

Filtered *Family*

PRESENTS

Detox Your *home* Checklist



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kitchen & laundry



- Swap chemical laden dish soap, hand soap, & cleaners for natural brands or DIY options.
- Swap out all plastic food containers plates, and cups (even BPA free ones) with glass, stainless steel, or non-treated wood like bamboo.
- Swap non-stick pots & pans for stainless steel, cast iron, or non-toxic ceramic.
- Swap non-stick bakeware for non-toxic ceramic or natural parchment lined aluminum or stainless steel.
- Skip heating in aluminum foil or plastic and use waxed natural parchment paper instead.
- Swap your microwave for a counter-top convection oven.
- Swap bleached cotton paper towels & napkins for non-bleached cotton or reusable cotton towels & napkins.
- Install a fluoride removing reverse osmosis water filtration system under your sink or opt for a countertop water filter like the Berkey.
- Swap chemical loaded laundry detergents, fabric softener, and dryer sheets for natural brands or DIY options.

bathroom



- Swap VOC releasing plastic shower curtains with cotton linen.
- Swap chemical laden hand soap for natural brands or DIY options.
- Swap toxic cleaners with natural brands or DIY options.
- Swap synthetic bathroom fragrance for essential oil diffusers or natural based fragrance.
- Add a shower head filter to remove chlorine and purify your shower water.
- Add a bath filter to filter your bath water or use vitamin C and or bentonite clay to purify it and neutralize the chlorine.
- Swap your GMO cotton, bleached, and pesticide grown cotton toilet paper for non-pesticide grown cotton and/or non-bleached paper.
- Swap your GMO cotton and pesticide grown cotton swabs and makeup remover pads with organic cotton options.

tip:

REMEMBER TO TACKLE THE EASIEST STEPS FIRST AND BUILD ON THOSE AS YOU CAN. DON'T BE DISCOURAGED IF YOU CAN'T DO EVERYTHING (EITHER BECAUSE OF TIME OR BUDGET). I'VE INCLUDED EVERYTHING FOR THOSE WHO WANT TO TAKE ON MORE BUT EVEN SMALL CHANGES CAN MAKE A BIG DIFFERENCE!

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- Swap toxic cleaners for natural brands or DIY.
- Toss standard room fragrance plug-ins, sprays, and anything else synthetic for natural room sprays (usually made from essential oils).
- Add air purifying plants throughout your home.
- Have your air ducts properly cleaned and use high quality filters.
- If it's in the budget buy a high quality air purifier for every room.
- When buying carpet choose natural fibers, like cotton or wool, that have not been treated with chemicals and stain resisters.
- When painting use no-VOC paint or low-VOC paint to avoid unnecessary fumes.
- When buying new furniture avoid pressed particle board type of materials which often contain glues and formaldehyde and off-gas for years. Solid untreated wood with toxin-free finished are best.
- Choose sofas, chairs, and mattresses that are made from natural fibers AND have NOT been treated with any flame retardants.
- When buying flooring beware of imitation wood laminate style flooring that can be loaded with toxins like formaldehyde, especially flooring from China.
- Check for asbestos in your ceiling, insulation, vinyl flooring glue, and lead in your paint. There are professional companies that can test & remediate this but be warned the remediation can be VERY expensive.

The Detox Your Home course is here!

Click [here](http://bit.ly/DetoxHomeCourse) to learn how YOU can finally get the cancer causing chemicals out of your home, and THRIVE without spending months on research, going in circles on Google, or lose your savings to so called "experts"

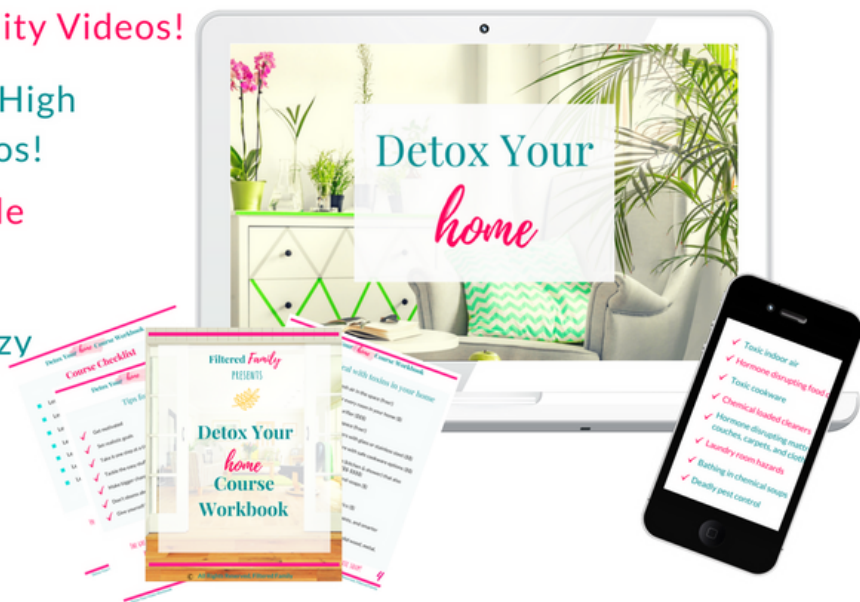
✓ 16 High Quality Videos!

✓ 3.5 Hours of High Quality Videos!

✓ Downloadable Workbook!

✓ **BONUS:** Crazy Busy Video Summary!

✓ Lifetime Access!



<http://bit.ly/DetoxHomeCourse>

Don't keep living in a toxin-soup, start creating your own toxin-free sanctuary today!
