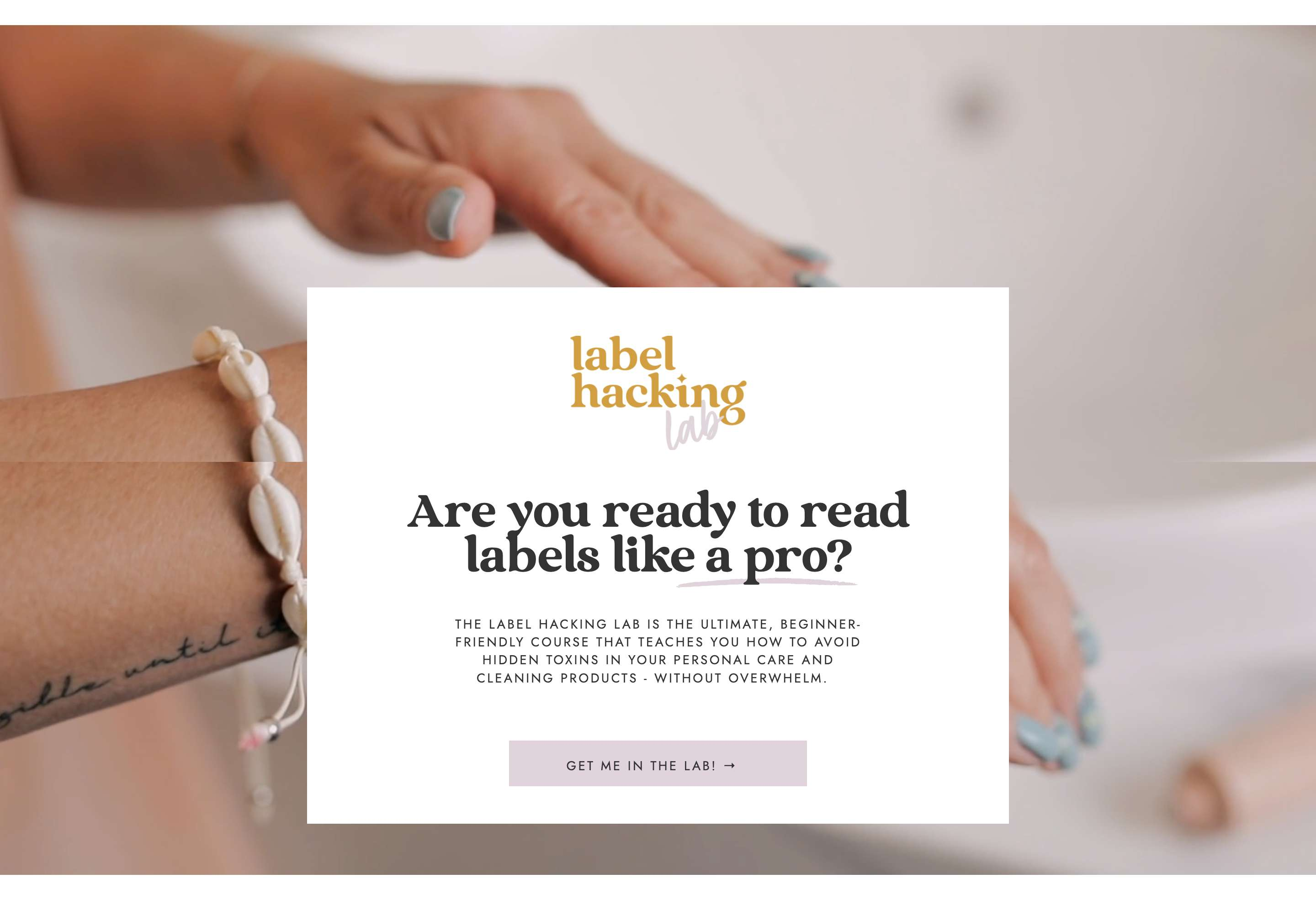
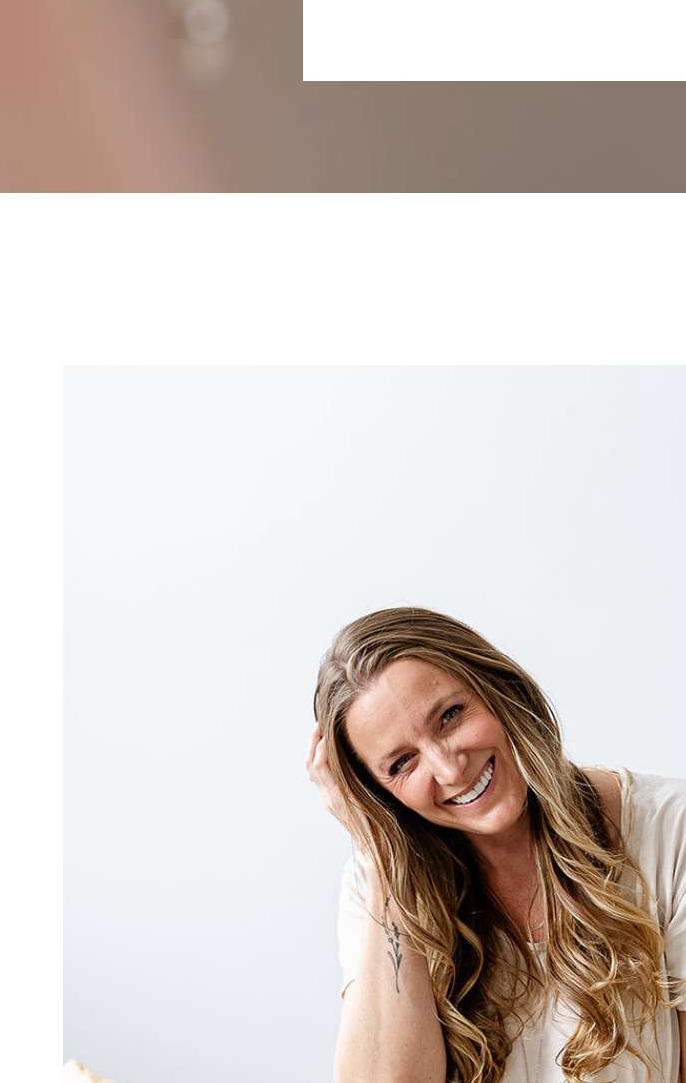


label hacking lab

Are you ready to read labels like a pro?

THE LABEL HACKING LAB IS THE ULTIMATE, BEGINNER-FRIENDLY COURSE THAT TEACHES YOU HOW TO AVOID HIDDEN TOXINS IN YOUR PERSONAL CARE AND CLEANING PRODUCTS - WITHOUT OVERWHELM.

GET ME IN THE LAB! →



You already know you want to avoid the toxins hiding in your products, but reading labels feels impossible.

let's fix this!

There's nothing worse than standing in store aisles for hours trying to figure out if a product's ingredients are safe. Are those "clean," "organic," and "natural" products legit? I mean, can you even trust what you read these days?

If you're stressed, overwhelmed, and frustrated trying to keep up with all the clean living rules, you're not alone. But...

WHAT IF I TOLD YOU IT DIDN'T HAVE TO BE SO HARD?

I did the research so you don't have to.

Clarity is the new black, friend. If you're overwhelmed by conflicting information, tired of endless research, and you only have so much time in your day, let's drop the strain and teach you what you need... *and nothing* more!

If you want a simple method that actually works, I've got you.....

DITCH THE WORRY AND STRESS

Because the truth is you don't need to know EVERYTHING! You just need to know the important things.
(*and stress is a toxin too!*)

SIMPLIFY YOUR LIFE

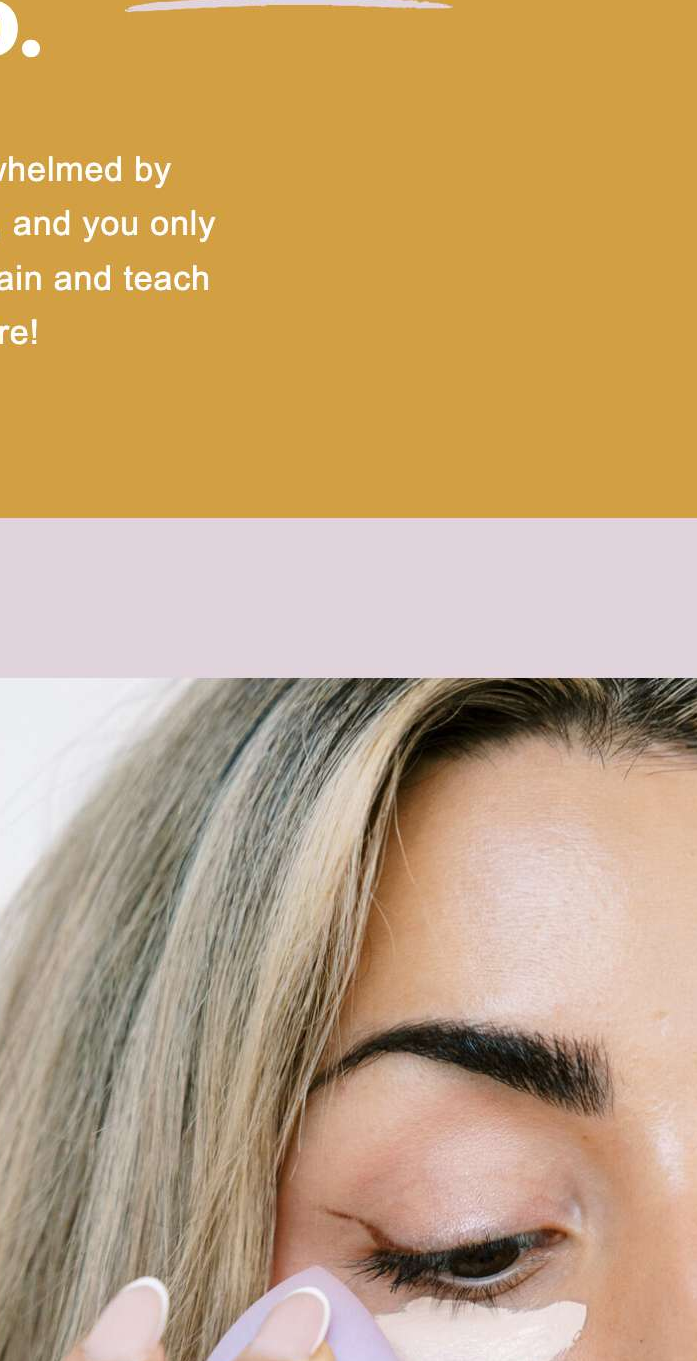
Follow my roadmap to take the guesswork out, so you can enjoy shopping for toxin-free products for your family.
(*because this should be fun!*)

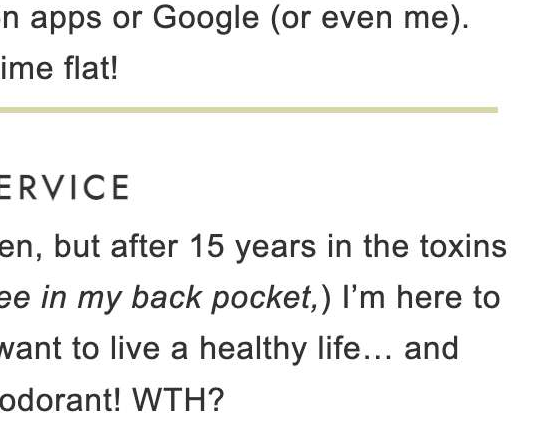
OUTSMART DIRTY MARKETING TACTICS

If you know how to read labels confidently, that is the ultimate toxin free superpower. No more relying on apps or Google (or even me). Spot what you need to know in no time flat!

TOXINS EXPERT AT YOUR SERVICE

True experts are few and far between, but after 15 years in the toxins regulation industry (*and a law degree in my back pocket,*) I'm here to make it easy for busy women who want to live a healthy life... and who want to stop paying $20 for deodorant! WTH?





"Everyone needs this!"

I went from have no clue how to read a label to knowing exactly what to look for. I love Wendy's no fluff style of teaching mixed with all her research. It made things SO simple and I am so much more confident when shopping and reading labels."

— SARA G.

I *literally* tell the truth for a living...

I'm truly on your side. I know you don't want to use hit or miss apps or second guess yourself. If you're like most people, you just want the facts so you can get on with it.

Let's talk about what you need to know.

I saw a pattern...

I CAN HACK A LABEL LIGHTNING FAST, AND WHILE READING THOUSANDS OF LABELS, I SAW A PATTERN.

The exact same toxic ingredients showed up over and over again - especially in the "*cleaner, but still greenwashed*" category. These ingredients are proven to be harmful, and can exacerbate the health conditions you're working so hard to heal. (I soooo get it.)

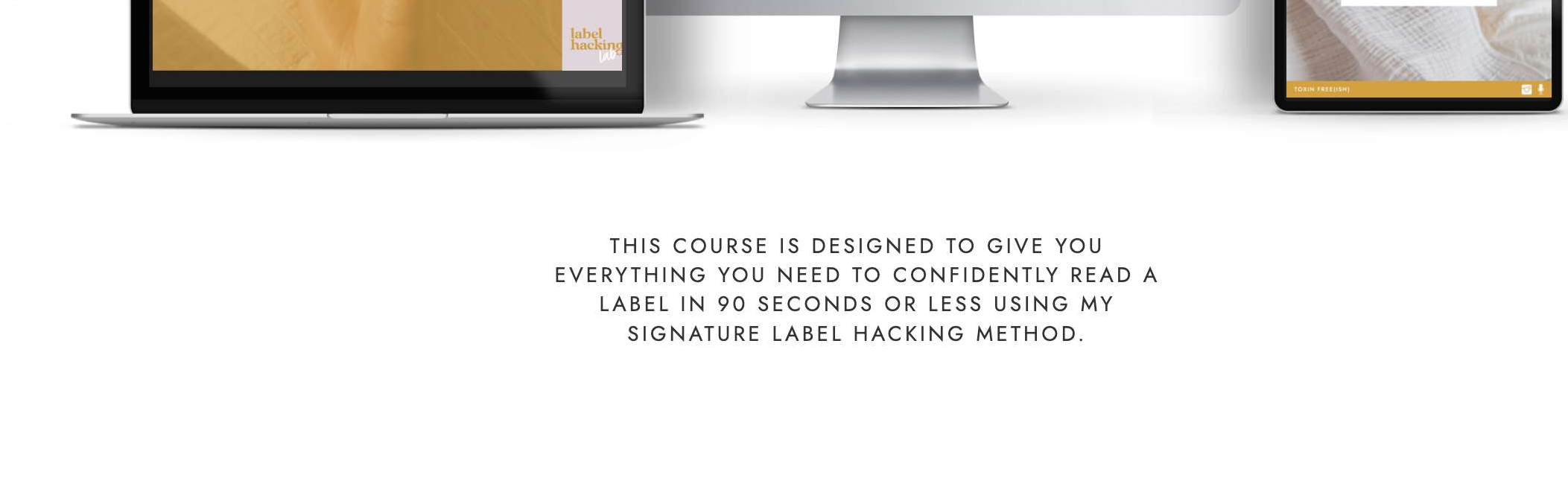
So, I created the 5 Step Label Hacking Method, where I teach you how to bypass the BS ingredients and get your truly clean goods in record time...

introducing the...

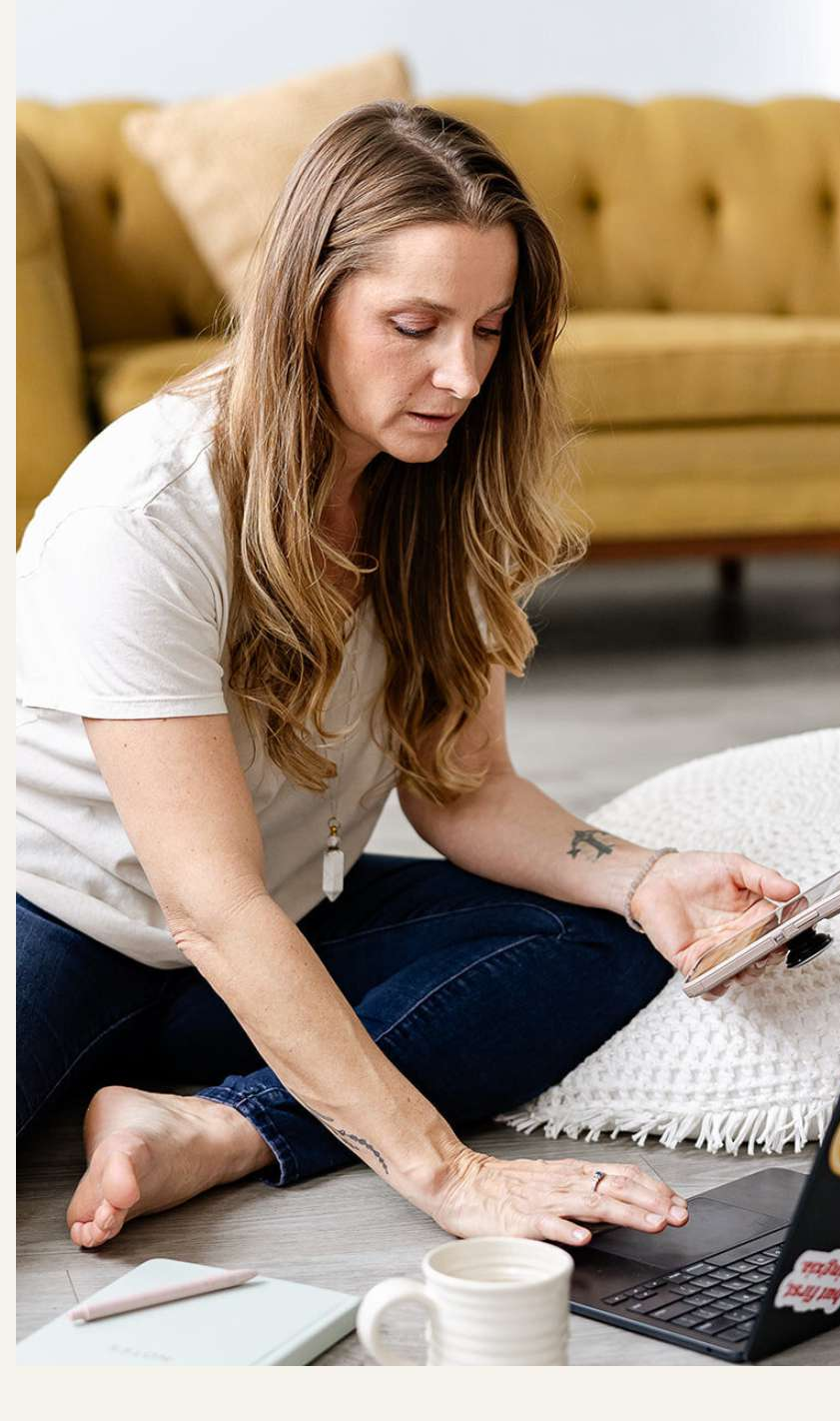
Label Hacking Lab

The no-fluff online course for anyone who wants to read labels *confidently...* taught by a former environmental toxins lawyer who *actually* knows what she's talking about.

GET IN THE LAB! →



THIS COURSE IS DESIGNED TO GIVE YOU EVERYTHING YOU NEED TO CONFIDENTLY READ A LABEL IN 90 SECONDS OR LESS USING MY SIGNATURE LABEL HACKING METHOD.



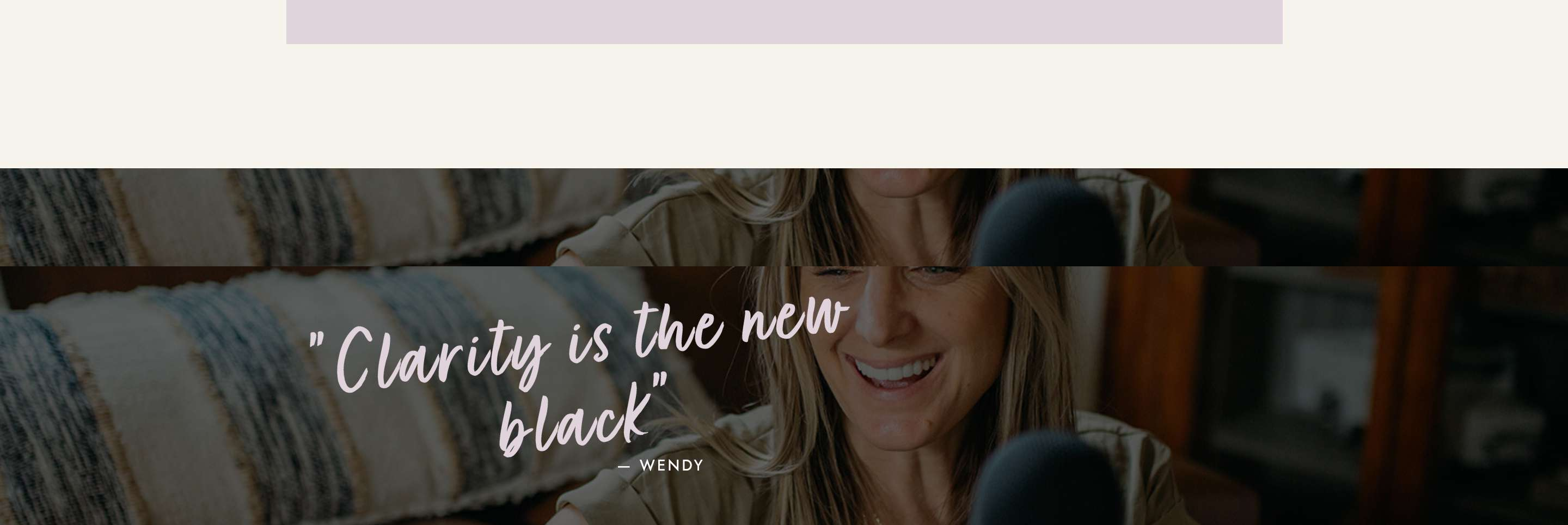
Label Hacking Method

- ✓ STEP 1: IDENTIFY TOXIC FRAGRANCES
- ✓ STEP 2: SPOT ETHOXYLATED INGREDIENTS
- ✓ STEP 3: FIND HARMFUL PRESERVATIVES
- ✓ STEP 4: LOCATE NASTY COLORANTS
- ✓ STEP 5: AVOID TOXIC SUNSCREEN INGREDIENTS
- ✓ BONUS: LABEL READING PRACTICE LESSON

One Payment

- + 7 NO-FLUFF MODULES
- + BONUS PRACTICE MODULE
- + BONUS SWAP GUIDE
- + LIFETIME ACCESS

1 TIME PAYMENT OF $97



"Clarity is the new black"
— WENDY

You can't be fooled if you know how to read a label, and let's be honest, you may even be a little bit pis***, these companies get away with so much!

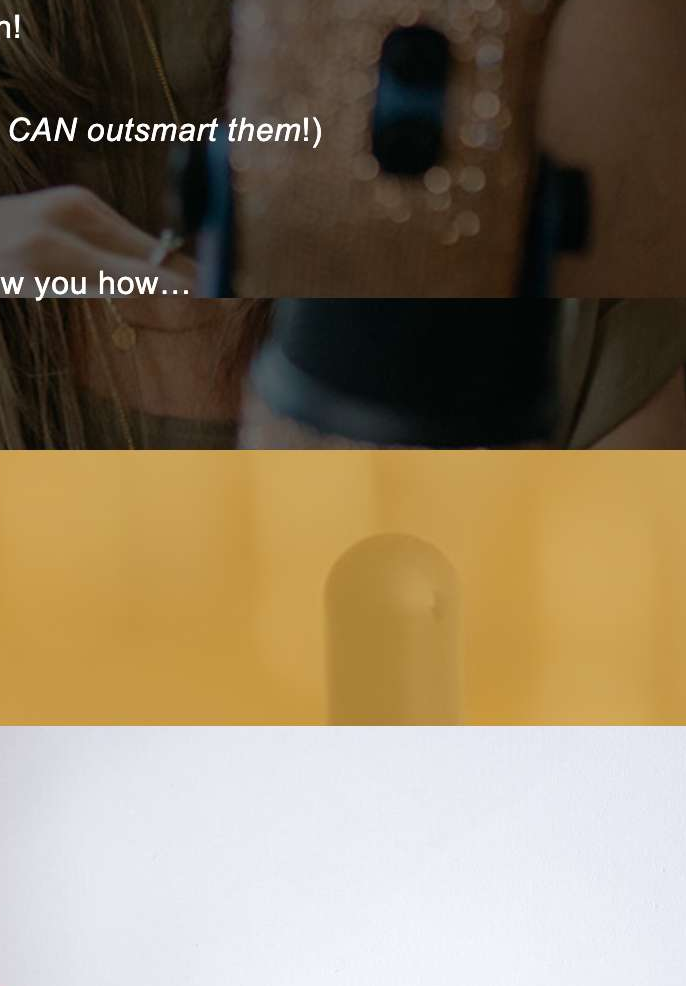
(Pssst...don't worry. You CAN outsmart them!)

I'm going to show you how...

meet your mentor

Hi, I'm Wendy!

I'm an environmental toxins lawyer turned clean living coach. After 15 years in the industry, I finally found the best way to show you how to live a clean, toxin-free life, without the stress and overwhelm. I live by a Toxin Free(ish) philosophy and that's how I have taught over 1,000 families to do the same! If there is one thing that I can show you to empower you for the rest of your life, it's how to read labels like a pro.



"Stress free!"

"Wendy's approach to ingredients is logical, researched backed, and stress free. 100% recommend!"

— WHITNEY J.

By the time you finish this course, you will be a label reading pro.

After reading thousands of labels, this is the exact 5 step method that I use to read labels FAST with a 90% accuracy rate.

This *is* for you if:

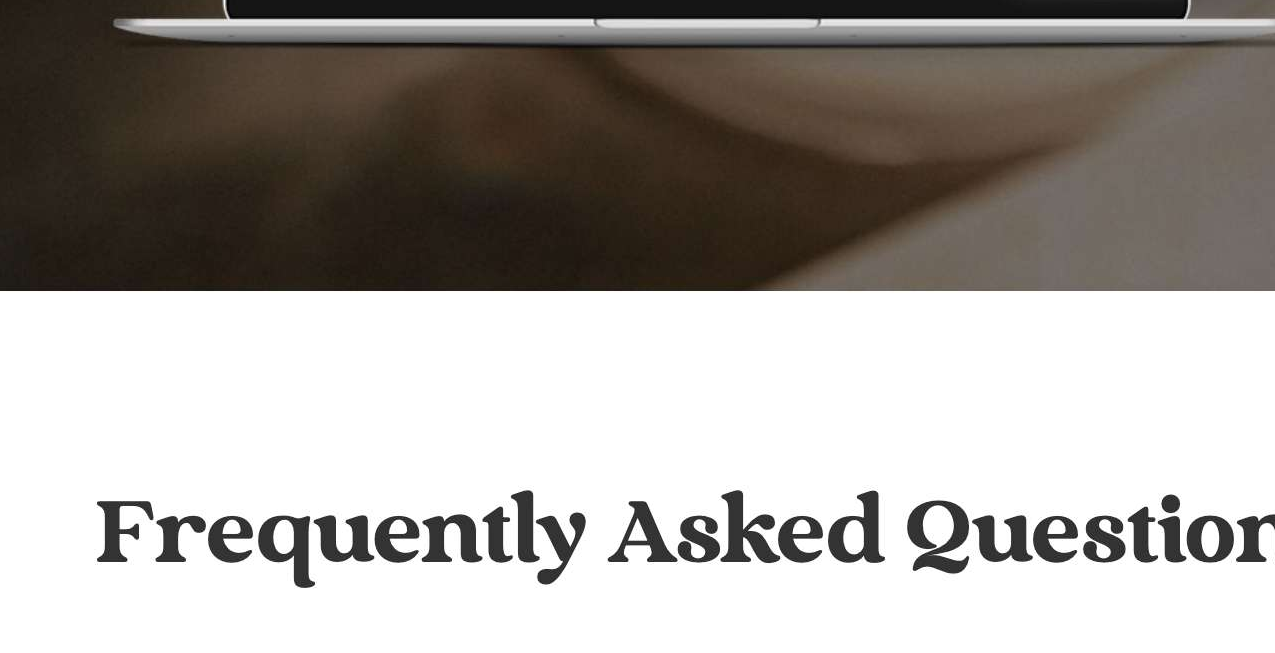
- ✓ YOU WANT TO LOWER YOUR EXPOSURE TO TOXINS IN YOUR PRODUCTS
- ✓ YOU WANT TO SHOP WITH A CLEAR UNDERSTANDING OF WHAT YOU'RE READING, & NOT BE FOOLED BY GREENWASHING TACTICS.
- ✓ YOU'RE DONE LOOKING ONLINE FOR SOMEONE ELSE TO TELL YOU WHAT TO DO- BECAUSE IT ACTUALLY TAKES LONGER!

It's probably *not* for you if...

- ✕ YOU ARE LOOKING FOR A DEEP DIVE IN TO THE SCIENCE & RESEARCH OF ENVIRONMENTAL TOXINS.
- ✕ YOU WOULD PREFER TO RELY ON OTHERS TO TELL YOU WHAT TO BUY & NOT LEARN HOW TO KNOW IF SOMETHING IS ACTUALLY CLEAN
- ✕ YOU WANT TO KEEP RELYING ON APPS THAT ARE TRULY HIT OR MISS.

SOUNDS GREAT! LET'S GO!

What Are You Waiting For? Let's Do This Thing!



Frequently Asked Questions

IS THE CONTENT FOR BEGINNERS? I'M NEW TO TOXIN FREE LIVING

The course content is valuable and appropriate for everyone, including beginners and even those farther along in their journey who struggle with reading labels.

HOW MUCH OF A TIME COMITTMENT IS THE COURSE?

All 7 lessons are approximately 10-20 minutes each. The total watch time for the entire course is approximately 1.5 hours.

DO YOU STILL OFFER A YOUNG LIVING OPTION TO PAY FOR THE COURSE?

Yes. The LHL is free for all my Young Living customers with any purchase of any starter bundle. You can reach out at contact@wendykathryn.com to request your login. Not yet a Young Living customer? You can order any starter bundle here and you will receive your login within 24 hours.

WHAT ARE THE DATES OF THE COURSE?

The Label Hacking Lab is a self study course and can be completed on your own time. You have lifetime access to the material and can refer back to it as often as needed.

WILL I LEARN ABOUT THE HEALTH IMPACTS OF TOXIC EXPOSURES?

This specific program will teach you an effective way to read labels using my label hacking method, and it's not intended to be a deep dive on the health impacts associated with the ingredients discussed. While I provide a very general overview, if you are looking for a more thorough review of how toxins can impact your health, my signature group coaching program, Toxin Free in 3, would be a better fit.

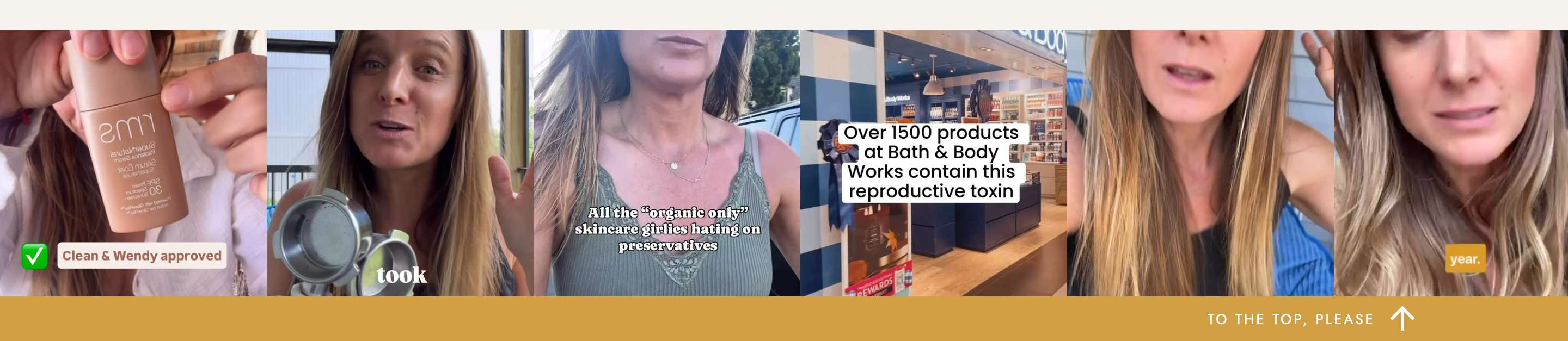
WILL I GET 1-ON-1 SUPPORT?

The Label Hacking Lab is not a group coaching program and does not include direct support from me.

still on the fence?

Have questions? Aren't sure if it's the right fit? Reach out. I am happy to answer any questions that you have.

EMAIL ME →



Clean & Wendy approved
took
Over 1500 products at Bath & Body Works contain this reproductive toxin
All the "organic only" skincare girlies hating on preservatives