



Home *Detox* Check list

Healthwisefamily.com

Toxin Free Living

According to research, an average home can have up to 500-1000 unknown chemicals present that can harm our endocrine, nervous and reproductive systems not to mention suppress our ability to fend off disease.

If you or your family members suffers from allergies, asthma, or any autoimmune problem, detoxing your home can minimize these and other health problems and significantly improve your immunity.

Toxins like lead, fluoride, and aluminum **can** trigger or **aggravate existing health problems** like:

- respiratory issues
- eye irritation
- skin rashes (i.e. eczema, psoriasis, acne etc.)
- headaches
- brain fog
- chronic fatigue
- weight gain
- sleep problems
- cancer

A lot of these chemicals have also been associated with the rising trend of ADHD, Autism, infertility and even dementia in both children and in adults.

Detox and Live Well

This **Home Detox Checklist** will help you to **identify** and **remove** these harmful toxins out of your home and give you recommendations for **safer all natural alternatives!**

For further tips on how to live well without the mess, email me at:
kathy@healthwisefamily.com.

I love hearing from you!

Area	Don't Buy Or Use	Health Problems You May Experience	Buy These Non-toxic Products Instead
Living Room	☐ Scented candles ☐ Synthetic rugs ☐ Particle board wood furniture	<ul style="list-style-type: none"> • Endocrine disruption • hormonal imbalance • respiratory allergies 	<ul style="list-style-type: none"> • Essential oil diffusers (use only therapeutic grade oils like <i>Young Living</i>) • Natural fiber rugs (sisal, jute, seagrass, wool) • Furniture without NAUF label (<i>Pottery Barn, Ikea, West Elm</i>) • Quality antique furniture from your grandmother, estate sales, etc.
Bathroom	☐ Anti-bacterial soap ☐ Commercial shampoo and conditioners ☐ Fluoride or colored toothpaste ☐ Mouthwash ☐ Most name brand deodorants with antiperspirant like <i>Secret</i> ☐ Plastic shower curtains	<ul style="list-style-type: none"> • Endocrine disruption • Skin irritation • Neurotoxicity • Brittle bones & teeth • Dry mouth • Digestive issues • Cancer 	<ul style="list-style-type: none"> • <u>Dr. Bronner's Pure-Castile Soap</u> • <u>EWG Verified</u> brands like <i>Avalon Organics, Everyone, Herbal Essences Bio:renew shampoos and conditioners</i> • <i>Tom's of Maine</i> Toothpaste • <i>JASON</i> toothpaste • <i>JASON Sea Salt Mouth</i> rinse • EWG rated deodorant like <u>Freedom Natural</u> • Fabric shower curtains
Kitchen	☐ Plastic containers ☐ Ziploc baggies ☐ Paper towels ☐ Non-stick pans ☐ Unfiltered drinking water	<ul style="list-style-type: none"> • Endocrine disruption • Dementia • Brittle bones • Cancer • Reproductive issues 	<ul style="list-style-type: none"> • Glass containers • Bar towels • Stainless steel pans (<i>Calphalon</i> makes great ones) • Cast iron or enameled <u>cast iron</u> pans • Reverse osmosis water filter • Use stainless steel <u>Instant Pot</u> rather than ceramic lined slow cookers
Bedroom	☐ Memory foam pillows ☐ Mattresses treated with flame retardants ☐ Synthetic (polyester) bed sheets	<ul style="list-style-type: none"> • Decreased IQ • Learning deficits • Reproductive problems • Cancer 	<ul style="list-style-type: none"> • OFR free mattresses like <u>Awara</u> or <u>Avocado</u> brand • Organic wool or <u>buckwheat pillows</u> • Organic 100% cotton bed sheets (<i>Target Threshold</i> brand or <i>Martha Stewart</i> brand or <i>Pottery Barn</i>)
Laundry Room	☐ Dryer sheets ☐ Commercial laundry detergents ☐ Stain removers like <i>Shout</i> ☐ Bleach	<ul style="list-style-type: none"> • Asthma • Neurologic problems • Cancer • Skin irritation 	<ul style="list-style-type: none"> • <u>Branch Basics</u> Laundry detergent • Dryer balls scented with essential oils • Baking soda and vinegar to get out stains and odors • Oxygen Boost from <u>Branch Basics</u> for whitening
Home Cleaning Supplies	☐ Aerosol cleaning products ☐ Cleaners containing ammonia and bleach ☐ Furniture polish like Pledge or Murphy's Oil ☐ Commercial Multi-Surface cleaners like 409	<ul style="list-style-type: none"> • Asthma • Neurotoxicity • Hormone disruption • Immune system suppression 	<ul style="list-style-type: none"> • <u>Branch Basics</u> All Purpose Cleaner • <u>Microfiber</u> cloths • Use all natural furniture polish (Mix 1/2 cup olive oil and 1/4 cup fresh lemon juice to condition wood surfaces)