

healthier home

SIMPLE SWAPS TO REDUCE TOXINS IN YOUR HOME

Why Detox?

We try to live a healthy lifestyle by eating right and exercising but sometimes the last areas we think to change are our cleaning and personal care products. We pay so much attention to what we put in our mouths—which IS important!—but why not pay just as much attention to what we put on our skin?

Our skin is our largest organ and what we put on it and come into contact with gets absorbed into our bloodstream and integrated into our body tissues. It protects our body, but is highly permeable. It's not only the largest organ, but also the thinnest. Only 1/10th of an inch separate our delicate organs from a multitude of toxins, many of which have estrogen-mimicking effects that can destroy all of our good health intentions. The average woman uses 12 products containing 168 unique ingredients every day. Men use 6 products daily with 85 ingredients, on average and those numbers are climbing! What are you absorbing?

Did you know?

The FDA requires the list of ingredients under the Fair Packaging and Labeling Act (FPLA). This law is not allowed to be used to force a company to tell "trade secrets." Fragrance and flavor formulas are complex mixtures of natural and synthetic chemical ingredients.

Products are labeled "green" or "natural" for marketing reasons, cost more and can contain the same amount of chemicals! "Natural" and "green" does NOT EQUAL non-toxic.

Chemicals to Avoid:

Alcohol

- When compared to regular drinking alcohol, the leading brand contains high ethanol concentrations of 21.6% in the

flavored product and 26% in the original; regular wine is around 12%, beer is 3%-7%

FD&C Color & Pigments

- Studies found that mixtures of synthetic colorings and preservative sodium benzoate were associated with hyperactivity (Bateman 2004; McCann 2007)

Fragrances

- 1 of 5 top allergens in the world

Heavy Metals

- Have estrogenic effects on breast cancer cells
- Aluminum is the #1 ingredient in conventional antiperspirants

Parabens

- Increase the expression of many genes that are usually regulated by the natural estrogen estradiol and cause human breast tumor cells (MCF-7 cells) to grow
- May contribute to hormone imbalances and early puberty

PEG (Polyethylene Glycol)

- Linked to dermatitis, kidney damage and seizures
- May damage cell membranes (including rashes, dry skin and surface damage)

Phthalates

- Phthalates are a group of chemicals used to soften and increase the flexibility of plastic and vinyl
- Can affect hormone concentrations and growth/development

SLS (Sodium Lauryl Sulfate)

- Used in clinical testing to irritate skin
- A foaming agent used in car washes, shampoo, garage floor cleaners, body wash and engine degreasers

Sunscreen chemicals

- Avobenzone, Benzophenone, Ethoxycinnamate, PABA and Oxybenzone
- Linked to allergies, low birth weight and cell damage
 - Endocrine disruptor (mimicking estrogen in our bodies)

Triclosan

- Antibacterial ingredient registered by the EPA as a pesticide
- Affects male and female hormones

DIY Recipes - Free of Harsh Chemicals

Air Freshener

12 drops Lavender, Eucalyptus or Purification
(or a combination)

1 quart distilled water

Mix in a spray bottle and shake well before each use

All-Purpose Cleaner

2 Tbsp white vinegar

1 teaspoon Borax

10 drops Eucalyptus, Lemon or Thieves

Bedding Cleaner

Add 25 drops Eucalyptus oil to each load of laundry

Clothes Freshener

Add 10 drops of Lavender, Lemon or Melaleuca to a dampened wash cloth and toss into clothes dryer to give clothing a fresh scent

Floor Cleaner

1/4 cup white vinegar

1 bucket of hot, distilled water

5-10 drops of Lemon, Melaleuca or Purification
(or a combination)

Combine in a bucket and mop as needed

Furniture Polish

1 tsp sweet almond oil

1 tsp water

2-3 drops of Lemon or Orange essential oil

Mix together and apply with a soft cleaning cloth

Make a fresh batch each time used

Hot Tubs

Add 3 drops per person of Lavender, Eucalyptus,
Lemon, Grapefruit, Thieves or oil of choice to freshen water

Refrigerator Cleaner

2 Tbsp baking soda

1 quart warm water

5 drops Lemon or Thyme oil

Mix well - wipe all surfaces (for stubborn spots make a paste)

Saunas

Add several drops of Rosemary, Pine, or Lavender to a spray bottle filled with water. Spray onto hot stones and surfaces.



Ways to Reduce Your Exposure:

Open your windows to let fresh air in, dust with a damp rag, wash all produce before eating, use plant-based cleaners, and make your own products.

