

DETOX 101



WEBINAR

with Amy Medling
Founder, PCOS Diva



CLEAN KITCHEN RESOURCE GUIDE

Healthy Alternatives
to Conventional Kitchen Items



COOKWARE

Cast Iron & Enameled Cast Iron:

[Lodge](#)
[Le Crueset](#)
[Cuisinart](#)
[Heuck](#)

Stoneware:

[Corningware](#)
[Emile Henry](#)
[Le Crueset](#)
[The Pampered Chef](#)

Glass:

[Pyrex](#)

Stainless Steel:

[All Clad](#)
[Cuisinart](#)

UTENSILS

[Bamboo](#)
[Wooden](#)
[Stainless Steel](#)
[Silicone Coated Stainless](#)

PLASTICS

Glass Food Storage:

[Ball Mason](#)

[Reused Glass Jars](#)

KITCHEN CLEANERS

[EWG's Guide to Healthy Cleaning Database](#)

Non-Antibacterial Dish Soap:

[Better Life](#)

[Seventh Generation - Free & Clear Products
\(Unscented\)](#)

Oven Cleaners:

[Baking Soda](#), time & patience!

All Purpose Cleaners:

[Top products](#) from EWG's Guide to Healthy
Cleaning Database

Make Your Own!



PANTRY

[Eden Organics Canned Beans](#)

[Native Forest Coconut Milk](#)

[Dried Beans](#)

FOOD ITEMS

[Dirty Dozen](#)

[Environmental Defense Fund - Seafood Selector](#)

WATER

[Detox Domain: Toxic Tap](#)

[Pure Air Clean Water - Jim McMahan](#)

[EWG's Water Database](#)

