

# Stepping Stones

to a Better You™



A step-by-step path  
to natural healing & balance



Low-Tox Living Starter Guide

Simple steps to feel better

naturally

Root & Restore Wellness

Tonya Nelson

# REAL TALK

Why You Feel Off

You're exhausted.

You feel off.

You've tried things... but nothing sticks.

You've probably been told everything looks "normal."

But you don't feel normal.

After 30+ years in healthcare, I've seen what happens when we only treat symptoms and ignore the full picture.

This is your starting point.

# TOXIC LOAD

What's Overloading Your Body

Your body processes everything you:

Eat

Put on your skin

Breathe in

Your liver handles over 500 functions,  
many of them filtering toxins.

But today, we're exposed to:

Chemicals in personal care products

Laundry detergents + dryer sheets

Candles, perfumes, air fresheners

Cleaning products

Processed foods + seed oils

It adds up

# START SIMPLE

## Start Reducing the Load

You don't need to change everything.

Start with:

Swap one personal care product

Remove dryer sheets or fabric softener

Open windows instead of air fresheners

Choose whole foods when possible

Drink more water

Small steps matter.

# Call To Action (IMPORTANT)

## Your Next Step

You don't have to figure this out alone.

If you're ready to go deeper, I offer guidance through:

Stepping Stones to a Better  
You™

A simple, step-by-step approach to reducing toxic load, supporting your gut, and restoring balance.