



Ten Tips for Getting Rid of Toxins in Your Home

- 1) Get rid of the air fresheners and candles and especially the plugins. You can have truly fresh air without them. You can get some better ideas here: <http://mariposanaturals.com/no-air-freshener>
- 2) Get rid of the scented laundry soaps, fabric softeners, and dryer sheets. The chemicals in these products remain in the clothing and over time they will build up. That means that you and your family are breathing those toxins and absorbing them through your skin - from the clothing that you wear to the sheets and pillow cases on your beds.
- 3) Food additives and pesticides in food are a huge source of toxins. Read your ingredient labels. If there are more than 5 ingredients, you probably don't want it!
- 4) Find a 'green' dry cleaners. Find one that doesn't use PERC. PERC is a dangerous chemical that is already making those in the industry very ill.
- 5) Ease up on the fragrances and the fragranced products. If you want to wear a fragrance, find a natural one or use an essential oil. Then get rid of all the other fragrances - deodorant, makeup, shampoo, etc - that compete with it.
- 6) Know the ingredients in your personal care products. Fragrances are part of the problem but there are other toxins. Check out the Environmental Working Group - EWG.ORG - and the Campaign for Safe Cosmetics - safecosmetics.org to learn more about what's in the products you use.
- 7) Find healthier cleaning products. Choose your products from those that elect to list their ingredients - as long as fragrance isn't on the list.
- 8) Find organic pest control. The chemicals used in pest control are highly toxic. Just ask anyone who has worked in pest control for very long.
- 9) Be careful when you're remodeling. You'll want to learn about the glues used in plywood and laminate floors, and the epoxy used with granite. Also, seek out low VOCs paints so you won't be breathing paint fumes for months!
- 10) Keep a check on moisture in your home - such as leaks in your bathroom, laundry, and even your a/c unit. Moisture that hangs around encourages mold growth. And molds are another source of toxins.