Leef in Regie Starter guide

More conscious choices in everyday life

Practical insights about food, personal care, your living environment and everyday habits.
Discover where you can get started and what fits your life.

SAMPLE COPY

Digital edition

Contents

Disclaimer	1	Bra	25
Introduction	2	**In and around your home**	26
Food	3	A closer look around your home	27
Before we begin	4	Laundry detergent	28
Plant-based eating	5	Dishwasher detergent	29
Milk	6	Cutting board	30
Eggs	7	Microplastics	31
Soy milk	8	PFAS	32
Water	9	Pesticides	33
Tea	10	Glyphosate	34
Olive oil	11	**Did you know**	35
Mushrooms	12	Looking beyond the obvious	36
Parsley	13	Blue zones	37
Salt	14	Sunlight	38
The Leef in Regie Smoothie	15	Mini-trampoline	39
Slow juice	16	PCOS	40
The Daily Dozen	17	How food affects your body	41
G-BOMBS	18	Chemotherapy	42
Personal care	19	Your liver: a quiet powerhouse	43
First, a little context	20	**Start today**	44
Deodorant	21	7 small steps	45
Hair dye	22	A final thought	46
Make-up	23	Glossary	47
Clothing fabrics	24	Sources & accountability	48

SAMPLE COPY

Disclaimer

This guide is intended to inform and inspire. Its content is based on the sources we have reviewed, together with our own experiences. The information provided is not medical advice and is not a substitute for diagnosis, treatment or guidance from a doctor or other qualified healthcare professionals.

Always discuss health concerns, medical treatments, or significant changes to your diet or lifestyle with an appropriate healthcare professional. This is particularly important if you have a medical condition, take medication, are pregnant, or are currently receiving medical treatment.

Leef in Regie aims to provide information that is carefully researched and up to date. As scientific knowledge continues to develop, some information may change over time. Use this guide as a starting point for thinking critically, exploring further and asking questions, rather than as a substitute for professional care.

If you are unsure about what is appropriate or safe for you, always consult your doctor or another qualified healthcare professional.

SAMPLE COPY

Introduction

I'm Safiera, founder of Leef in Regie. The way I looked at health changed when my husband Arnaud was diagnosed with melanoma in July 2024. From that moment on, we began paying much closer attention to our everyday choices and the things we could influence ourselves.

We started learning more about nutrition, stress and our living environment, and about what we could do alongside his medical care to support his body as well as possible. Along the way, we realised that health meant much more to us than illness or treatment. The everyday choices we had barely thought about before suddenly took on greater meaning.

What do we actually eat? What do we put on our skin? What do we drink from, wash with, cook in and sleep under? Many of these things had been part of our lives for years without us giving them much thought. Once we started looking more closely, we began asking different questions — and making different choices.

Leef in Regie grew out of that search. We can never fully control our health, but the choices we make every day do matter. To me, that is what taking charge is about: knowing what you can influence, understanding the choices you make and deciding what works for you.

I created this guide to bring together what we have learned along the way. You'll find practical information about food, personal care, your living environment and habits that have become so familiar that we rarely stop to question them. There is a lot to discover in the everyday things we tend to take for granted.

See what resonates with you, choose somewhere to start and build from there. Taking charge often begins with something very ordinary that you simply start to see differently.

Safiera van Herk-Hoff
Leef in Regie

SAMPLE COPY

Plant-based eating

Did you know...

One of the biggest changes when eating more plant-based is often not what you leave out, but what you add. When vegetables, legumes, whole grains, nuts, seeds, tofu, tempeh, mushrooms, herbs and spices play a bigger role, your meals often become more varied and flavourful too.

Something to consider
Which foods are part of your meals simply because you have been eating them that way for years?

Things to keep in mind

- A meat substitute changes only one part of the meal.
- The rest of the plate often stays the same.
- Plant-based eating becomes more interesting when you use a wider variety of plant-based ingredients.
- Familiar eating habits can feel completely normal simply because you rarely stop to question them.

Ideas to try

- Build one meal around legumes, vegetables and a whole grain.
- Use more herbs and spices than you normally do.
- Rebuild one dish you often make, rather than simply replacing the meat.

What works for us

SAMPLE COPY

We now eat a plant-based diet and find that we cook with more variety than we used to. We use more herbs, spices and different ingredients, and find our meals more flavourful as a result. What once felt like a major change has now simply become our normal way of eating.

One small step for today
Choose one meal you often make and change more than just the main ingredient. Try putting together the whole meal in a different way.

Deodorant

Did you know...

Deodorant and antiperspirant do different things. Deodorant mainly targets body odour, while antiperspirant uses aluminium compounds to reduce sweating.

Underarm products can contain aluminium salts, fragrance, alcohol and other additives. Some substances may be absorbed through the skin, while sprays can also be inhaled. Because these products are often used daily, it is worth looking at what they contain.

Something to consider
Do you use deodorant to reduce odour, to reduce sweating, or mainly because you always buy the same product?

Things to keep in mind

- Does the packaging say deodorant or antiperspirant?
- Which substance is responsible for reducing odour or perspiration?
- Does it contain fragrance, alcohol or other substances your underarm skin reacts to?
- Terms such as ‘natural’ or ‘mineral’ do not automatically tell you which active substances are present.

Ideas to try

- Compare the ingredients of a deodorant and an antiperspirant.
- If you have sensitive skin, choose as simple a formulation as possible.
- Pay extra attention to products you use directly after shaving.

SAMPLE COPY

What works for us

We use Salt of the Earth Classic Unscented and Happy Earth Deo Roll-On. Both use potassium alum as their active ingredient. Happy Earth also contains magnesium chloride and aloe vera, as well as fragrance derived from botanical extracts and essential oils.

One small step for today
Take a look at your underarm product and check whether you use a deodorant or antiperspirant, and which ingredient is responsible for its effect.

Laundry detergent

Did you know...

A strong scent on freshly washed laundry usually means that fragrance has been left behind on the fabric. Clean laundry does not have to smell strongly scented. Many laundry detergents also contain additives such as enzymes and optical brighteners, which can irritate sensitive skin. Because clothes and bedding remain in contact with your skin for hours, it is worth looking not only at the scent but also at what your detergent contains.

Something to consider
When does laundry feel clean to you: when it smells neutral, or only when you can still clearly smell the detergent?

Things to keep in mind

- Fragrance and claims such as 'long-lasting freshness'.
- Optical brighteners, colourants and other additives.
- 'Mild' or 'natural' does not automatically mean fragrance-free.

Ideas to try

- Compare a fragranced detergent with a fragrance-free version.
- Do not use more than the recommended dose.
- Start with textiles that remain in contact with your skin for long periods, such as underwear and bedding.

What works for us

We use laundry powder from La Droguerie Écologique. It is made primarily from sodium carbonate and plant-based soap. We choose it for its short ingredient list and because it leaves our laundry clean without a lingering fragrance.

SAMPLE COPY

One small step for today
Take a look at your laundry detergent and see whether the scent you associate with 'clean' comes from added fragrance.

Microplastics

Did you know...

There are two issues when plastic is used around food. Wear can release small plastic particles. In addition, substances from packaging and coatings can migrate into food or drink. Heat, fat and prolonged contact in particular increase that possibility. Damaged plastic, hot food in plastic and long-term storage therefore deserve extra attention.

Something to consider
How often does your food or drink come into contact with plastic during storage, preparation and reheating?

Things to keep in mind

- Plastic in contact with hot food or during reheating.
- Scratched or worn containers, spatulas and cutting boards.
- 'BPA-free' only says something about BPA, not about all other substances.

Ideas to try

- Preferably heat food in glass or ceramic.
- Store hot or fatty meals in glass more often.
- Replace heavily damaged plastic kitchen materials.

What works for us

We mainly try to limit contact with plastic when heat, wear or long-term storage is involved. We use glass for storing and reheating food, choose glass or stainless steel for drinks and replace damaged plastic items sooner.

SAMPLE COPY

One small step for today
Look at one meal and count how many times the food comes into contact with plastic.

PFAS

Did you know...

PFAS is not a single substance, but a collective name for thousands of man-made chemicals. They are used because they repel water, grease and dirt and are therefore found in coatings, food packaging, clothing and non-stick surfaces, among other products. Many PFAS barely break down and can accumulate in the environment and the body for years. That is why they are also called 'forever chemicals'.

Something to consider

Which properties of a product — such as being waterproof, grease-resistant or stain-resistant — come from a coating you would not normally even notice?

Things to keep in mind

- Non-stick layers and other coatings in cookware.
- Grease-resistant food packaging and baking paper.
- Water- and stain-resistant clothing and sprays.
- Drinking water and food can also be sources of exposure.
- Words such as 'water-repellent' or 'stain resistant' do not automatically tell you what creates that effect.

Ideas to try

- Where practical, choose stainless steel, cast iron or a PFAS-free alternative.
- Use water- and stain-repellent sprays only when they are really necessary.
- With pans and clothing, look beyond the front of the packaging.
- Find out about the water quality in your own region.

SAMPLE COPY

What works for us

We cook with GreenPan pans that have a PFAS-free ceramic non-stick coating.

One small step for today

Take one pan, package or water-repellent item of clothing and find out what the coating or repellent effect is made from.