

# **The Human Reset**

## A No-Bullshit Survival Manual for Modern Life

**By Samantha Schmid**

### Why Read This? (Wake Up Before It's Too Late)

- Look around. Every single person knows someone who is sick, tired, anxious, depressed, overweight, or dying before their time. People think that's just "normal life." *It's not.*
- The U.S. spends more on health care than any country in the world. Yet, we are fatter, sicker, and more medicated than ever.
- The truth: we don't have a health care system. We have a **sick-care** system. It doesn't heal you. It manages you. Keeps you alive just enough to keep paying.
- The part no one likes to admit: a large part of modern chronic disease risk is **preventable or reducible.**

### The Victim Trap

- Most people think they're victims of bad luck, bad genes, or a bad hand in life. They're not.
- Cancer rates keep rising not because we're "unlucky," but because the environment is laced with chemicals, seed oils, dyes, and pesticides. And people keep buying them.
- Alzheimer's is exploding not because "grandpa was old," but because decades of bad sleep, processed food, and toxins rot the brain.
- Depression and anxiety aren't random "chemical imbalances." They're signals that the body is overwhelmed: bad diet, no sunlight, no purpose, constant dopamine spikes from screens, and so much more.
- But instead of facing it, people hide behind a **victim mindset:**

"I can't cook, I don't have time."

"Everyone's depressed, it's normal."

"Everything causes cancer, so why bother?"

## **That's not reality. That's giving up.**

### What Happens If You Don't Wake Up

- Financially:
  - Cancer treatment: \$150,000+.
  - Alzheimer's care: \$300,000+ over your life.
  - Drugs for anxiety, depression, diabetes: hundreds a month.
  - Hospital bills: medical debt is the #1 cause of bankruptcy in the U.S.
- Physically:
  - You lose your healthy skin, your energy, your body first.
  - Then your memory, your independence, your dignity.
- Emotionally:
  - Your loved ones watch you fall apart. Or worse, you watch them fall apart — and you can't do a DAMN thing because it's too late.

People say money can't buy happiness. But here's the reality: you can't enjoy life without health. All the money, cars, vacations, houses are worthless if you can't get out of bed, can't think straight, can't breathe without medication.

### **Why I Wrote This Manual**

- I've seen it. Close people to me are suffering — gut issues, cancers, anxiety, Alzheimer's — and I refuse to accept that this is “just life.”
- Almost every person I know is a victim of the same trap: eat what's marketed, buy what's convenient, pop pills for the symptoms.
- They won't change, because it's easier to stay a victim than take responsibility.

This is not about being perfect. I don't do every single thing in this manual. But I do enough to stay ahead. I know why my skin is clear, why I have energy without killing myself in the gym, why I'll likely live longer and better than 90% of people I know. It's not genetics. It's not luck. It's choices.

*And now you get to choose.*

## What This Manual Will Do For You

- This is not a self-help book. It's a **survival manual**.
- It will show you what's poisoning you every single day.
- It will explain why these products destroy your gut, your skin, your hormones, your brain.
- It will give you replacements and recipes that **cost less** and **keep you alive** longer.
- It will prove that you don't need to live in fear of cancer, Alzheimer's, infertility, or "random" disease.

It's written in bullets, raw and blunt, because people don't read long essays. But don't get it twisted — *this isn't "Sam's opinion."* Every claim in here is backed by science, with references at the end.

## Your Responsibility

- You are not a victim.
- You are a human with choices.
- You are responsible for your health and the health of the people you love.
- You can either keep buying what's killing you, or you can stop, learn, and reset.
- If you keep ignoring this, your life will shrink. Your freedom will shrink. Your relationships will shrink. Until the only thing left is prescriptions, hospital visits, and regret.
- If you listen and apply this, your life will expand. Your energy, your confidence, your relationships. You'll not only live longer, you'll actually enjoy the years you get.

That's why this exists. Because health is the foundation of everything. You can't enjoy life without it. And you can't enjoy life without the people you love standing beside you.

### Part I: The Wake-Up Call

Why modern life is making you sick:

- Food is engineered to addict you (sugar + seed oils + chemicals).
- Homes are filled with hormone disruptors (air fresheners, detergents, plastics).
- The medical system does not address root causes. Fixing you is not profitable for hospitals.
- Laziness is marketed as convenience. You're told it's "normal" to be tired, medicated, and unhappy.
- The victim mindset that traps people:
  - "It's too expensive to eat healthy." Wrong — cooking at home is cheaper than takeout + meds.
  - "I don't have time." Wrong — you'll spend 10x more time sick in hospitals later.
  - "Everyone's depressed/anxious." Wrong — that's not normal, it's a culture-wide malfunction.

Call to ACTION

- What to stop buying now:
  - Sauces, condiments → acne, cravings, gut rot.
  - Air fresheners → increased risk of infertility and cancer.
  - Dryer sheets → formaldehyde = slow poisoning.
  - Plastic water bottles/Tupperware → BPA/BPS = hormone chaos.
  - Cheap skincare with "fragrance" → 3,000+ undisclosed toxins.
- What to start doing now:
  - Drink water every morning.
  - Get 20 minutes of sunlight.
  - Cook one meal a day at home — see the difference in cost, energy, and skin.

- Walk daily — 7–10k steps is free medicine.
- Swap one toxic product per week until your house is clean.

## Part II: Food (Fuel vs. Poison)

The truth: Food is the root cause of most modern diseases. What you put in your mouth either builds your body or destroys it. There is no neutral.

### Why Store-Bought & Fast Food Are Killing You

- Almost everything on shelves is engineered for addiction. The food industry doesn't want you satisfied — it wants you hooked.
- Ingredients are chosen for shelf life and profit, not health. Cheap seed oils, fillers, sugar, and chemicals keep costs low and diseases high.
- Every drive-thru or takeout meal is drenched in oils and additives that inflame your gut, wreck your hormones, and age you faster.
- “Convenience food” = paying for your own decline.

### The Hidden Villains in Your Diet

- Seed Oils (Canola, Soybean, Sunflower, Corn):
  - Scientific: polyunsaturated omega-6 fatty acids, prone to oxidation.
  - English: cheap oils that turn rancid easily, creating toxic byproducts.
  - What they do:
    - Oversupply omega-6 compared to omega-3 → historically, humans ate omega-6 and omega-3 close to a 1:1 ratio. Today, the average American diet is 15–20:1 in favor of omega-6.
    - This imbalance drives chronic inflammation → arthritis, acne, heart disease, autoimmune issues.
    - When heated, seed oils oxidize and create toxic aldehydes → damage DNA, age skin, and raise cancer risk.
    - Omega-6 excess increases production of arachidonic acid → fuels pro-inflammatory molecules in the body.
    - Over time, this imbalance doesn't just hurt skin or energy — it lays the groundwork for metabolic disease.
- Sauces & Condiments:

- Ketchup, mayo, dressings, “special” sauces = sugar bombs + seed oils + preservatives.
  - Why they suck:
    - Sugar → spikes blood sugar → insulin surge → blood sugar crash → increase in cravings → fat gain.
    - Seed oils → skin breakouts + gut irritation + affect brain/mood
    - Preservatives (sodium benzoate, MSG) → headaches, hyperactivity, gut imbalance.
  - Translation: *Your “healthy” salad drowned in ranch is as bad as fast food.*
- Food Dyes (Red 40, Yellow 5, Blue 1, etc.):
    - What they do:
      - Disrupt brain function → hyperactivity, mood swings.
      - DNA damage → increased cancer risk.
      - Allergic reactions + migraines.
    - Where they hide: candies, cereals, drinks, some yogurts.
  - Artificial Sweeteners (Aspartame, Sucralose, Acesulfame K):
    - What they do:
      - Destroy gut microbiome → bloating, IBS, anxiety.
      - Trick the brain → cravings increase, weight gain follows.
      - Linked to depression and mood disorders.
    - Plain truth: Diet soda isn’t saving you: it’s swapping diabetes for gut disease.
  - Ultra-Processed “Health” Foods (low-fat, protein bars, fake meats):
    - What they do:
      - Strip out real nutrients, replace with fillers, gums, emulsifiers → gut inflammation.
      - Made of soy/pea isolates → estrogenic (hormone) effects + digestive issues.
      - Marketed as “fitness fuel” but they’re candy bars in disguise.

### What Real Food Looks Like (BALANCE!)

- Proteins:
  - Grass-fed beef, pasture-raised chicken, wild-caught fish, eggs.
    - Complete amino acids + nutrients like iron, zinc, omega-3s.

- What it helps prevent: anemia, depression, muscle wasting, low energy
- Carbs (real energy):
  - Rice, potatoes, oats, whole grains.
    - Why: slow-digesting, fuel brain + muscles, stabilize blood sugar.
    - Supports: steady energy, workout recovery, balanced diet.
- Fruits & Vegetables:
  - Fresh or frozen (not canned in syrup).
    - Why: antioxidants repair cells; fiber feeds good gut bacteria.
    - What it prevents: cancer, heart disease, gut issues.
- Fats (real, stable ones):
  - Butter, ghee, olive oil, avocado oil.
    - Why: stable under heat, rich in fat-soluble vitamins (A, D, E, K).
    - What it prevents: hormone imbalance, brain fog, skin dryness.
- Dairy (if tolerated):
  - Plain yogurt, cheese (fresh parmesan is my favorite)
    - Why: probiotics + calcium for bones, gut, immunity.

### Cooking at Home vs. Eating Out

- Cooking at Home = Freedom
  - Control every ingredient.
  - Cheaper: steak + potato + broccoli vs. takeout meal.
  - Better: clean energy, clearer skin, sharper mind.
- Eating Out = Disease
  - Most restaurants cook with seed oils.
  - Sauces = sugar + preservatives.
  - Cheap meat = added antibiotics + hormones.
- Laziness is the #1 reason people stay sick. The excuse “healthy food is too expensive” is a lie — medical bills cost more.

## What Happens If You Don't Fix Your Diet

- Short term:
  - Everything that feels wrong stays wrong.
  - Skin breakouts.
  - Bloating, gas, constipation.
  - Energy crashes.
  - Mood swings.
  
- Long term:
  - Everything that feels wrong stays wrong.
  - Type 2 diabetes and heart disease.
  - Infertility (seed oils + plastics = hormone chaos).
  - Cancers (from dyes, oils, pesticides).
  - Alzheimer's (from years of blood sugar spikes + inflammation).

## The Food Reset Action Plan

- Throw out sauces, condiments, and “low-fat” products.
- Replace seed oils with butter, ghee, or olive oil.
- Eat a balance of meat, eggs, vegetables, and fruits every day.
- Cut sugar + processed carbs to the bare minimum.
- Cook at home more often than you eat out.
- Make your grocery cart **perishable** and simple: protein + carb + produce + healthy fat.
- *Cravings = addiction to chemicals in foods = diseases* (I used apple cider vinegar capsules to help reduce sugar cravings)
- Drink water.

### Part III: Cleaning & Cookware

#### Why Avoid Store-Bought?

- Your house isn't clean. It's coated in chemicals. The sprays, wipes, detergents, and "fresheners" you buy don't just disappear — they linger in the air, on your clothes, on your counters, and in your body.
- Air fresheners = hormone disruptors + cancer risk.
- Laundry detergents/dryer sheets = endocrine chaos + asthma triggers.
- Surface wipes = fertility damage + lung issues.
- Non-stick cookware = forever chemicals that never leave your blood.
- Pesticide sprays = neurotoxins linked to Parkinson's.
- You're not "cleaning." *You're marinating your body in invisible poison.*

#### The Chemicals You're Really Breathing/Eating

- Phthalates (in air fresheners, detergents, "fragrance"):
  - Mimic hormones → infertility, birth defects, early puberty, breast/prostate cancers.
  - These chemicals hijack your hormones so your body thinks it's in chaos.
- VOCs (volatile organic compounds, in sprays/cleaners):
  - Short-term = asthma, headaches, dizziness.
  - Long-term = lung cancer, liver damage, nervous system breakdown.
- Quats (quaternary ammonium compounds, in Lysol/Clorox wipes):
  - Kill bacteria, but also kill your fertility.
  - Linked to asthma, skin irritation, and decreased sperm count.
- Formaldehyde (in dryer sheets + fabric softeners):
  - Known human carcinogen.

- Causes asthma, headaches, long-term cancer risk.
- PFAS (“forever chemicals,” in Teflon/non-stick pans):
  - Never break down in the environment or your body.
  - Linked to thyroid disease, infertility, kidney/testicular cancers.
- Pesticides (roach/ant sprays):
  - Neurotoxins → linked to headaches, nerve damage, Parkinson’s.
  - Can linger in carpets + surfaces for months.

### DIY Cleaning Recipes (Safe + Effective)

- All-Purpose Spray (Stone-Safe): 2 cups water,  $\frac{1}{3}$  tsp mild dish soap, 10 drops tea tree or lemon essential oil (optional); use on counters, tables, windowsills. Avoid vinegar on stone.
- Glass & Mirror Spray: 2 cups water, 3 tbsp white vinegar, 5 tbsp isopropyl alcohol.
- Bathroom Spray: 2 cups water, 1 cup white vinegar, 2 tsp dish soap.
- Stainless Steel Spray: 2 cups water,  $\frac{1}{2}$  cup isopropyl alcohol,  $\frac{1}{8}$ - $\frac{1}{4}$  mild dish soap.
- Laundry Detergent (Liquid): 1 bar Castile soap (grated), 1 cup washing soda,  $\frac{1}{2}$  cup borax, 2 gallons hot water; no fragrances, no hormone-disruptors.
- Laundry Detergent (Powder): 1 cup washing soda, 1 cup borax, 1 grated Castile soap bar; store in airtight jar.
- Fabric Softener Alternative:  $\frac{1}{2}$  cup white vinegar in rinse cycle; no formaldehyde, no “fresh linen” poison.
- Carpet Deodorizer: Baking soda + 10 drops essential oil; sprinkle, wait 15 minutes, vacuum.
- Dish Soap: 1 cup liquid Castile soap, 1 tbsp washing soda, 10 drops lemon oil; cuts grease without synthetic foaming agents.
- Dishwasher Powder: 1 cup washing soda, 1 cup borax,  $\frac{1}{2}$  cup salt,  $\frac{1}{2}$  cup baking soda.

- Toilet Bowl Cleaner: Sprinkle baking soda, add vinegar → fizz scrub; no bleach fumes.
- Shower/Tub Scrub: 1 cup baking soda, ¼ cup liquid Castile soap, drops tea tree oil
- Surface Wipes: Roll of paper towels, soak in 1:1 vinegar-water solution

#### Cookware & Utensils

- Safe Choices:
  - Stainless steel: lasts forever, no leaching.
  - Cast iron: naturally non-stick when seasoned; adds trace iron.
  - Glass: safe for baking + storage.
  - Ceramic (unglazed): safe alternative to coated pans.
  - Wood utensils: won't scratch or leach chemicals.
- Avoid:
  - Teflon/non-stick: PFAS = “forever chemicals.” Stays in blood decades.
  - Plastic utensils/containers: BPA/BPS mimic estrogen → hormone chaos, infertility.
  - “Copper” pans with coatings: often contain the same toxic layers as Teflon.
- Swap one at a time. Start with a cast iron pan and a glass storage set.

#### Pest Control (Safe Alternatives)

- Ants: spray vinegar along entry points; sprinkle cinnamon at doorways.
- Spiders: peppermint oil + water spray around windows, corners.
- Roaches: mix borax + sugar (bait). Keep out of reach of kids/pets.
- Fruit flies: apple cider vinegar + a drop of dish soap in a jar (cover with plastic wrap, poke holes).
- Store-bought bug sprays = *neurotoxins linked to Parkinson's*. Use simple chemistry instead of poisoning your air.

#### Part IV: Personal Care (Skin, Hair, Hygiene)

- Skin = Sponge, Not Shield
- Your skin is not a barrier. It's an organ. Lotion isn't just on your arm — it's in your blood. Sunscreen isn't just on your face — it's in your hormones. Shampoo isn't just in your hair — it's in your scalp and brain.
- If you wouldn't eat it, don't put it on your body.
- This section is about preference — skincare, shampoo, makeup, deodorant — but there's only one rule: check ingredients always.

**EWG (Environmental Working Group) Healthy Living App:**

- Scan barcodes → see a safety score (0-10), EWG verified or 0-1 are best
- Breaks down ingredient risks: cancer, hormone disruption, allergies, skin irritation and suggests safer alternatives.
- Why it matters:
  - Every product looks “safe” on the shelf. The truth is buried in chemical names nobody understands.
  - EWG translates the label for you. You'll finally see that your “hydrating lotion” = parabens + fragrance + endocrine chaos.
- If it's not EWG-approved (or at least low-risk), it shouldn't touch your skin.
- Takeaway: Less is more. Stop buying 8-step routines. They're destroying your skin and making you dependent on “products.”

The Worst Offenders in Personal Care

- Fragrance (aka “parfum”):
  - Catch-all loophole for 3,000+ undisclosed chemicals.
  - Often includes phthalates (hormone disruptors → infertility, breast/prostate cancers).
  - Fragrance = chemical soup with zero transparency.
- Parabens (methylparaben, propylparaben, etc. in lotions):
  - Preservatives that mimic estrogen.
  - Linked to breast cancer, infertility, early puberty.

- You're dosing yourself with fake estrogen every time you apply lotion.
- Oxybenzone (common in sunscreen):
  - Endocrine disruptor.
  - Linked to lower testosterone, fertility problems, thyroid issues.
  - Blocks UV, but also blocks your hormones.
  - Bonus: kills coral reefs.
- Triclosan (in "antibacterial" soaps):
  - Weakens immune system by killing good bacteria.
  - Linked to antibiotic resistance + thyroid problems.
  - You're sterilizing your hands at the cost of your entire immune system.
- Sulfates (SLS, SLES, in shampoos):
  - Harsh detergents that strip natural oils.
  - Linked to skin irritation, eczema, eye damage.
  - They clean too hard — like using paint thinner on your scalp.

### Safer Swaps + Simple Options

- Moisturizers: beef tallow, shea butter, coconut oil, Vanicream.
- Soaps: Castile soap, natural unscented bars.
- Shampoos: sulfate-free brands, or apple cider vinegar rinse (2 tbsp ACV in 1 cup water).
- Deodorants: aluminum-free options (Native, Schmidt's), or DIY with baking soda + coconut oil.
- Sunscreen: zinc oxide or titanium dioxide (mineral only, no oxybenzone/avobenzone).
- Toothpaste: fluoride-free brands with EWG approval, or DIY (coconut oil + baking soda + peppermint oil).
- Mouthwash: saltwater rinse, or diluted hydrogen peroxide (1:1 with water).

### Why Personal Care Matters Long-Term

- Daily exposure compounds. Using lotion, shampoo, and deodorant every day = 1,000+ chemical hits per year.
- These chemicals build up in fat tissue and blood (bioaccumulation).
- Over time → skin problems, hormone chaos, infertility, cancer risk, aging.
- Personal care is where people get blindsided. They obsess over food but lather themselves in poison daily.

### *Sam's Personal Routine (Real Example)*

- Face wash (night only): PanOxyl 4% benzoyl peroxide → strong enough to kill acne bacteria, but only once a day (stripping twice = barrier damage). Some have adverse reactions to Benzene so always test. This is the face wash that works for me.
- Moisturizer: Vanicream Daily Moisturizer → fragrance-free, EWG-safe, barrier-protecting.
- *I'm not perfect with each product I use, but the 1-2 rating now is much better than the 7-10 ratings prior to using EWG.*
- ALL products I use:



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FACIAL MOISTURIZER/TREATMENT

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MOISTURIZER

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1  
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**Native Deodorant, Unscented**  
ANTIPERSPIRANT/DEODORANT


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2  
LIMITED

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**Beauty by Earth Self Tanning Drops for Face, Medium**  
SUNLESS TANNING



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EWG VERIFIED  
LOW HEALTH CONCERN

SAVE SHARE BUY

**Avalon Organics Nourishing Lavender Shampoo**  
SHAMPOO

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EWG VERIFIED  
LOW HEALTH CONCERN

SAVE SHARE BUY

**Avalon Organics Scalp Treatment Tea Tree Conditioner**  
CONDITIONER

## Part V: Lifestyle & Home Environment

### Why This Section Matters

- You can eat clean, swap products, and still be sick if the basics — water, air, light, and environment — are toxic.
- Tap water isn't just water — it's chlorine, fluoride, PFAS (“forever chemicals”), pharmaceuticals, and heavy metals.
- The air in your house can be dirtier than outside — full of VOCs, mold, and synthetic “fragrances.”

- Plastics leach chemicals into your food and skin.
- Blue light wrecks your sleep, which wrecks your brain.
- *Your environment shapes your biology every second of every day. If you don't clean it up, nothing else matters.*

#### Water (Every Sip Counts)

- What's in tap water:
  - Chlorine/chloramine: dries skin, disrupts gut bacteria.
  - Fluoride: linked to lower IQ in kids, thyroid disruption.
  - Lead: neurotoxin, permanent brain damage.
  - PFAS ("forever chemicals"): linked to cancers, infertility, hormone chaos.
  - **Pharmaceutical traces: antidepressants, birth control, blood pressure meds (yep, they're in municipal water).**
- What to do:
  - Reverse osmosis filter (best).
  - Carbon block filters (Berkey, Aquasana, Clearly Filtered).
  - Shower filter (to stop chlorine + heavy metals soaking into skin).
  - Ditch plastic water bottles → they leach BPA/BPS, especially when warm.

#### Air (Invisible but Deadly)

- Indoor air can be 2–5x more polluted than outside.
- Sources of toxins:
  - Air fresheners + candles = VOCs + phthalates → hormone disruption, asthma, lung cancer risk.
  - Mold = hidden in walls, bathrooms, HVAC → brain fog, fatigue, autoimmune issues.
  - Gas stoves = nitrogen dioxide → asthma, lung irritation.
- What to do:

- HEPA air purifier in bedroom/living spaces.
- Open windows daily (circulate fresh air).
- **Get rid of candles/air fresheners → replace with essential oils or simmer pots.**
- Check for mold (especially if you have brain fog, chronic congestion).
- Clean air = clean brain. Dirty air = headaches, fatigue, cancer.

### Plastics (The Silent Hormone Wreckers)

- What they leach:
  - BPA/BPS: estrogen mimics → infertility, breast/prostate cancers, obesity.
  - Phthalates: hormone disruptors → early puberty, low testosterone, thyroid issues.
  - Microplastics: now found in human blood and placenta. Long-term effects = unknown but terrifying.
  - Think water bottles, food containers, plastic wrap, takeout packaging, receipts (thermal paper).
- What to do:
  - Switch to glass or stainless containers.
  - Use beeswax wrap or parchment instead of plastic wrap.
  - Say no to **receipts** or wash hands after handling.
  - Plastics = fake hormones leeching into your body, screwing with fertility and weight.

### Light (Your Body's Clock)

- Blue light at night:
  - From phones, TVs, LEDs.
  - Suppresses melatonin → insomnia, depression, faster aging.
  - Increases Alzheimer's risk by blocking the brain's nightly cleanup process.
- What to do:
  - In the morning: get 20 minutes of natural sunlight within an hour of waking → sets circadian rhythm.

- At night: use amber/red lights or salt lamps, blue light blocking glasses.
- No screens 1 hour before bed.
- Sunlight in the morning = energy. Blue light at night = brain damage.

#### Noise & Clutter (The Overlooked Stressors)

- Constant background noise (traffic, loud TV, buzzing electronics) keeps cortisol high → stress, poor sleep, anxiety.
  - Visual clutter = mental clutter. Messy spaces = distracted, anxious mind.
  - A noisy, messy environment = constant stress signal.

#### The Lifestyle Reset Action Plan

- Filter water (drinking + shower).
- Clean air: HEPA purifier + fresh air daily.
- Swap plastics: glass/stainless instead.
- Fix light: morning sun + evening dimming.
- Declutter: clear environment = clear head.

### Part VI: Sleep Environment (Sheets, Towels, Mattresses)

#### Why This Matters

- You spend ~8 hours/day in bed = 1/3 of your life.
- That's 2,920 hours a year. By age 60, you've spent 20 years in bed.
- If your mattress, sheets, and towels are full of chemicals, you're breathing, absorbing, and rolling in toxins for a third of your existence.
- Sleep is when your body detoxifies, repairs, and resets. If your environment is toxic, you're undoing your body's healing every night.

## The Problems with Conventional Bedding

- Mattresses (biggest offender):
  - Made with polyurethane foam + flame retardants.
  - Off-gas VOCs (volatile organic compounds) = asthma, headaches, increased cancer risk.
  - Flame retardants = hormone disruptors, linked to lower IQ in kids, infertility, thyroid problems.
  - You're inhaling fireproof chemicals all night long.
  
- Sheets & Towels:
  - Conventional cotton = treated with pesticides + bleach + formaldehyde-based wrinkle resistance.
  - Dyes often contain heavy metals.
  - Fabric softeners add phthalates + VOCs → hormone chaos + respiratory issues.
  - You're wrapping yourself in pesticide-bleach-perfume burritos every night.
  
- Pillows:
  - Same as mattresses: polyurethane foam + flame retardants → off-gassing for years.

## Safe Sleep Solutions

- Mattresses:
  - Choose organic or natural latex mattresses (GOTS-certified, GOLS-certified).
  - Brands like Avocado, Naturepedic, Essentia (certified non-toxic).
  - If you can't get a new one, get an organic cotton or wool mattress topper to create a barrier.
  
- Sheets & Towels:
  - Organic cotton, linen, or bamboo.

- Wash before use to remove factory coatings.
- Use vinegar as softener (½ cup per load).
- Pillows:
  - Organic latex, buckwheat, or organic cotton fill.
  - Avoid memory foam = chemical sponge.
- Extra Tips
  - Wash frequency:
    - Sheets: every 1–2 weeks.
    - Towels: every 3–4 uses.
  - Detergent: DIY or EWG-approved, no fragrance.
  - Drying: skip dryer sheets → use wool dryer balls + a few drops of essential oil if needed.
  - Declutter around bed: less dust, fewer VOCs.
  - Airflow: crack window or run HEPA filter in bedroom.

#### Why This Is Worth It

- Better sleep = longer life. Poor sleep is linked to Alzheimer's, obesity, depression, and cancer.
- Clean bedding = fewer rashes, acne, respiratory problems.
- Long-term = reduced exposure to hormone disruptors + VOCs while your body is most vulnerable.

#### Part VII: Mind & Stress

##### Why This Matters

- You can eat clean, have a toxin-free home, and still feel like shit if your mind and stress response are wrecked.
- Chronic stress = constant cortisol → fat gain, hormone disruption, premature aging.
- Poor sleep = higher risk of Alzheimer's, obesity, diabetes, depression.

- **Feeling anxiety/depression** = signals your body is out of alignment (bad food, no sunlight, too much screen time, no purpose).
- **Mental health isn't "all in your head." It's in your body, environment, and habits.**

### Sleep (Your Superpower)

- 7-9 hours = non-negotiable.
- Why poor sleep kills you:
  - Brain can't clear amyloid plaque → higher Alzheimer's risk.
  - Hormones (testosterone, growth hormone) drop → low energy, weight gain.
  - Insulin resistance spikes → diabetes risk.
  - Emotional regulation plummets → anxiety, depression.
  - Sleep killers: blue light at night, caffeine late in day, alcohol, cluttered rooms.
  - Chronic sleep deprivation significantly increases long-term disease and mortality risk.

### Breathwork & Stress Regulation

- Box breathing (4-4-4-4): inhale 4s, hold 4s, exhale 4s, hold 4s.
- Nasal breathing: lowers stress hormones, improves oxygen efficiency.
  - Why: resets nervous system from "fight or flight" → "rest and digest."

### Mental Health Reframe

- Anxiety = body screaming for rest, sunlight, better food, less clutter.
- Depression = often lack of movement, nutrient deficiency, poor sleep.
- **Pills mask symptoms — they don't fix root causes. You are not broken. Your environment is.**
- Responsibility = freedom. You can change your inputs, which changes your mind.

## Mind & Stress Action Plan

- Sleep 7–9 hours in a toxin-free bedroom.
- Morning: sunlight + movement.
- Daily: breathwork when stressed.
- Night: no screens 1 hour before bed.
- Weekly: journal, reflect, declutter.

## Part VIII: The Basic Toolkit (Your Action Steps)

### Why This Matters

- Most people quit because they think they have to change everything at once. Wrong. You don't need perfection — you need momentum. It took a long time to create the environment *I love*.
- Swap one thing at a time.

### Step 1: Food Swaps

- Throw out sauces, condiments, seed oils.
- Cook one meal/day at home.
- Grocery cart rule: protein + carb + produce + healthy fat.

#### Step 2: Cleaning Swaps

- Replace air freshener → open window/essential oils.
- DIY all-purpose spray → vinegar + water.
- Swap laundry detergent → DIY or EWG-approved.

#### Step 3: Cookware Swaps

- Ditch Teflon → buy one cast iron/stainless pan.
- Store leftovers in glass instead of plastic.

#### Step 4: Personal Care Swaps

- Download the EWG app.
- Replace one product per week (start with moisturizer or face wash).
- Avoid anything with “fragrance.”

#### Step 5: Home Environment

- Get water filter (even a pitcher is better than nothing).
- Buy one HEPA purifier for bedroom.
- Replace receipts/plastics with glass/steel.
- Fix lighting: sunlight AM, amber lights PM.

#### Step 6: Sleep Environment

- Wash sheets weekly with fragrance-free detergent.
- Swap pillow → organic cotton/latex.
- Save up for an organic mattress/topper.
- Keep electronics away from your bed.

#### Step 7: Mind & Stress

- Daily sunlight + movement. (I open window shades when I wake up)
- Try box breathing when anxious.
- Cut screen time at night.

Quick Wins Checklist (At-a-Glance) — Improving lifestyle consistently is what makes the biggest difference long-term

- Throw out sauces/seed oils.
- Drink filtered water every morning.
- Open windows daily.
- Swap Teflon pan for cast iron.
- Scan your lotion/shampoo with EWG.
- Wash sheets/towels with fragrance-free detergent.
- Get 20 min morning sunlight.
- Walk 7-10k steps daily.
- Sleep in a dark, cool, clutter-free room.

### Part IX: Misogi & Defining Challenges

#### Why This Matters

- Health gives the foundation. But challenge gives meaning.
- If all you do is avoid disease and live longer, the years will still blur together. Life will feel like it's flying by. The way to slow it down is to mark each year with something unforgettable so that you can always look back and say: "That was the year I did \_\_\_."

- This is Misogi. It's about creating defining challenges that sharpen body, mind, and spirit.

#### Rites of Passage (Do What Culture Lost)

- Ancient cultures gave people a line in the sand: a hunt, a survival trip, a vision quest. Modern life doesn't.
- Without a rite of passage, people drift into adulthood without ever proving anything to themselves.
- A true rite of passage forces you to find out who you are when it gets hard. Life gets hard often, but the challenges we bring upon ourselves are intentional and meaningful.

#### Seasonal or Annual Challenges (Mark the Year)

- Not everything has to be massive. But once a year, do something that stamps that year into memory.
- Examples: run or walk 100 miles in a month, cold plunge every day for a season, a month with no alcohol, sugar, or social media, build or fix something completely from scratch.
- My Example: In 2023 I ran my first half marathon. In 2024 I ran my second. Both became year-defining markers in time. The challenge doesn't always have to be physical. But, for me, the best way I train my mind and spirit is to push my body to its limits. This is all about getting to know yourself.

#### Adventure with Family & Friends (Shared Suffering = Bonding)

- Not all challenges are solo. Some of the most meaningful are shared.
- Suffering together creates unshakable bonds.
- Examples: group hikes, team races, family endurance events, or long-distance charity walks.

#### Daily Micro-Misogis (Discipline > Motivation)

- The big yearly challenge matters, but the small daily ones build identity.
- Daily Misogis look like:
  - Waking up early when you don't want to.
  - Running miles even when you're tired.
  - Doing mobility or stretching when it feels optional.
  - Over time, these little choices add up to who you are, not who you pretend to be.
- My Example: One morning, after a fun Friday night in college, I woke up and ran 12 miles. That wasn't about fitness, it was about discipline. I was in agony, but made a core memory that day.

#### Facing What You Hate (Run Toward Discomfort)

- The purest form of Misogis: do the thing you avoid.
- Hate running? Train for a race.
- Hate the cold? Do an ice plunge.
- Hate speaking in public? Sign up to present.
- Growth hides behind discomfort.
- My Example: I hated hiking my whole life, so I didn't just go on a hike. I signed up for a hiking event — 29029 Everesting. I spent my senior year of high school training and proved to myself that my mind was the only thing holding me back. This physical challenge taught me who I was when faced with a massive challenge. It changed my entire relationship with discomfort. There were tears and thoughts of quitting in my mind, but that's exactly what I expected. Positive change in the mind and spirit is beautiful.

#### Creative or Intellectual Misogis (Not Just Physical)

- Some challenges stretch the mind, patience, and creativity.
- Examples: write a book or manual, learn a new language in six months, launch a business prototype, publicly share your work.

- Mental struggles are just as defining as physical ones.

#### Longevity Practices (Small Challenges That Save Decades)

- Not all challenges are flashy. Some are tiny but compound over decades.
- Examples: a 10-minute daily stretch routine, meditation, journaling.
- These don't impress anyone, but they improve the quality of life.
- My Example: My 8-minute bend routine doesn't look like much, but it keeps my hips and knees mobile. Doing it now means when I'm 60+, I'll still be able to move freely.

#### Why This Section Matters to The Human Reset

- The Human Reset is about prevention and not waiting until sickness forces a change. But once prevention is in place, you still need meaning.
- Misogi and defining challenges slow time.
- They create markers you'll remember when decades blur together.
- They prove that the mind and body are capable of far more than imagined.
- They turn health from just surviving into truly living.

#### **Health is the baseline. Challenges create meaning.**

#### **What is life without meaning?**

Part X: References: all major claims in this manual tie back to real science.

#### Food & Diet

- Seed oils & inflammation → *Journal of Clinical Investigation (2019)*: omega-6 excess linked to chronic inflammatory diseases.
- Artificial sweeteners & gut microbiome → *Nature (2014)*: aspartame alters gut bacteria, leading to glucose intolerance.

- Food dyes & behavior → *The Lancet (2007)*: artificial colors increase hyperactivity in children.
- Ultra-processed foods & mortality → *BMJ (2019)*: high UPF intake linked to higher all-cause mortality.

### Cleaning & Cookware

- Phthalates (fragrance) → *Environmental Health Perspectives (2010)*: linked to infertility, developmental issues.
- VOCs (air fresheners) → *American Journal of Respiratory and Critical Care Medicine (2014)*: linked to asthma + lung damage.
- Quats (Lysol, Clorox) → *Reproductive Toxicology (2017)*: linked to fertility decline.
- Formaldehyde (dryer sheets) → *IARC Monographs (2006)*: classified as a known human carcinogen.
- PFAS (“forever chemicals” in Teflon) → *Environmental Research (2020)*: linked to kidney/testicular cancer, thyroid disease.

### Personal Care

- Parabens (lotions, shampoo) → *Journal of Applied Toxicology (2004)*: parabens found in breast cancer tissue.
- Oxybenzone (sunscreen) → *Endocrine Society (2019)*: endocrine disruption + fertility impacts.
- Triclosan (antibacterial soap) → *FDA Ban Announcement (2016)*: proven to harm hormone systems, immune balance.
- Sulfates (SLS) → *International Journal of Toxicology (1983)*: irritant to skin, eyes, lungs.

### Lifestyle & Home Environment

- Tap water contaminants → *Environmental Working Group Tap Water Database (updated 2021)*.

- Fluoride & IQ → *Environmental Health Perspectives (2019)*: maternal fluoride exposure associated with lower IQ in offspring.
- Mold exposure → *World Health Organization Guidelines for Indoor Air Quality (2009)*.
- BPA & BPS → *Endocrinology (2016)*: estrogen-mimicking effects → obesity, infertility, hormone disruption.
- Blue light & sleep → *PNAS (2014)*: evening blue light exposure suppresses melatonin, disrupts circadian rhythm.

### Sleep Environment

- Flame retardants (mattresses) → *Environmental Science & Technology (2011)*: linked to thyroid disruption, neurodevelopmental harm.
- VOC off-gassing → *Indoor Air (2017)*: mattresses release VOCs that accumulate in bedrooms.
- Organic cotton vs. conventional → *Textile Research Journal (2007)*: pesticide residue + formaldehyde found in non-organic cotton.

### Mind & Stress

- Poor sleep & Alzheimer's → *Nature Neuroscience (2013)*: sleep clears amyloid plaque from brain.
- Chronic stress & health → *American Psychological Association (2018)*: stress linked to heart disease, obesity, depression.
- Digital overload → *Computers in Human Behavior (2017)*: excessive phone use = higher anxiety, poor sleep.

## Part XI: Conclusion

### Why I Wrote This

- I refuse to sit by and watch people I care about suffer when so much of it is preventable.

- Modern life poisons us — in food, in homes, in habits. Most people stay stuck because it's easier to blame bad luck or bad genes than take responsibility. But here's the truth: it's not bad luck. It's a choice.

### The Goal

- Health isn't about being shredded or Instagram-perfect.
- Health is about:
  - Having the energy to live your life.
  - Thinking clearly, feeling good in your own skin.
  - Growing old without fear of disease.
  - Enjoying every day with the people you love, not losing them too soon.

### The Responsibility

- You are not a victim. You are a human. Humans adapt, evolve, and take responsibility.
- You are responsible for your body. You are responsible for the choices you make every day. And you are responsible for being alive for the people who love you.

### The Challenge

- Now you've seen the truth. You can't unsee it.
- Every sauce, every spray, every lotion, every Teflon pan — you know what they do.
- Every fix is in your hands.
- Choose comfort now and pay later. Or choose to change now and live fully later.

### **From Sam Schmid (author):**

This isn't about being perfect. It's about waking up before it's too late.

You can't enjoy life without health. And you can't enjoy life without the people you love standing by your side. That's the bottom line.

I look at the world differently now. When I walk into a store, I see shelves full of things that are slowly killing people. Products that inflame guts, mess with hormones, age skin, and feed disease. ***I joke that “everything causes cancer,” but when you look deeper, it’s not really a joke at all.***

These aren’t abstract problems. They’re real. I feel them every day.

The difference is, I’m not just complaining. I’ve given you a massive list of real solutions. Things you can do, buy, make, and swap today. Things that will actually make a difference for you and the people you love.

Some people will see this perspective as pessimistic. But I don’t. I see it as the ultimate form of gratitude.

I’m grateful for my passion for life and well-being.

I’m grateful I found this truth at 21, not at 60 when I’d already be sick.

I’m grateful that I get to share it now, so others don’t have to learn the hard way.

This is not fear. This is power.

***This is *The Human Reset*.***

***And now, the choice is yours.***