

Recommended

# Product List

Dedicated to creating a stress free environment for all of our participants

The Dynamic Neural Retraining System™ endeavors to provide an optimal learning environment by limiting class size and choosing venues that are generally environmentally safe for our participants. While we do our utmost to ensure each location meets our stringent standards, we cannot guarantee to meet the needs of each individual participant due to circumstances beyond our control. Your cooperation in using the products recommended on this list will go a long way in helping us reach this goal.

## We are dedicated to providing a healthy learning environment

Please start using the fragrance and chemical free laundry products as soon as possible, and unscented personal hygiene products should be started one week prior to the program date.

If you have been using fragrant or commercial laundry detergents please understand that it requires multiple washes (10 or more) to remove the soap residue out of your clothes. You can speed up the process by adding ¼ cup of vinegar to your wash. If you have a high efficiency (h-e) washer, please make sure the extra rinse cycle is on.



## No Mobile Phones Please

Some of our fellow participants may be sensitive to electromagnetic fields and/or radio frequencies.

We ask all of our participants to refrain from bringing cell phones onto the premises.

Please leave them in your hotel room, locked in your car or at home.





## Laundry

**Laundry Soap** - Seventh Generation Free and Clear (liquid or powder) Note: free and clear version (not the lavender or other scented ones)

**Soap Nuts** also work well for washing clothes along with cleaning other surfaces. They are a type of berry that naturally secretes soap when wet. For more information please visit <http://www.earthsberrries.com/>

**Fabric Softener** – instead of using liquid fabric softener or Bounce sheets (which are highly toxic) soak a washcloth in a mixture of vinegar and water and place it in the dryer.

There are also environmentally aware dryer clothes that are reusable, (blue and white stripe)...more economical and better for the environment and people.

Or dryer balls (bumpy blue plastic)

## Personal Hygiene

**Deodorant** - Crystal Deodorant Stone or Lafes natural roll on deodorant. Liken Plant unscented deodorant. Also Tom's is a good organic brand name.

**Body Soap** - Glycerine based organic bar soap or hemp based organic soap (unscented please)

**Body/Hand Lotion** - Patrick Curelle (can only be purchased at a health food store): Other products that are usually bought off any store shelf that merely say “unscented” or “lotions for sensitive skin” still contain chemicals (petroleum based). It's important to buy the organic brands – they are vegetable based instead of petroleum based.

**Body Oil:** For a natural body moisturizer try unscented almond oil or grape seed oil. Helpful hint – if you purchase them in bigger bottles in the cooking section its more economical.





## Non-scents makes good sense!

### Shampoo, Conditioner, Other hair sculpting products:

It is important that your personal hygiene products do not contain petrolatum (petroleum base) or scents of any kind.

If you go to a health food store you can ask the people there to help you. Some products can be purchased at regular stores – look for the organic products section.

**Shaving Lotion:** Kiss My Face - unscented

### Shampoos and Conditioners

Desert Essence Organics – fragrance free  
 Patrick Currelle – unscented  
 Earth Science – fragrance free  
 Au Naturelle - unscented  
 Druide - unscented  
 Avalon Organics olive oil and grapeseed - fragrance-free.

**Hair gel:** 100% Aloe gel or 100% Shea Butter. Patrick Currelle unscented hair gel.

## Recommended Household Cleaning Products



- Vinegar & water, or hydrogen peroxide and water are the best natural cleaners. They both have disinfecting properties as well.
- You can also pick up many different organic cleaners at any health food store.
- Ecover is a great brand name.
- Use a natural fibre cloth for dusting versus Pledge, etc
- Often you will find organic cleaners at bigger grocery stores as well. Look for unscented ones. A great antibacterial cleanser for kitchen clean up is GSE (grapefruit seed extract) which is organic and naturally unscented. Add 10 drops to a spray bottle of water.



Please eliminate the scented products in and around your home like Febreeze, Bounce or any other fabric sheets, Glade Plug-ins, Swiffer Sweepers, Carpet Cleaner, Scented Candles (natural bees wax candles are okay), Bathroom deodorizer spray or other products that may be artificially scented.

Products that are commercially sold for their “nice scent” contain chemicals that affect the brain and the body.

Also, don't forget about the deodorizers that you may have hanging from the rearview mirror of your car.

Even commercial brands that state “non-scented” or “naturally scented” contain many harmful chemicals. That's why buying a detergent like “Tide Free” is actually not a recommended buy.

For more information about healthy choices please visit:

[www.ewg.org](http://www.ewg.org)

<http://www.lesstoxicguide.ca>



## Win/Win Strategy

As a company, and as people, we at DNRS are very passionate about the environment and take an active role in being responsible for it. We believe in the importance of caring for our people, our planet and all of its inhabitants.

Thank you in advance for your understanding and compliance!

Be well and create healthy choices!

