irritant, and a single word that can hide dozens of undisclosed ingredients, including phthalates. The easiest swap.
Phthalates	Scents that linger; soft plastics	Hormone-disrupting; worth reducing where it's easy.
Parabens	Preservatives ending in "-paraben"	Weak hormone activity; simple to avoid in newer formulas.
Bisphenols (BPA and relatives)	Some plastics, can linings, thermal receipts	Hormone-disrupting, especially when heated.
PFAS ("forever chemicals")	Some water supplies, stain- and water-resistant finishes, older nonstick	Persist in the body and environment for years.
VOCs	Air fresheners, some cleaners, new paint and furniture	The main reason indoor air can be worse than outdoor.

Notice what isn't on the list: most scary-sounding chemical names on your labels are preservatives and stabilizers used in small, well-studied amounts. Knowing the real short list is what lets you stop worrying about the rest. And "detox" products are mostly theater — your liver and kidneys already do that job well.

SECTION 02

02.

How It Shows Up — and When to Care.

Most of the time, tired skin is tired skin. A few patterns are worth a closer look — and "natural" on the front of a box isn't the promise people think it is.

INSIDE THIS SECTION

Patterns worth mentioning · The boring answers first · "Natural" isn't a promise

WHAT IT CAN LOOK LIKE

There's no blood test for "toxins."

Anyone offering a single test that measures your "toxic load" and a protocol to fix it is selling something. What's useful instead are patterns: symptoms that don't add up, that line up with something new, or that quietly improve when something changes. Often the cause is simpler — sleep, stress, sun. Sometimes a daily exposure really is part of the picture.

- ◇ Skin that's reactive, flushed, itchy, or breaking out without a clear trigger.
- ◇ A new fragrance, candle, detergent, or product that lines up with the trouble starting.
- ◇ Irritation or dullness that good products don't seem to fix.
- ◇ Headaches or stuffiness that ease when you're away from home.

None of these prove anything on their own. They're starting points for a conversation with your physician or dermatologist — and for a few careful experiments at home.

FIRST, THE BORING ANSWERS

Do less, more consistently.

Before blaming a product, rule out the unglamorous causes: short sleep, stress, sun, over-exfoliating, and too many active ingredients at once. More often than not, the fix is a simpler routine — which is itself a less toxic routine.

THE WORD ON THE FRONT OF THE BOX

"Natural" isn't a promise. Clean marketing is still marketing.

"Natural," "clean," "non-toxic," and "chemical-free" aren't regulated terms. A product can carry any of them and still contain the things we'd rather avoid — and plenty of genuinely irritating ingredients, like some essential oils and botanicals, are perfectly natural. The front of the box is advertising. The truth is on the back.

It cuts both ways. A long chemical name doesn't mean harm. What you want is the boring, verifiable stuff: a short ingredient list, no undisclosed "fragrance," and ideally third-party testing or a credible certification.

MYTH

"If it's natural, it's safe — and if I can't pronounce it, it's toxic."

FACT

Safety depends on the specific ingredient and the dose, not how it sounds. Read the list, not the slogan.

WHERE THE LINE ACTUALLY IS

Meaningfully fewer, not zero.

You won't get this perfect, and you don't need to. The aim is fewer of the easy-to-remove exposures: what you use daily, on the largest areas of skin, in the least-ventilated rooms, and what you heat your food in. Nearly all the benefit lives there. Everything past it is diminishing returns.

END OF THE FREE PREVIEW

The rest of this guide.

You know what's worth caring about. The complete edition turns that into a plan: the five changes that almost always come first, room-by-room swaps for skin, air, water, textiles, and the kitchen, an honest take on which bigger purchases earn their keep, the apps worth using, and the rules for doing all of this without losing your peace of mind.

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Your Priorities

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UNLOCK THE COMPLETE GUIDE →

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