

The Happy Healthy Home

30 Ways to Live Healthier at Home

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Introduction

The Happy Healthy Home is your personal guidebook to help you and your family live a healthier lifestyle, free of the toxins and dangerous chemicals that can place your family at risk every day.

Most of us are completely unaware that we spend our days dodging one toxic element or another. In fact, we are now surrounded by a world built upon chemically-treated lumber, Teflon-coated cooking implements, artificially-engineered foods and drinks, and poisonous, chemically-treated clothing. Little has been made of the related health risks inherent to common antacid tablets, the long-term dangers of anti-bacterial soaps, and the toxic gases that are emitted by household items as seemingly benign as shower curtains or new area rugs. Awareness of these dangerous household products and a plan of action to cleanse the home are a must for you and your family.

In *The Happy Healthy Home*, you'll uncover countless tips and tricks to create a clean, healthy, indoor environment. Our panel of personal health and environmental experts provide hundreds of ways to purify your living space, improve the air quality in your home or office, and even elevate the quality of life for you and your loved ones.

As you read this definitive guide to a happy healthy home, you'll discover tips that can make your kitchen a safer and healthier area. For example, experts tout the benefits of swapping out older, Teflon-coated pans for stainless steel, cast iron or ceramic-coated cooking pans. Old plastic food containers can emit dangerous levels of BPA when heated, so consider replacing them with newer, BPA-free designs.

You'll also discover ways to create naturally-derived cleaning products that sanitize just as well as traditional, chemical-laden cleaners, while using only non-toxic ingredients that are safe for the whole family. From kitchen cleaning routines to general household tips to improve air and surface cleanliness, you'll find an array of innovative and easily-manageable lifestyle tips that can improve the health and well-being of everyone in your home.

Indoor air quality is a major concern for virtually all of the health and wellness experts who

contributed to *The Happy Healthy Home* - which makes sense as approximately 90% of our time is spent indoors and indoor air is generally thought to be from 2-5 times more polluted than outside air.

Make the choice today to create a healthier and happier home environment for you and your loved ones by following the smart tips and expert secrets contained within this book. You'll breathe easier and feel better knowing that you've created an environment free from toxins and chemicals - an indoor space that will safeguard your family from the hidden dangers that surround us every day.

Small Changes to Create a Healing Environment at Home

Josie Abate, Principal and Design Director at Ambience Design Group

Our homes directly influence our health and overall energy, yet we largely ignore the effects that our dwellings have on our well-being. There is a growing body of research that demonstrates the benefits of a healing environment in the home. There are many innovative ways of bringing more health and happiness into your home and we'll show you how small changes can make a big impact.

A space dedicated to relaxation with an element of nature can improve mental and emotional health. Studies have shown that people are happier when they connect with nature. One way to achieve this is through window placement that allows natural light to pour in, along with a view of nature. Another way to mimic this effect is by bringing nature into the space with a landscape picture, plants or fresh flowers.

Studies have shown that people are happier when they connect with nature. One way to achieve this is through window placement that allows natural light to pour in, along with a view of nature. Another way to mimic this effect is by bringing nature into the space with a landscape picture, plants or fresh flowers.

Light contributes to a sense of well-being and using energy efficient LED lighting produces a soft, warm light that minimizes disruption of your natural circadian rhythm. Taking on a minimalist look by reducing the clutter in your home can also be very calming for the mind. Then you can relax even further by showering under your new Vitamin C infused shower head that gives you softer skin and hair by neutralizing the harsh effects of chlorine. These simple steps will put you on the right path to creating a healthy haven out of your home.

Create a Multi-Sensory Experience

Lisa Bahar, Owner of Lisa Bahar Marriage and Family Therapy Inc.

A Multi-Sensory Experience at Home creates Health and Overall Well Being

Enhancing all five senses including Vision, Hearing, Smell, Taste and Touch in your home will create a multi-sensory experience. This experience enhances a safe and healthy environment for mental health and overall well-being. Each sense plays a role in your mental health, and has a place in the home that reflects your personal selection of taste and uniqueness. Below are some ideas to get started, and ways to consider enhancing and creating your multi-sensory home.

- 1 **Visuals.** Consider visuals that are soft and calming to you, these can be visuals inside the home and outside the home, and can include beautiful and meaningful paintings, photographs, candles; or perhaps surrounding the home, a place to star gaze, a comfortable lounge chair to reflect as you look at the sky whether during the day or night. Consider having colors in the patio or entry way whether it be with paint, flowers and plants or perhaps statues or figurines that represent peace and harmony that calm your mind. As you look at your selection, notice how you feel, if your gaze is softened, you know you have made a healthy selection for a visual sense.
- 2 **Hearing.** Pay attention to the sounds of birds, listen to their tweets and harmonious sounds, listen to the trees as the wind breezes through them, listen to the sound of the city, the sound of community of people beginning their day, the sound of footsteps and their morning routine, the sound of coffee brewing, and the sound of animals, eating, sleep, cleaning. Enjoy music that creates positive emotions in you, learn to play an instrument, create a music selection dedicated to more challenging times, music that inspires you and reminds of you of having hope and faith in healing. Place a water fountain in the home and notice the sound of the water and rhythmic sound of its flow. Practice listening with your eyes closed, notice the



sounds and how they create their own harmony.


3. **Smell.** Scents are also part of the calming and healing of the body and mind, therefore, scented candles, flowers, soaps in bathrooms, aromatherapy, potpourri or eucalyptus, wooded furniture, fire place logs, open windows to smell the air, or boiling cinnamon, making coffee and popping popcorn, can enhance the sense of smell. Smell is a powerful scent, it can create a great sense of peace and calmness and tends to activate a pleasant calm experience when experienced from a healthy environment.
4. **Taste.** Taking the time to taste and appreciate the sense of taste is an art. Eat a meal slowly, savoring the tastes, some people do this quite naturally, while others may struggle with actually tasting the food they are eating. Try having a sensory experience with a full preparation of a meal. Notice the taste of each ingredient, take your time. Sip a cup of tea or coffee slowly, taste the essence of the flavors, have a love affair with your beverage or meal.
5. **Touch.** The sense of touch is a calming and peaceful, safe experience. Cuddle with your favorite blanket, put your robe and pajamas in the dryer to make them warm, and put them on before sleep, have fluffy and soft pillows and blankets in your rooms to hold and cuddle with, have soft couches or furniture that create a sense of safety and calmness. Pet your animal, slowly feel how their fur is perfectly placed on their body and the sense of touch when you pet them. Notice how they respond to your touch and how they touch you back.

Multi-Sensory Experience

Creating a multi-sensory experiences activates an experience of mindfulness, by living with intentionality and awareness of the present moment. When we are in a mindful state, we are aware of our internal and external experience and feel less anxious and more comfortable within ourselves and with others. By maintaining active awareness with the senses we will have an experience of connectivity to our elements and feel less stress and more rejuvenated. When rejuvenation is in flow, the ability to cope and deal with mental, physical and emotional health challenges is more accessible and perhaps easier due to creation of an inner centeredness that is a result of being multi-sensory.

16 Tips for a Safe and Healthy Home

Caroline Blazovsky, America's Healthy Home Expert®, President of My Healthy Home®

1. Vacuum homes at least twice a week. More occupants at home mean more dander. This determines more or less your need to vacuum. Make sure to use a vacuum with a certified HEPA filter and a sealed system.
 2. Try not to store items like gasoline, lawn equipment and automotive products in a garage that is attached to your home. These products contain Volatile Organic Compounds (VOCs) that can migrate into your home and contaminate your indoor air quality, causing serious health effects. A ventilation system or fan in your garage is the best to remove carbon monoxide and other air pollutants from attached garages and automobiles.
- 
3. 5-10% of Americans are allergic to pet allergens. Pet proteins from pets or visitors with pets can cause allergens in our homes and the workplace. Male cats and dogs produce greater secretion of proteins and may cause more allergies in susceptible individuals. Keep pets off sleeping areas and couches. Wash clothing at a temperature above 140°F or to properly remove dust mites, molds, pet proteins and more.
 4. If you have a Heating, Ventilation and Air Conditioning (HVAC) system with ducts, you must have them cleaned every 5 years. Proteins from pets, construction dust and dander get trapped in the system. Also, ask your heating and air conditioning contractor if you have insulation inside your duct work. HVAC systems with insulation inside ducts have been known to cause occupants allergies inside the home. Insulation should be wrapped around the outside of the duct.
 5. Occupants exposed to pesticide were 80 percent more likely to develop neurologic disease. Refrain from using pesticides around the home. If you have bug infestations, remember bugs are drawn to water and food sources. Reduce moisture sources in

the home and make sure to keep all foods sealed and do not have crumbs or food droppings in your residence.

6. Test your home for mold every 3-5 years. You may see mold or it may be in the walls where it is not visible, either way it may affect your health. You can use a professional DIY kit like the Examinair or hire an indoor air quality professional. Molds release proteins, MVOC's and mycotoxins into your environment which have the ability to cause respiratory symptoms and may suppress immunity.
7. Scented laundry products emit chemicals. Studies show that captured gases from dryer vents where occupants used scented laundry detergent contained carcinogens. Try using unscented and vegetable-based detergents. This will also help eliminate environmental contaminants as well as reduce your exposure to chemicals like acetaldehyde and benzene.
8. The longer we live in an environment, we develop olfactory fatigue - the inability to smell what is around us. Have a friend or neighbor come into your house to see if they smell mildew, pet odors, chemicals, natural gas or scents that we may not be detect anymore. This can help you know if something may be wrong in your home and save your life.

9. Have furnaces, hot water heaters, and appliances serviced every year. If your furnace is not burning correctly, it may cause a very dangerous carbon monoxide problem. Check your furnace filters once a month and replace if dirty. Flu pipes must be maintained and

checked to make sure they are exhausting gases properly and are not blocked by animals, debris or malfunctioning equipment.

10. Older humidifiers in your home heating system that have standing water or a reservoir-type system can lead to bacterial growth, potentially growing Legionella that can cause Legionnaires disease. Invest in a new humidifier with "flow through



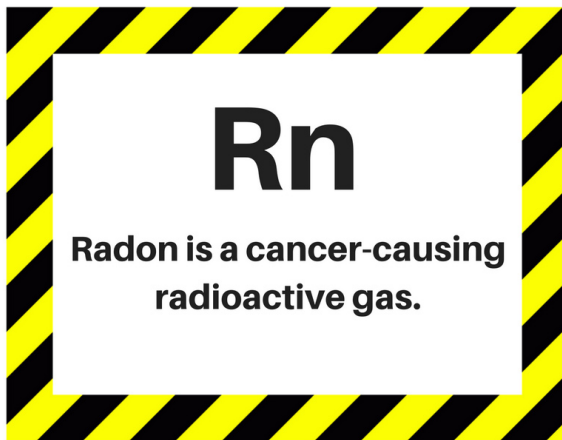
technology” that does not hold water. Try using portable dehumidifiers that can be cleaned and have UV light to help reduce bacteria and mold.

11. Keep relative humidity in the home at 30-50%. Too much moisture will give food sources to mold, dust mites and bugs. Too little can dry out nasal passages making you more susceptible to cold viruses. Pick up a relative humidity and temperature monitor for your home, keep it in the lowest level of the home to monitor RH. Cooler temperatures actually will have higher relative humidity. That is why basements are prone to moisture issues and mold growth.
12. Reduce Volatile Organic Compounds. When you have too many chemicals in the home, your Total Volatile Organic Compounds (TVOC) levels become elevated which compromise your indoor air quality and may affect your overall health. Personal care products, paints, cleaning supplies, automotive care or detergents, even if never opened, leach chemicals into our environment. Do not store unnecessary products in your home - limit the number of scented products and do not store paint cans.
13. Remove mold. If you smell something musty/moldy or see mold in an area of your home larger than 10 sq. feet, call a certified professional to deal with the problem immediately.
14. Take off shoes upon entering your home. Toxic bacteria, like Enterobacter found in soil and E. coli excreted from most mammals, are plentiful outside and can cause health issues, especially in immune-compromised people or the elderly. These bacteria can enter the home through shoes and pests that go outdoors. Shoes also bring in pesticides, herbicides, mold toxins and chemicals.
15. Just because something is green does not make it healthy. Natural items like wood, pine, citrus, lavender, essential oils, perfume can produce VOC's or chemicals in your environment. Too much of these natural sources may produce negative effects



on the body and lungs as a synthetic chemical. Reduce odors and fragrances in the home, too much aroma - natural or not - puts stress on your lungs and respiratory system.

16. Check radon every 3 years and especially if you made any changes to your home like new windows, siding, or doors. Energy efficiency is good, but it can seal up your home so tight that radon levels appear when you never had radon issues before.



Ways to Detox and Infuse Natural Elements at Your Home

Lindsea Burns, M.S., Nutritional Therapy Practitioner at Atlas Health Care Center

The home should be a sanctuary from the stress and toxicity of the outside world. But today, the average home is 5 times more toxic than the outside air! The worst part about this startling fact, is that the very products we use to make our home clean, fresh and inviting are the ones contributing the most to the problem. Synthetic fragrances supply the bulk of the indoor toxin load, and can cause health concerns like brain fog, sluggishness, and even hormonal imbalance. These chemicals hide in cleaning products, and are most prevalent in commercial air fresheners and manufactured candles. For a healthier, happier home environment, follow these steps:

1. Choose cleaning products that are fragrance-free. Everything from laundry detergent to dish soap should be unscented
2. Toss your plug-in air fresheners, aerosols, and any other “smell-good” sprays
3. Check all of your candles – watch out for paraffin, which emits the same chemicals as diesel fumes when burnt, wicks made with heavy metals like lead, and synthetic fragrances



Now that you've done some serious home detox, feel free to reintroduce natural, beneficial scents. Because you don't have to live in a home free of smell to be free of toxins! Beeswax candles can be an excellent alternative to paraffin, and pure, therapeutic grade essential oils can do the rest:

- ▶ Diffuse citrus essential oils for great scents, uplifted emotions, and cleaner, purer air
- ▶ Add lemongrass essential oil to your unscented laundry detergent for a fresh scent and enhanced cleansing power
- ▶ Add lavender to wool dryer balls to keep your laundry fresh and free of static
- ▶ Add immune boosting oils like clove, cinnamon, melaleuca and eucalyptus to unscented hand soap or in a diffuser during flu season

Any small change will help, simply do what you can and your health will thank you!

Mal-illumination and Natural Lighting

Ken Ceder, Executive Director, Science of Light

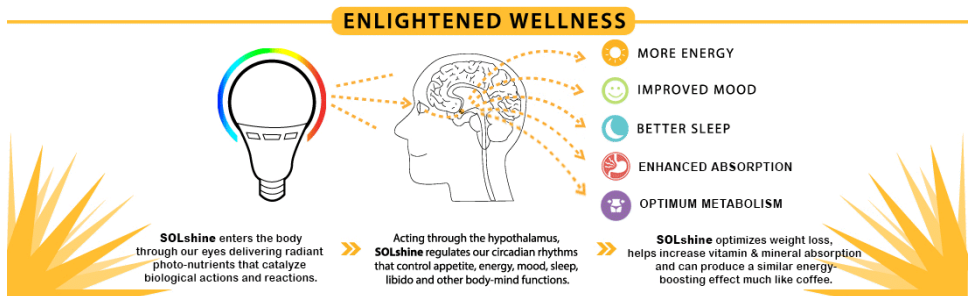
Indoor artificial light is the most overlooked wellness essential. Most people lack the understanding that there is significant difference in type and quality of indoor lighting.

Indoor artificial light is the most overlooked wellness essential. Most people lack the understanding that there is significant difference in type and quality of indoor lighting.

All life on our planet has adapted to and is nourished by light from the sun. Over the ages, virtually every living thing developed with the help of the sun — *nature's full-spectrum light*. We spend about 90% of our lives indoors, under inadequate lighting conditions, which can cause or worsen

a range of health problems, including depression, heart disease, hypertension, insomnia, premenstrual syndrome, migraines, and carbohydrate cravings associated with metabolic imbalances.

Most indoor lighting is so bad that many health disorders can be traced to the lack of natural lighting. According to numerous studies, poor light poses a serious threat to health. Most



Source: Mal-illumination¹

artificial lighting lacks the complete balanced spectrum of sunlight. Not enough natural light and too much artificial light, especially at night, interferes with the body's natural rhythm and brain chemistry, a condition known as mal-illumination. "*Mal-illumination is to light*

¹ "Mal-illumination" Science of Light. [Online] Available:

<http://www.scienceoflight.org/program/solshine-biobulb-solshine-system> [16 Aug. 2016].

as malnutrition is to food.” Natural sunlight and full-spectrum light can help reestablish the body’s natural rhythm (circadian rhythm - the body’s inner clock) which controls timing of sleep, hormone production, body temperature, and other biological functions. Disturbances in this rhythm can lead to serious health problems.

A ten-year epidemiological study conducted at Johns Hopkins University Medical School in Baltimore, Maryland, showed that exposure to full-spectrum light (including the ultraviolet frequency) is positively related to the prevention of breast, colon, and rectal cancers.

Tests in classrooms, indicated conclusively that students exposed to the full-spectrum lighting had a marked diminishment of hyperactivity, less absenteeism and higher academic achievement.

Here are just a few of the most common ways your physical and mental health is impacted by artificial lights in the home:

- ▶ **It’s tougher to fall asleep.** Your body’s circadian rhythm used to be solely controlled by the sun. But now, artificial lights wreak havoc on it. In fact, researchers have found that being under bright lights after dusk suppresses the release of melatonin, a sleep-promoting hormone because your body still thinks it is day time.



- ▶ **It saps you of energy and can alter your mood.** Spending evenings surrounded by artificial lights affects the parts of your brain that regulate energy, mood, memory and learning.

Good news: *There are ways to counteract those long hours spent indoors.*

- ▶ **Wake up on the bright side.** A burst of full-spectrum light first thing in the morning will signal to your brain that it’s time to switch to the “wake” part of the sleep-wake cycle. Without that signal, your body delays waking up fully, meaning

your circadian rhythm will be off and you'll have a tougher time falling asleep that night.

- ▶ **Dim your lights at night.** There's no need to sit in a dark room but lower the intensity. And one-to-two hours before bed, stop staring at bright screens like your TV, tablet or cell phone.
- ▶ **An extra bonus:** People who are exposed to quality morning light tend to have a lower BMI (body mass index) than those who keep things dim.

A Healthy Home will Ultimately Become a Happy Home

Elizabeth Dodson, Co-founder of HomeZada

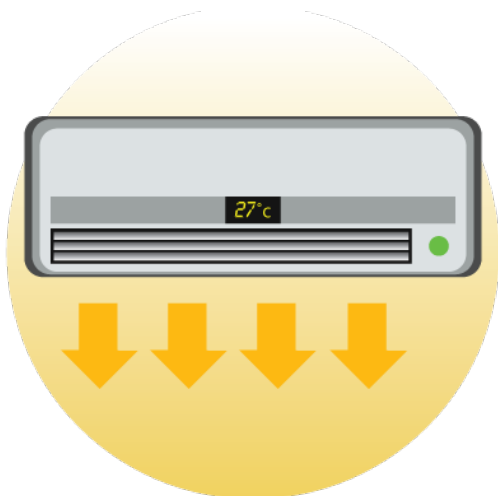
A healthy home will ultimately become a happy home.

Understanding how to care for your home with proper home maintenance will ultimately help a home become very happy. Tips like changing air filters and cleaning out dryer vent hoses allow better air flow through you home which enables healthy breathing. Other benefits of good home maintenance like cleaning out your dryer vent and cleaning out your ventilation system above your stove will be instrumental in preventing fire from these areas which will protect your family.

Tips like changing air filters and cleaning out dryer vent hoses allow better air flow through you home which enables healthy breathing.

Cleaning out your refrigerator coils, sealing areas around your windows and doors and regularly checking your heating and air conditioning systems will increase the energy efficiencies in your home which thus can reduce your utility expenses. And we all love lowered energy bills allowing us to use those extra dollars for that vacation we have all been planning.

Completing regular maintenance reviews of your home is important to ensure that the home is functioning. During these reviews, occasionally a fix it project will come up and these projects are good to complete in order to have a home that is functioning conveniently for those living the home. The worst thing that could happen is maybe a heating or air conditioning unit goes out in the dead of winter or the heat of summer causing not only a lack of comfort in the home but a risk of health hazards. Or a washing



machine or dryer breaks and homeowners need to wash clothes by hand until the appliances can be repaired.

When appliances break, our convenience of living changes and extra effort and time is required to complete the task causing frustration.

When caring for a home properly, a home can run well. A well run home is important to the comfort of those living in the home. A well cared for home will create an efficient, healthy and safe environment for the homeowners ultimately resulting in a happy home.

3 Tips to Keep Healthy Inside Your Home

Eileen Durfee, Founder of GoHealthyNext

Remaining indoors can be hazardous to your health for a variety of reasons. Everything from building materials, compact fluorescent light bulbs, electromagnetic frequencies (EMF); heating, ventilation and air conditioning systems that strip healthy ions from the air; and outgassing of cleaning chemicals negatively impact your health.

Everything from building materials, compact fluorescent light bulbs, electromagnetic frequencies (EMF); heating, ventilation and air conditioning systems that strip healthy ions from the air; and outgassing of cleaning chemicals negatively impact your health.

My first tip is to remove all compact fluorescent light bulbs

to eliminate the risk of mercury poisoning, and dispose of them properly. Most people don't realize that mercury is one of the most toxic heavy metals because of how it disables a cell's

Most people don't realize that mercury is one of the most toxic heavy metals because of how it disables a cell's ability to function.

ability to function. Additionally, overhead fluorescent light fixtures throw off high amounts of electromagnetic frequencies. The best light bulb replacements are the energy efficient

ION Brite Anion LED bulbs because they double as air purifiers by releasing millions of ions per cubic centimeter, without harmful EMF. The ION Brite has been 3rd party laboratory tested and shown to be very effective at killing bacteria, reducing toxic chemicals and leaving lots of healthy ions in the air.



In addition to air purifying bulbs, my second tip is to electronically clean the air with the Breathe Safe®, a 3rd party tested plasma generator, and to use the Tri-Oxy® RE-ION.

My third tip is to replace bleach with ozonated water. Keep in mind that ozone was approved as safe by the USDA in 2001. Using bleach outgasses fumes that are toxic when inhaled, and the liquid is harmful when touched or ingested. However, is ozone as effective as bleach? When comparing the sanitizing power of bleach and ozone, chemistry shows us that one molecule of ozone has 3,000 times more oxidizing power than a molecule of bleach. Thankfully, it is no longer cost prohibitive for home owners to implement the use of ozonated water with the Tri-Oxy® PURE, RE-ION and FRESH ozone generators.

5 Ways to Detox Your Home

Beth Greer, The Super Natural Mom®, Author of Super Natural Home

Spring into action and make some simple changes if you want to get healthy and stay healthy. Begin by taking small steps to make your home toxin-free. It's really pretty simple. Start by first becoming aware of what goes in you, on you, and surrounds you. Here are 5 easy steps to decrease the amount of chemical toxins you are exposed to daily.

1 **Cookware: Phase in new pots and pans.**

You used to hear: Non-stick cookware is dangerous only if you heat it at a high temp without food in the pan or pot.

Now we know: The chemicals that make pots and pans non-stick are pretty terrible. They can get into food and migrate into air, water, and soil. A group of scientists published this opinion in *Environmental Health Perspectives*; their statement carries more than 200 scientists' signatures calling for researchers, governments, and manufacturers to limit the production and use of the water- and oil-repellent chemicals called PFASs and to develop safer alternatives.



Detox right now: Start cooking your eggs in stainless steel.

Shop smarter next time: As your non-stick cookware wears out, replace it with stainless steel, cast iron, and ceramic—pieces can be found for under \$30. And consider swapping anything with PFASs, including stain-resistant and waterproof clothes.

2. **Food Containers:** Toss your plastic.

You used to hear: As long as your plastics are BPA-free¹, you're good.

Now we know: Just when you've finally sprung for all "BPA-free" plastics, that label isn't enough anymore. One of the chemicals that replaced BPA is BPS, and recent studies show it's potentially just as bad.



Detox right now: Avoid storing your leftover pasta sauce (or any other acidic food) in plastic. Don't microwave in plastic containers or even leave them in a hot car—the heat and acid exacerbates the leaching of BPS.

Shop smarter next time: When your plastic containers mysteriously go missing or get cracked and need to be replaced, choose glass or stainless steel (which is just as light as plastic for toting to work). And, sorry, price isn't a good excuse: A 10-piece set of glass food-storage containers (that will last forever) costs less than \$20.

3. **Couches & Cushions:** Use Caution!

You used to hear: Fire retardants may not be the best for your health, but they're

¹ M. Taylor, (20 Mar. 2014). "Is BPA-Free Plastic Safe?" [Online] Available: <http://www.prevention.com/health/healthy-living/bpa-free-plastic-safe> [16 Aug. 2016].

deep inside your couch, so what can you do about it?

Now we know: They're way more insidious than we thought. Studies show these chemicals get into the air and settle as dust. From there, some of them, including a class called PBDEs, can accumulate in blood and breast milk and have been associated with lower IQs and impaired motor skills in children. Research has found that about 97% of American adults have measurable levels of these chemicals in their urine. A recent study from the University of New Hampshire found that PBDEs can cause metabolic and liver problems that can lead to insulin resistance.

Detox right now: Vacuum regularly with a HEPA filter and wipe surfaces with a wet cloth or mop to reduce dust and chemical residue.

Shop smarter next time: If you live in California, you can inspect the label on furniture (like couches, upholstered chairs, futons, carpet padding) to determine if it's free of chemical flame retardants, thanks to the Center for Environmental Health's co-sponsorship of a bill last year requiring manufacturers to identify products containing them. Many stores, including Ikea and Williams-Sonoma, are slowly starting to follow suit, so make sure to always ask before you buy. You can also look for furniture made of additive-free, flame-resistant materials such as wool. It may not be practical to get rid of your current sofa, so if you're planning to reupholster, consider replacing the old foam with retardant-free foam at the same time. San Francisco-based company Foamorder.com offers chemical-free foam replacement for your old cushions; prices range from \$45 to \$95 per cushion.

4. Shower Curtains & Home Fragrance: What's that Smell?

You used to hear: Phthalates¹ are found only in shower curtain liners.

¹ L. Zerbe. (18 Apr. 2012.) "A Sneaky New Diabetes Trigger." [Online] Available: <http://www.prevention.com/health/diabetes/phthalates-linked-diabetes-risk> [16 Aug. 2016].

Now we know: Replacing your shower curtain liners is still a good call, but now we have to worry about phthalates elsewhere. Everywhere. The key word: fragrance. There can be up to 100 different chemicals hidden in that harmless-sounding term—including phthalates. Exposure to the chemical DEP, the most common phthalate in fragrance, has been associated with lower sperm count, sperm damage, and endocrine disruption.

Detox right now: Quit with the air fresheners and skip fragrance-laden products whenever possible.

Shop smarter next time: Look for shower curtain liners made with phthalate-free alternatives to PVC like PEVA, EVA, cotton, hemp, or linen, available for under \$10. Shop for detergents, fabric softeners, and other cleaning products that are fragrance-free or made with natural scents.

5. **Countertop Sprays: You're breeding superbugs. Stop it!**

You used to hear: Skip antibacterial soap so you don't contribute to the drug-resistant-bacteria problem, but wipes and sprays are fine.

Now we know: Surprise! You should avoid using antimicrobial wipes and sprays, too. Certain types, including those with triclosan and quaternary ammonium compounds, can, if you use them routinely, create drug-resistant bacteria that can enter your body.



Detox right now: Scrub surfaces with cleaners you make yourself with ingredients like hydrogen peroxide, vinegar, and baking soda.

Shop smarter next time: Seek out cleaning products displaying Green Seal or EcoLogo certification, which means they adhere to certain science-based health and environmental standards.

Keep Indoor Air Fresh and Clean

Kimberly Hartke, Blogger at HartkeIsOnline

Waking up every morning with congested sinuses, coughing, hacking, is just no fun. Dust and pollen allergies caused me to search for solutions. I have found that duct cleaning every 3 or 4 years, twice yearly steam cleaning carpet and upholstery, and twice weekly changing



Source: Filter Buy – Parent's Guide to Childhood Asthma Infographic¹

of bed linens greatly reduces my symptoms. I was fortunate to find a duct cleaner that uses a non-toxic biological spray that takes good care of bad bacteria, with probiotic activity.

This year, I started taking homeopathic oak, because the oak trees in my front yard were triggering annual allergy attacks that lasted for months every Spring.

A wet ceiling on a day when it hadn't been raining also led to the discovery of a broken

¹ FilterBuy. "Parent's Guide to Childhood Asthma: Symptoms & Treatments." [Online] Available: <https://filterbuy.com/childhood-asthma>.

water condensate line in our attic, which had been leaking water behind our walls and into our bedroom ceiling drywall. We found two inches of standing water on the plywood behind the walls of my upstairs office! So definitely have your HVAC guy check your pipes, especially those which are in areas subject to extreme heat and cold. My handyman said the hairline cracks in the PVC pipe had likely been leaking for years. We removed the wet drywall, fixed the pipes, dried everything out and replaced the drywall. Yesterday, the carpet guy came and cleaned the rugs and my upholstered headboard. Another step toward allergy relief!

So definitely have your HVAC guy check your pipes, especially those which are in areas subject to extreme heat and cold.

I was smelling some bad air again this year, after disinfecting last summer. Turns out we had black mold growing inside. The H/VAC systems in my attic originally had dehumidifier features which no longer work. Because of the extreme heat, there is a lot of moisture building up inside. So we are going to disinfect again this year! And, when we replace the units will make sure they have a dehumidifier feature.

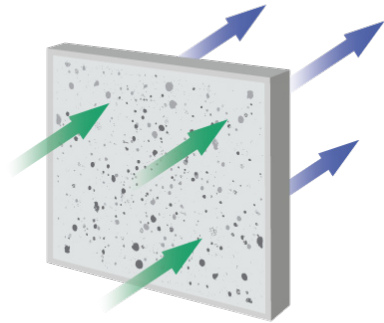
Today, I am planning to implement a regime of changing our H/VAC filters more regularly. I do love the extra protection of a HEPA type filter designed with allergy sufferers in mind. Even with all the dust and pollen allergy issues, we are really neglectful of such a simple procedure for keeping our air fresh and clean. It takes a concerted effort, but the end result will be healthier air.

Cleaning Tips that Result in a Happy, Healthy Home

Jotham Hatch, Director of Training at Chem-Dry

The air inside U.S. homes on average contains twice the pollutants than the level found in the air outdoors, despite the all too common misconception that indoor air is the cleaner of the two. This is in large part due to allergen hotspots lurking around the home, found in places not often included in the average cleaning routine.

According to Chem-Dry, the nation's leading carpet and upholstery cleaning service whose mission is to help people live healthier and happier lives, improved indoor air quality can significantly impact the health of your home. One way to ensure improved air quality is to let professionals do the job. In fact, a study conducted by an independent lab found that Chem-Dry's unique Hot Carbonating Extraction (HCE) cleaning process removes an average of 98.1 percent of common household allergens from carpet and upholstery and, when combined with a sanitizer, an average of 89 percent of airborne bacteria, significantly improving indoor air quality. The allergens tested were dog and cat dander and dust mite allergen, and the results from the study were an average across multiple homes.



If you prefer to tackle the cleaning yourself, or in between professional cleanings, the experts at Chem-Dry have identified below some of the most common areas in the home to address, along with tips for how to achieve and maintain a happy, healthy home:

- 1 Vacuum the floors.** Vacuuming the floors in common spaces can make a big difference on the overall appearance and health of your home and should be done at least once a week using a bag vacuum with a HEPA filter or microfiltration system. However, while vacuuming removes particles from the surface, health experts recommend getting carpets professionally cleaned at least once a year to remove the allergens, bacteria and toxins trapped deeper within the fibers of the carpet.
- 2 Place doormats or area rugs in entry ways and high-traffic areas.** While it's

commonly believed that hard surfaces are cleaner than carpet, the fact is that dust and dirt particles settle on bare surfaces and are more easily stirred up and redistributed deeper into the home whenever there is activity in the room. On the other hand, the soft fibers of carpets, area rugs and upholstered furniture act like air filters in the home, trapping allergens and other particles and keeping them out of the air being breathed. For this reason, area rugs and doormats can be very

Many people also don't realize how much dust, dirt and allergens settle on their furniture every day.

effective in key areas to keep dirt and allergens from being spread more widely in the home. They're also easy to clean and maintain and help preserve the look and life of carpets and wood floors.

3. **Don't forget about your upholstered furniture.** Most people think about vacuuming and cleaning their carpets and rugs but forget about cleaning their upholstery, despite spending significant time every day on their couches and chairs. Many people also don't realize how much dust, dirt and allergens settle on their furniture every day. Health experts recommend having upholstery professionally cleaned on a yearly basis to help keep it clean from dust, dander and bacteria build up.

Sense of Place and Nature

Julie Kaminski, Author of The Flourishing Home

When you enter a home for the first time, the scents you pick up can shape your perception of the entire house. A pleasant smell is much more likely to make you anticipate a pleasant visit. Walk into a beautifully appointed, obviously clean room with a moldy odor and chances are the smell is all you'll notice!

Aromatherapy uses essential oils for their impact on wellness and well-being. Although aromatherapy has recently become popular, it's actually part of a tradition that began more than two thousand years ago. Couple the long-standing practice of aromatherapy with scientific research and the power of the nose grows.



Different aromas can evoke different responses.

Peppermint, for example, has been found to decrease food cravings by 90 percent. People who sniff peppermint throughout the day eat 2,800 calories fewer a week...almost a pound! If you're looking to maintain a healthy weight and struggle with keeping the best caloric balance, the availability of peppermint odors in the kitchen just might tip the scale in your favor.

Inhaling a fragrance can hasten a good night's sleep

Inhaling a fragrance such as lavender can reduce stress, lift depression, hasten a good night's sleep, soothe your soul, or restore your energy level.

Aromatherapy in the workplace is helping employees stay alert while doing repetitive mental tasks. You can apply the same logic to your home. Try invigorating scents like lemon, rosemary, or eucalyptus in the hubs of your home to maximize your efficiency while you work.

Olfactory experiences are making their way into businesses too. More retailers are attracting and keeping customers through pleasant aromas. Hotels have created signature scents to enhance positive associations for guests. Why not create a signature scent for your home? Now that you have an idea of the influence of scent within the home, consider all the different ways you can incorporate positive aromatic influences.



An emerging field of architecture and design deals with this innate need, one that we've intuitively sought for centuries. It's called biophilic design, which is the love of life or the love of living systems. At its core is the belief that people have a basic need for contact with nature. Proponents say that our physical and mental well-being "remains highly contingent on contact with natural environment which is a necessity rather than a luxury for achieving lives of fitness and satisfaction...."

Biophilic design addresses the physical, psychological and social consequences of the relationship between humans and nature. By reaching beyond organic and energy efficient, it locates the soul of green design. Anything that increases your exposure to nature counts as biophilic design.

Consider the following:

- ▶ Open a window at night or prop the door open for a few minutes on a cool spring morning. Humans don't thrive in contained environments so let fresh air flow.
- ▶ Treat yourself to a selection of potted plants. Incorporating greenery into your home not only heightens the connection to nature, many common plants improve air quality.
- ▶ Pull back the curtains and let the sun shine in - natural light decreases and increases emotional well-being.



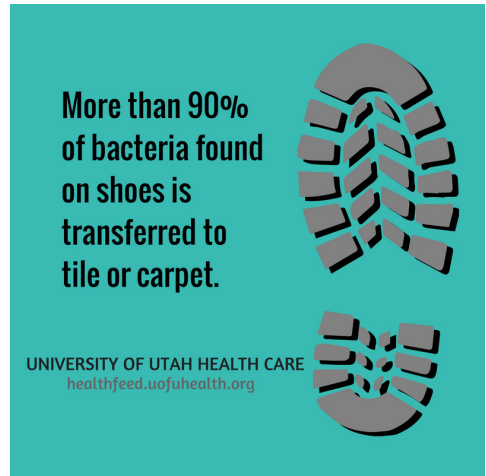
- ▶ Be aware of furniture placement and views to the outside. A simple shift in a comfy chair so you can view the outside world brings more nature into your visual environment.

Every adjustment supports your health and productivity along with your intellectual and spiritual well-being. Enhance your connection to nature and you'll enhance your connection to peace.

Leave Your Shoes at the Front Door

Juanita Allen Kingsley, Director of Business Development at Century Health Systems

Leave your shoes at the front door. Think about everything the soles of our shoes touch. Now, think about tracking all of that into a home where our babies crawl; where toddlers drop toys and put them in their mouths; and where we adults take off our clothes, walk barefoot and then get into bed. It's pretty shocking! Encourage all family members and visitors to your home to leave their shoes at the door. Much of the world lives this way. If you start this pattern early with family, your home will be healthier, and you'll have less housework, too!



Source: University of Utah Health Care¹

Although it may seem contradictory to the no-shoes rule, Juanita also says that infants benefit from having a pet dog or cat in their home during their first year of life. Research indicates that having a dog or cat may protect infants from allergies and asthma in their first year of life. How? By exposing them to the dander on the pets' skin, infants' immune systems can be developed to "be better prepared for them," according to a Finlandbased doctor who led a study whose results were published in the journal *Pediatrics*.

Finally, starting from a very young age, sleep training your children to a regular bedtime and making sure they have enough sleep can help contribute to a healthy, happy home. The list of ways children benefit from an appropriate amount of sleep include a longer attention span; a greater ability to fight off infection; ability to maintain a healthy weight; and more. Sleep is free, so why aren't we working harder to ensure that our children have enough of it?

¹ What Your Shoes Bring Home." Health Feed. University of Utah Health Care, 20 Apr. 2015. [Online] Available: http://healthcare.utah.edu/healthfeed/postings/2015/04/042015_factoid-shoe-bacteria.php [16 Aug. 2016].

How to Make Your Home Greener Without Ripping It Apart

Seth Leitman, Radio Host, Author and Writer of The Green Living Guy

Those of us serious about going green would all love to turn our homes into the block's best example of energy efficiency retaining architectural aesthetic. Unfortunately, this requires a hefty upfront investment and weeks if not months of inconvenience. Which equates to headaches whether you're an on-the-go professional or settling down parent.

Fortunately, there are ways to get a greener home that don't involve the hassles of a remodel. More and more companies are catering to the needs of energy-conscious consumers by providing them with an array of ways to save with energy efficient products. No matter where you choose to find these tools to drive down utility costs, it's important to get a sense of what you stand to save by installing a few simple upgrades around the house:

LED Lighting

Academic research on LEDs consistently shows they not only last for years – far longer than any old fashioned one you'll ever buy – they consume far less energy to emit the same

Academic research on LEDs consistently shows they not only last for years... they consume far less energy to emit the same amount of illumination.

amount of illumination. Fitting every light fixture with one of these upgraded bulbs is an easy way to reduce energy usage at home without inciting much home repair ruckus.

Duct Sealing

According to Energy Star, 20 to 30 of the air moving through a home's heating and cooling system is lost due to poorly sealed ductwork. Using duct tape for its namesake purpose – kind of strange to think how rare that happens. You might want to go ahead and invest a few more dollars into the fancy aluminum tape famous for keeping those air channels closed.

Flow Limiters

The average household uses about 260 gallons of water a day. Single men out there can probably cut that number in half – it's still way more than you'd probably guess. Installing

flow limiters on the faucets, toilets, and shower heads is one way to cut down on water usage annually. But don't forget to monitor for leaks, which account for the overwhelming majority of wasted water.

Sealing External Cracks and Holes

This is probably the closest this list will come to remodeling for the sake of a greener home. No matter how new or nice your house, it's a safe bet there are nasty air-sucking cracks somewhere on the outside. Depending on the specifics of your dwelling it may be smart to have a home energy audit performed, but we'd like to think a few hours on the weekend with a caulk gun can do the trick without bringing in the pros. OR you can buy the book *Do It Yourself Home Energy Audits* in the Green Guru Guide series.

Programmable Thermostat

In theory, we ought to be able to set the central air temperature to a specific degree we're most comfortable at, and be okay with it all year long. In truth, our comfortable temperature varies depending on time, conditions outside, and our level of physical activity.

Three variables which change too much for one particular setting to work instead of monkeying around with the thermostat, a costly habit, invest in a programmable model and learn your preference habits.

Use the latter to set the former. Less energy use will follow.

The goal for any guy looking to go green should be a home designed entirely with efficiency in mind. But it's a long, costly, and bumpy road. Start off slow and small. Focus less on the big rehab projects for now if they seem too much to handle. There are a series of ways for you to consume significantly less energy without adding complexities to an already busy life.



Ensure That Water at Home is Safe and Clean

Audrey Loder, Director of Showrooms at Wilkinson Supply Company

Individuals need three basic things to both survive and thrive: clean water, food, and shelter. With recent discoveries about tap and well water in places like Flint, Michigan, it is important now, more than ever, to be aware of what is in your home's drinking, bathing, and general use water.

Unhealthy contaminants exist invisibly in many home's water systems, and can cause varying health problems, especially in children and the elderly. As someone who works for a company whose main focus is plumbing and water related products, providing homeowners with access to solutions that will help protect both their health and the integrity of their home's plumbing system, is a job I take very seriously.

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Unhealthy contaminants exist invisibly in many home's water systems, and can cause varying health problems.



There are a few ways that homeowners can ensure that the water that flows through their homes and bodies is safe, clean, and delicious. The first, is to have your home's water tested regularly. Many companies, including my own (Wilkinson Supply Company), offer this service free of charge. When you get the results back from your water quality test, you may be surprised to find that some undesirable chemicals

and compounds like chloramines, lead, cysts, sediment, spores, and bacteria may be invisibly lingering in the water coming into your home, regardless of whether it is from a city source or private well.

The simplest way to remove these contaminants from your home's water supply is to install a water filtration system. Our company recommends a system from Environmental Water Systems (EWS), as they offer a wide variety of systems and solutions. You can install a unit that filters your entire home's water supply as it enters from the source, or you can simply

install point-of-use filters to protect specific faucets or water sources in your home. EWS systems are available at all of Wilkinson Supply Company's four North Carolina locations (Raleigh, Durham, Carrboro, and Wilson), as well as at other retailers nationwide. Water filtration is one of the quickest ways to make for a happier and healthier home for both you and your family.

6 Natural Ingredients to Clean Your Home Without Making It Toxic

Reynard Loki, Environment and Food Editor at AlterNet

Most store-bought cleaners contain chemicals that can harm the health of your family, pets and the environment. Thankfully, nature has provided us with all the necessary ingredients to keep our homes spic and span without any hazardous chemicals. For a natural cleaning, use these six non-toxic ingredients, most of which you probably already have in the kitchen.

1. **Lemon.**

A natural bleaching agent and deodorizer that has a fantastic fresh scent, lemon juice also cuts through grease, removes stains, shines surfaces and eliminates mold and mildew.



2. **Olive oil.**

Olive oil is a great natural cleaner and polisher. Add some salt to scrub pots and pans. Rub it into leather to get scratches out. Add lemon juice or vinegar for a natural wood polisher.

3. **White vinegar.**

The natural acidity in white vinegar makes it a great natural antifungal and antibacterial. In addition to being a non-toxic degreaser, it eliminates soap scum.

4. **Baking soda.**

Baking soda is an effective deodorizer, antiviral agent and scouring powder that eliminates grease and grime. To keep carpets and rugs fresh, sprinkle on some baking soda and vacuum after 15 minutes.

5. **Club soda**

For a safe and effective window cleaner, fill up a spray bottle with club soda and use a soft cotton cloth. If you need to cut through grease, add a little lemon juice.

6. **Salt**

Add some salt to white vinegar for a powerful cleaner with a deodorizing effect. A solution of salt and club soda will clean and deodorize the inside of your fridge.

Non-toxic, inexpensive and eco-friendly: This is the sensible, healthy and easy way to clean your home.

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Simple Ways to Deal with Unavoidable Toxicity at Home

Megan McWilliams, Green Diva Meg - founder of The Green Divas and

GDGD Radio Network

Nobody said we have to suffer to be healthy and love mama earth! Being a Green Diva (or Green Dude) is all about having fun and doing it in style. I've been searching for low-stress ways to live a deeper shade of green for most of my life. The following are not just random ideas, but a few simple ways that I've found to help mitigate the unavoidable toxic world around us. When people ask me, "what can I do to get started in having a healthier, greener home?" Here's where I recommend they start:

Quit using toxic cleaning products! There are so many good really "clean" non-toxic brands out there, but I make my own. It is so easy and once you get in the habit of having the ingredients around (white vinegar, baking soda, essential oils...), you will wonder why you didn't do this sooner! AND you will save money making your own.

Clean up your laundry act. If you look at the ingredients of laundry detergent and fabric softener, your head will spin like the agitator in your machine! Many of these toxic chemicals get into the eco-system and have a harmful effect on wildlife and our water systems, so do yourself and your local wildlife a favor and find natural biodegradable laundry products. There are plenty of very effective ones out there. OR you can make your own – easier than you think.

Clean up your laundry act. If you look at the ingredients of laundry detergent and fabric softener, your head will spin like the agitator in your machine!

You too can have a Green Diva kitchen! Here are just a few ways I've learned to have a healthier, greener kitchen:

- ▶ **Minimize your use of paper products** – I keep a hanging bin filled with dishtowels near my sink and we all use cloth napkins. They are easy to toss in the next load of laundry and you will be saving a lot of trees!

- ▶ **Kitchen cleaning** – Make sure to only use non-toxic cleaners for all your kitchen cleanups, including and especially countertops. And if you use a dishwasher, there are plenty of biodegradable, non-toxic dishwashing tabs.

Toxic Chemicals

Triclosan: can be found in
toothpaste

Methylparaben: can be found in
makeup and beauty products

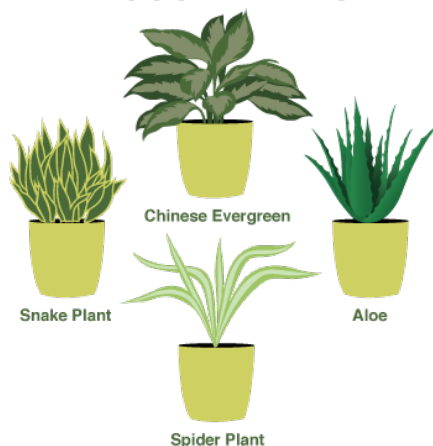
Phthalate: can be found in
perfume and cologne

No need to have a toxic potty! Here are a couple of important green bathroom tips:

- ▶ That foaming handsoap you love? Most of them involve triclosan (a nasty 'lil hormone disruptor) among other things that you don't want on you or in the water systems, so find a good natural brand or be like me, save money and make your own!
- ▶ Ditch the air freshener – most brands are highly toxic so stop poisoning yourself to cover a stinky session. Find a good pre-poo spray like, Poo Pourri. I make my own and am shocked at how effective it is!

House plants are the best air freshener. Yup, even NASA says so. A few happy houseplants can remove VOC's including formaldehyde and benzene! Beware of commercial air freshener sprays – they are often among the most toxic offenders in your home. You can find reputable natural brands or make your own with essential oils.

AIR PURIFYING HOUSE PLANTS



Be Conscious About Epigenetics to Optimize Health

*Morgan Mellas, Functional Medicine Practitioner and
Lyme Literate Physician at MorganMellas.com*

For over 10 years we have been learning more about a field in health called Epigenetics. Epigenetics means “above the genes.” This refers to the factors affecting our gene expression and our resulting well-being.



Our physical environment is part of our epigenetics in addition to our exposure to toxins, the food we put into our bodies, as well as our emotions.

In order to optimize our health, we need to be conscious about our epigenetics. We want SPARKLING CLEAR health. Our bodies are similar to a bathtub. When we’re taking a bath, most of us would prefer SPARKLING clean water (or maybe with some beautiful essential oils if we’re really luxuriant). I’ve never met anyone who wants to get into a bath filled with muddy, sewage waste water. However, that is exactly what most of us are doing on a daily basis with our bodies. We’re mucking them up with gross waste and then wondering why they’re not working and we feel terrible.

If we are constantly filling the bathtub with dirty contaminated water, we’ll never have clean water to bathe ourselves. If we stop putting dirty water in and instead use clean water, we’ll still have the remaining dirty water, so the clean water won’t make much difference. Here’s what we need to do:

- 1 Stop filling the tub with dirty water (a.k.a. toxins, pesticides, heavy metals, pharmaceutical, food that provoke allergies, prescriptions).
- 2 Open the drain and remove all the dirty water (chelation and binders).
- 3 Begin filling our tub with clean water (supplements, literal clean water, healthy food, healthy emotions, clean air).

Indoor living environment, both at home and at work, are part of the epigenetic makeup affecting our physical health, mental health and all areas of life. As a single mother of two, I know it's challenging. In all honesty, at times it's overwhelming to take care of all the logistics life throws our way and adding the task of being proactive about health is simply one more "thing to do" that we probably don't have time for. Although, if we commit to make one change per month and get professional support or support from friends and family it can be cost effective, less stressful and more doable.

The best and most rewarding part is when you start to FEEL the difference and see the difference in your family. When you get the real life feedback after making changes, putting yourself first, making loving choices for your family you'll get the message YOU'RE DOING IT RIGHT and that is the most rewarding, fulfilling feeling!

Let's get down to how we clean up our bathtubs. The most influential indoor environment epigenetic influencing categories include:

Toxins: Anything you breathe into your lungs or put on your body goes in your body! Categories to consider include cleaning products, laundry detergent, cosmetics, creams, shampoos and conditioners, hairspray, toothpaste, sunscreen. Pesticides, either sprayed or in the soil, will enter your food and your body. Genetically modified corn produces its own pesticides and when you eat it, they have shown it continues to produce pesticide in our bodies. I know, it's crazy!

Genetically modified corn produces its own pesticides and when you eat it, they have shown it continues to produce pesticide in our bodies.

Light (artificial): All artificial light includes blue light in the spectrum causing damaging to our natural circadian rhythm. Before electricity enabled us to have artificial light, we used candles and went to bed at a more natural time according to the sunset. Our artificial over-exposure to blue spectrum light is especially prevalent in office settings where little to no natural light is available and light bulbs are the only source of light. As night falls our blue light exposure increases as we switch on light bulbs, computer screens, television screens, iPad and cell phones. This results in alterations in our hormone production, sleep cycles and a cascade of other functions in our bodies.

EMF/RF (negative ions): Electromagnetic frequencies (EMF) and radio frequencies (RF) are a huge topic beyond the scope of this short paragraph, however, it is important to note that Apple and all other companies producing wireless devices are required by the Federal Communications Commission to include warnings about usage and cancer after conclusive evidence of the correlation between these unnatural frequencies and cancer has been irrefutable in studies across the world. You can find it in your owner's manual. These unnatural frequencies interfere

Drinking water: Carbonated water is very acidic therefore it causes our bodies to leach minerals from our bones in order to help maintain a slightly more alkaline balance. We often see tooth decay, osteoporosis, and weak bones with people who consume carbonated water consistently.

with our bodies natural frequencies and impede functional health in every one of our cells down to the smallest electron. They are emitted from Wi-Fi routers, cell phones, cell towers, computers, laptops, iPad, radios, smart meters, and wireless home technology, electricity in the walls and circuits, cordless phones (other than 900 MHz), televisions, wireless speakers and sound systems and electrical appliances.

Water (drinking, cooking, bathing): Whether you're putting water on your body or in your body, it's getting inside and it's going to affect your health. We are composed of more than 50% water and therefore if we are doing every else right and this piece it missing, we cannot function optimally. So water is BIG.

Drinking water: Carbonated water is very acidic therefore it causes our bodies to leach minerals from our bones in order to help maintain a slightly more alkaline balance. We often see tooth decay, osteoporosis, and weak bones with people who consume carbonated water consistently.

Plastic bottles may sit in delivery trucks in high heat temperatures for days or more. In addition to BPA, there are several other endocrine disrupting hormones in plastics, BPS being one. Endocrine disruptors can lead to thyroid disorders, infertility, weight gain, hormonal imbalances, to name just a few deleterious side effects.

Natural spring water from areas without added toxicity such as ground waste from farms and animal factories is the ideal source of water for our optimal health. Water from clean underground springs will naturally be full of minerals from deep in the earth's core.

Reverse Osmosis is the cleanest water and has the lowest count of microbes and toxins. However, it is also extremely acidic because minerals are removed along with toxins in the Reverse Osmosis filtration process. Again, with acidic water we will find our bones leaching minerals.

Bathing water: Our public water systems contain fluoride, chlorine, chloramine, toxic heavy metals, pathogens, and other toxins. When are exposed to warm temperatures, our pores open and bodies absorb more of whatever we are exposed to. If we are showering, the steam still contains all of the toxins present and in addition to taking it through our skin, we also breathe these toxins into our lungs. Fluoride, chlorine and chloramine have deleterious effects connected to imbalanced gut flora, poor gut function, immune system dysregulation, infertility, cancer and many other diseases.

Don't freak out. We can take charge of our health when armed with knowledge. Easy ways to upgrade your health:

Toxins:

- ▶ In order to choose the best cosmetics, makeup, sunscreen, toothpastes products,

visit the Environmental Working Group database (<http://www.ewg.org/skindeep>).

- ▶ Buy organic food and pasture raised animal products including eggs.
- ▶ Use coconut oil for cooking.
- ▶ Avoid vegetable oils except for Extra Virgin Organic Olive Oil (cannot be used for cooking).
- ▶ Use non-toxic cooking utensils, cookware and cooking methods.
 - ▶ Avoid non-stick surfaces.
 - ▶ Avoid plastic cooking utensils and Tupperware.
 - ▶ Use glass, stainless steel, cast iron, ceramic products.
 - ▶ I love Le Creuset and other imitation ceramic products.
 - ▶ Use silicon bakeware.
- ▶ Avoid the microwave. Use an oven or toaster oven for reheating.

Light:

- ▶ Wear Amber glasses to block the blue spectrum and help regulate a normal circadian rhythm.
- ▶ Install f.lux on your computer and a blue light filtering app on your phone to block blue light at appropriate times according to the sunset and sunrise.

EMF and RF:

- ▶ Remove Wi-Fi and plug in to the internet with a CAT5 or Cat6 line (old school style) or, at the very least, turn off Wi-Fi at night.
- ▶ Use a Schumann Resonance pulser.
- ▶ Install stetzizer filters.

- ▶ Pull your bed away from the wall.
- ▶ Turn off fuses in your bedroom if possible.
- ▶ Sleep under a sleep canopy or Faraday cage to shield.
- ▶ Never sleep with your phone near your bed (at least 5 feet away).
- ▶ Unplug objects that are near your bed or use battery operated objects only.
- ▶ Call your utility companies to inquire if you have a smart meter and request it be replaced with an analog meter.
- ▶ Abstain or remove any wireless home technology such as alarm systems, Wi-Fi remote air conditioning and heating monitoring, Wi-Fi enabling lock systems and more.
- ▶ Remove any portable phones other than 900 MHz
- ▶ Use corded phones.

Water:

- ▶ Put a filter on your shower and bath to remove chlorine, chloramine, fluoride, heavy metals.
- ▶ Put vitamin c powder into the bath, this neutralizes chloramine.
- ▶ The top three best choices for healthy drinking water are:
 - 1 Reverse Osmosis remineralized with liquid mineral solution or oxygenated to create alkaline water.
 - 2 Clean spring water in glass containers.
 3. If those two options are not available; the third choice is spring water in plastic bottles.

Plant Yourself Down

Michelle Polk, Founder of Polk Acupuncture + Herbal Medicine

Home is where your heart is, but it's also where your health is. Your home is what grounds you to the world, makes you feel safe, expresses your style and stores your belongings. It's the center of your personal universe, and that's why it's important to make your dwelling the safest it can be.

As an acupuncturist and herbalist, I tell clients numerous things they can do every day to achieve better health; from which foods to eat, herbs to ingest, exercises to perform and more. Health is not in a vacuum and can't be achieved in one day, with one super-food or one exercise routine. It's the summation of everything you do, each and every day, month after month, year after year. And making sure your home is as healthy and safe as possible is just another piece to this wellness puzzle.

Achieving health can be an overwhelming task. We avoid foods, soaps, and detergents, make sure the couch isn't coated in toxins or that the blankets are covered in chemical

dyes. Listen, I get it. It's overwhelming! Sometimes I just want to crawl in my bed and give up at the thought of "staying healthy", what's the point when everything is out to "get you"?

This is why I always recommend one thing to patients who are overwhelmed with the health and wellness world.

Buy plants!

Plants are some of the easiest ways to raise your health barometer; they help you reduce stress, make you happier, and clean your air! Given that most people spend 90% of their

Plants filter out the toxins we so desperately try to avoid, like formaldehyde, a volatile organic compound that's emitted in low levels by an array of household products and furniture, which has been linked to cancer in humans, triggers asthma attacks as well as allergic reactions.

6 AIR PURIFYING INDOOR PLANTS



Bamboo Palm
Removes formaldehyde,
Acts as a natural
humidifier.



Sansevieria
It absorbs nitrogen
oxides and
formaldehyde.



Areca Palm
One of the best air
purifying plants for
general air cleanliness.



Spathiphyllum
Remove mold spores,
formaldehyde, and
trichloroethylene.



Spider Plant
Removes carbon monoxide
and other toxins or impurities.
One of three plants NASA
deems best at removing
formaldehyde from the air.



Golden Pothos
Most effective indoor
purifiers. Removes
Formaldehyde, xylene,
toluene, benzene,
carbon monoxide
and more.

time indoors, it's incredibly important to make sure the air you're breathing is clean and fresh.

You heard me right, plants such as the Snake Plant, Boston Fern, Palm Trees, Peace Lily and various others downright clean the air for you! They filter out the toxins we so desperately try to avoid, like formaldehyde, a volatile organic compound that's emitted in low levels by an array of household products and furniture, which has been linked to cancer in humans, triggers asthma attacks as well as allergic reactions. These plants are miraculous little helpers, even studied by NASA.

So, if you want to make yourself healthier, happier, and breathe clean air, make sure to root yourself down with some plants. Believe me, your lungs will thank you.

Personalize Your Environment

Matt Riemann, CEO of ph360.me

Your home is the first thing you see in the morning and the last at night, setting your mood for the day. It's also your sanctuary, your place of rest, and an expression of you. It's one of the only constants in your life and it should meet your personal needs. A home should meet your personal needs. Your space is an important part of your well-being because it's a place where you can give your body and mind what it needs. And what you need may differ from what others need or what you might see in magazines and on trend. From the color scheme you choose for the decor to the amount of lighting you prefer, we are all unique and need different things in our home environment.

The personalization of your environment is the key message here. Your home should be specific to you as an individual. We all have unique needs and ideas when it comes to what makes us comfortable – what makes a house feel like a home.

We all have unique needs and ideas when it comes to what makes us comfortable – what makes a house feel like a home.

Some practical things to consider are:

- ▶ Temperature - everyone is comfortable at different levels and, depending on where you live in the world, you may need the heat turned up or the A.C. blasting.
- ▶ Indoor plants – they provide a connection to nature, which is something we all need and sometimes crave. Having plants indoors can make a huge difference without you even realizing – especially in apartments and homes without yards.
- ▶ The decor - some people love clean lines and a very sparse space, but you may prefer rustic wooden textures full of antiques and would feel uncomfortable in a modern room. Fill your home with what makes you feel good, not what's trendy.
- ▶ Lighting - whether you need lots of sunshine coming through big open windows or prefer a darker environment, your sensitivity to light should also be considered

when setting up your ideal home. Lighting can affect mood, thought processes, and productivity.

Making it feel like your space and not anyone else's is the key.

Detox Your Home with Natural Air Fresheners

Janice Rosenthal, Holistic Living Lecturer, Owner of Garden of Essences

Many store-bought Air Fresheners are made from synthetic ingredients, which are known to irritate lungs and eyes.

When you read the ingredients listed on the can, you will commonly see formaldehyde, a known cancer causing substance.

You will also see dichlorobenzene, which is a phthalate known to harm the unborn fetus, and small children. It can kill small pets, such as birds, and harm other pets, such as dogs and cats, to the point that they develop health issues in eyes, lungs and skin. When you inhale this, you are inhaling the pesticide DDT.



SYNTHETIC INGREDIENTS:
DICHLOROBENZENE, FORMALDEHYDE

Sadly, manufacturers are not required to write the word 'phthalate'. Instead it is allowed to be listed as perfume, parfum, or fragrance!

No safety tests are required to be conducted by health authorities, leaving air freshener manufacturers free to pack cheap, waste products into their cans, petroleum being yet another example.

Sadly, manufacturers are not required to write the word 'phthalate'. Instead it is allowed to be listed as perfume, parfum, or fragrance!

If you use air freshener regularly, you should know that this could explain many strange symptoms you or your family have been having. Watering eyes, asthma, mucus membranes

too dry or too wet, allergies, and nausea, are just some of the problems caused by air fresheners. Aerosol cans contain propellants such as butane, and these can cause similar symptoms to those listed above.

These chemicals are all cumulative, which means they accumulate in your cells. Many years of use can even lead to serious health problems such as reproductive disorders or cancers.

It is so easy to make a homemade non-toxic Air Freshener, that is truly natural, and healthy!

How to Make a Non-toxic Air Freshener at Home

To eliminate smokey, stale odors:

- ▶ 30 drops Peppermint Essential Oil
- ▶ Drop Essential Oil¹ into 4 oz water, into a spritzer bottle.
- ▶ Spray when needed, but avoid your eyes.

To make your room smell like heaven:

- ▶ 10 drops Orange Essential Oil
- ▶ 10 drops Lavender Essential Oil
- ▶ 10 drops Geranium Essential Oil
- ▶ Drop Essential Oils into 4 oz water, into a spritzer bottle.
- ▶ Spray when needed, but avoid your eyes.

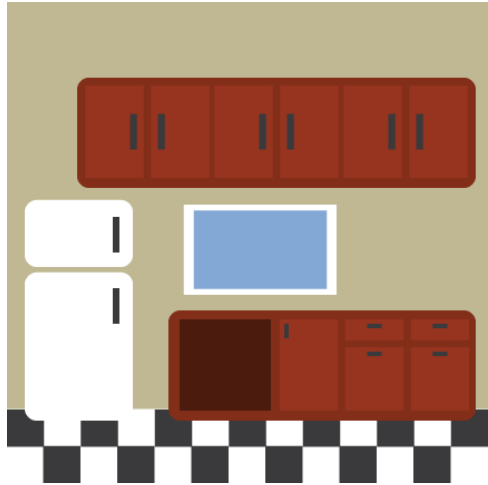
Once you have used your own homemade air freshener, you will probably feel repelled and nauseated every time you inhale a commercial air freshener, and wonder how you ever liked that scented ‘cockroach spray.’

¹ J. Rosenthal, Janice. “Organic Essential Oils | Garden of Essences.” Garden of Essences. 11 July 2013. [Online] Available: <https://gardenofessences.com/organic-essential-oils> [16 Aug. 2016].

A Clean, Healthy and Happy Kitchen

Carolyn Scott-Hamilton, Creator and Host of The Healthy Voyager

Having a clean, healthy and happy home sounds great, but where do you start? How about the kitchen? Now, I could go on and on about the kinds of foods you should be stocking your cupboards with or how to prepare healthy meals to get you ready for swimsuit season. However, did you know that what you are cooking and storing with is just as important? You might be surprised to know that many of the items we use on a daily basis can be causing us harm. You may be eating the purest, most organic foods but if you are cooking with or storing foods in any of these items, you might be rendering your healthy foods useless. I've compiled my top 5 items that should be added to your toss pile in order to keep you and yours as healthy as can be!



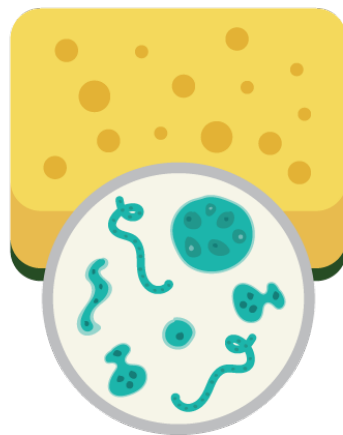
- ▶ **Non-Stick Pots & Pans** – The most important health factor that should be considered is the transfer, or leaching, of the cooking surface material to the foods being cooked. Heat changes the composition of materials so what may be safe at room temperature can be extremely toxic when heated. Non-stick surfaces like Teflon, are the biggest offenders when it comes to leaching. In fact, it has been admitted by Dupont, that when a non-stick surface is heated beyond a certain level, the fumes can kill birds and create a sickness in humans they call Polymer Fume Fever, producing symptoms resembling a cold. Most recipes call for the cooking surface to be heated to a medium to high temperature so cooking with a non-stick pot or pan will almost always be dangerous. So don't wait until the bottoms of your pans are chipping to trash them, start replacing your most used pieces as soon as possible. REPLACE WITH: Ceramic, stainless steel, cast iron, and/or glass. Be sure there are no toxic paints or coatings.
- ▶ **Plastic Containers** – As I mentioned above, leaching is hugely important factor

to consider. Whether it is food or beverage, plastic should never be the vessel. One must even be cautious of BPA-free containers as there are other contaminants that can be leached from low-grade items. Be a discerning consumer and buy the best! When you add hot foods to plastic storage containers, it draws toxins from

Dish Towels & Sponges – *Bacteria breeds mainly in cool, damp places like sponges and dish towels.*

the container and mixes with your food. This is why you should never leave plastic water bottles in the car. Ever taste “plasticity” water? It’s been sitting in the heat, leaching toxins into your otherwise healthy beverage. This happens when you store food as well and even more so when you microwave them. Don’t let chemicals be the secret ingredient in your dishes. REPLACE WITH: Ceramic, stainless steel and/or glass

- ▶ **Dish Towels & Sponges** – Bacteria breeds mainly in cool, damp places like sponges and dish towels. We use these every day to clean up our counters and plates but if not taken care of properly, we are doing more harm than good. A surefire way to keep your cleaning aids at their best is to: wring them out to release excess water after every use, store them properly so that they can air out and dry quickly, wash regularly and throw them away every 2 weeks to a month. If you have old towels and sponges, it’s time to go shopping!



- ▶ **Overcrowded Refrigerators/freezers** – Clutter is never a good thing and that goes for refrigerators and freezers too. When these are overstuffed, there isn’t enough room for the air to circulate properly and decomposition begins. In addition, many foods will pick up the odors of others which will most likely cause you to gag, throw away your food and waste quite a bit of cash. This can also cause bacteria and mold to grow in between containers, on walls and in drawers. In freezers, overcrowding can cause freezer burn as well as forgetfulness! Ever forget what’s in the back of the

freezer but it's too frozen over to get to it? From now on, toss foods as soon as they expire, don't keep items that you "think" you will use someday like fast food sauce packets, properly pack and label your foods with the date and consolidate items when possible. Your food will last longer, will taste a whole lot better and save you a considerable amount of green.

- ▶ **Microwaves** – I know that there is quite a controversy when it comes to microwaves. But I'm here to tell you, anything that heats your food that fast and is otherwise cool to the touch, can't be good for you. These microwaves that are heating your quick lunch are actually transforming the chemical makeup of your foods on a cellular level. Ever notice that many things are less crispy and rubberier when nuked? That's because while those little waves are heating up, they have mutated your food. And mutated food not only loses its texture and taste, it loses all its nutrients too. REPLACE WITH: Convection oven and/or toaster oven



While a full kitchen overhaul may be costly, be sure to at least make a dent by getting rid of and replacing your most used items. You can always add from there and have fun doing it. We should all make an investment in our health and the kitchen is a great place to start.

Creating a Romantic and Eco-friendly Bedroom

Rachelle Strauss, Author of Little Green Blog & Self-sufficiency: Household Cleaning

You spend one third of your life in your bedroom, so make it somewhere special and nourishing for your body, mind and soul. And don't forget to inject some romance too!

If you apply the tips of Feng Shui, along with some eco-friendly purchases, you'll soon have a romantic room to be proud of.

You don't want to be breathing in toxic fumes all night, so choose low VOC, water-based paint for your walls.

You don't want to be breathing in toxic fumes all night, so choose low VOC, water-based paint for your walls. There are many companies now offering these products, so they are easy to find. Other suggestions are lime washes, natural clay plaster or natural pigments. You can buy these in subtle, pastel colours, so inject some romance with rose coloured hues.

Now stand at the door of your bedroom, looking in. What do you see in the far right corner? According to Feng Shui, this is your romance corner. Treat yourself to a bouquet of beautiful fair trade flowers placed in a recycled glass vase and ditch any clutter or images of single people there!

For bedding, search for organic bedlinen. You could purchase an organic cotton and natural wool three in one duvet for the perfect temperature all year round. This will make your bed so comfortable, you'll never want to get out!

For a romantic mood, treat yourself to some aromatherapy candles. Buy all natural candles made with pure essential oils rather than petroleum-based candles which are harmful for you and the



environment. Choose from vanilla, jasmine or bergamot to uplift and relax the senses.

Finally, put a few well-chosen plants in your room. Research by NASA has shown that some house plants are effective in removing harmful substances from the air such as formaldehyde and benzene. The recommendation is to use 15 to 18

Research by NASA has shown that some house plants are effective in removing harmful substances from the air... use 15 to 18 good-sized houseplants to improve air quality in an average 1,800 square foot house.

good-sized houseplants to improve air quality in an average 1,800 square foot house.

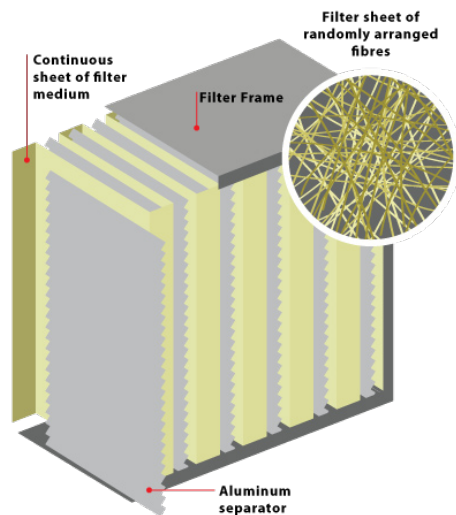
Maintain Quality Indoor Air

Michael Tamez, Health Coach. Wellness Author. Motivational Speaker.

Did you know that your indoor air can be significantly more toxic than the air outside? This is because the same stale air circulates throughout your living space over and over again. The air can be even more toxic if you have carpeting and/or use toxic conventional cleaning products. Carpet emits gasses called volatile organic compounds¹ (VOCs). VOCs are known to be toxic to every part and system of the human body. They are also terribly unsanitary, requiring regular shampooing; which is usually done with more toxic solvents and detergents. Conventional cleaning products also emit lots of chemical odors and gasses that pollute your indoor air. There are many more sources of indoor air pollution but those are the common ones. Information from the United States EPA (Environmental Protection Agency) about the dangers of indoor VOCs can be found on epa.gov/iaq/voc.html.

I highly recommend investing in an air filtration system that utilizes a High Efficiency Particulate Arrestance (HEPA) type material, which captures up to 99% of pollen, dust, mold spores, pet dander, and many other airborne toxins. As I stated at the beginning of this article, the quality of your indoor air is much more toxic than the air outside. Although opening your windows and letting fresh air in is a great idea, it is not a year round sustainable option for most of the country. Also, if you do not or cannot have plants (which naturally filter

and purify the air), it is very important to have a quality air purifier – especially in your bedroom. Breathing clean, fresh air while you are sleeping will help to detox your lungs and will provide your brain with the chemical free oxygen it needs to function properly.



Stay Away from Plastics and Drink Tap Water

Matt Tanneberg, Sports Chiropractor & CSCS at Arcadia Health and Wellness Chiropractic

As a sports Chiropractor and Certified Strength and Conditioning Specialist (CSCS) in Phoenix, AZ with experience in helping my patients live healthier, happier lives, I have helped thousands of my patients with home and office changes to improve their environment.

Here are two different options on how to keep the home healthier.

1 Stay away from plastics and cans.

Bisphenol A is a chemical that is found in plastic bottles and in the lining of our canned foods. Some reports from the FDA have come out claiming that Bisphenol A is safe, however other more recent reports have come out stating that the chemical can cause harmful effects to the brain, prostate and fetus. Another report showed a link between Bisphenol A and heart disease and diabetes. To fix the issue, find baby bottles that are made of glass or BPA-free. Limiting the chemicals from your infant or baby is crucial because they can be overexposed quickly when they are constantly use a bottle. Use glass containers instead of plastic containers to limit your exposure. Also, don't microwave any plastic containers. Take the food out of the plastic and heat it up on a paper plate instead. These easy steps will help to limit the amount of BPA exposure in your house.



2 Drink filtered tap water instead of bottled water or unfiltered tap water.

Tap water has contaminants present in it which can be harmful to our bodies. Recent studies have even shown bottled water to contain the same amounts of harmful contaminants. Tap water is regulated by the EPA yearly which helps to keep the exposure of harmful chemicals to a minimum. Bottled water is regulated by the FDA which has no regulations of contaminants being present

in the water. Local water companies will filter your tap water but chemicals and contaminants may still come through, especially pesticides, lead and chlorine. The fix is relatively simple, get a water filter for your tap water to filter out the rest of the bad chemicals. Change the filters at least every month to ensure the excess contaminants are being filtered out. Not only will you drink cleaner water, you will be helping the environment by not drinking bottled water and disposing of the bottle.

Natural Solutions to Improve Indoor Air Quality

Nedalee Thomas, CEO of Chanson Water USA

Because most homes are filled with toxic products like carpet, rugs, furniture and plastics, indoor air can be five times more polluted than the outdoors. In fact, women who work from home have a higher risk of breast cancer than those who don't, due to their increased exposure. Other ailments caused by poor air quality include headaches, fatigue, wheezing, allergies, asthma and depression.



Source: Filter Buy – Indoor Air Pollution Infographic¹

Since most of our lives are spent indoors, it is important to properly ventilate and to avoid buying non-organic fabrics and products and using chemicals inside the home. Mother Nature has been using Activated Oxygen for millions of years to rid the earth of its own pollutants and by-products and is her solution to man-made pollutants and smog. By creating this amazing gas, Mother Nature is able to safely destroy such pollutants leaving pure oxygen (O₂) behind as its only by-product.

The Chanson Miracle Sanitizer is a revolutionary device that sanitizes air, liquids and fabrics. It works by dispensing safe levels of activated oxygen (O₃) which binds with and eliminates pollutants, germs, bacteria, mold, fungi and foul odors. You can use it for everything from sanitizing mattresses and cell phones to creating non-toxic cleaning solutions to removing foul odors from your home rather than covering them up with a toxic air freshener. It is a portable and compact product that just plugs in.

¹ FilterBuy. "Everything You Need to Know About Indoor Air Pollution." [Online] Available: <https://filterbuy.com/indoor-air-pollution/>

Another way to improve indoor air quality is to reduce the exposure to chemical cleaners by replacing them with a natural solution. We use ionized acidic water from a Chanson Water ionizer which is extremely cost-effective and an environmentally-friendly all-purpose cleaner.

The water is made for pennies on the gallon right at your tap and has been third-party lab verified to disinfect on contact when made at 2.7pH. The water is safe to be used without gloves or masks and is being used to clean hotels, restaurants, and hospitals around the world.

Declutter Your Home

Amy Trager, Certified Professional Organizer® at AmyTrager.com

A cluttered, full home never feels as healthy as we'd like it to be. It overwhelms the senses, distracts from what we want to accomplish and prevents us from fully enjoying the space we live in. It shows us constant reminders of things we haven't finished or never started.

Having an organized space doesn't mean minimal or sparse, either. It means we know what we have and where we keep it. Knowing what you have and where it is, at any moment in time, prevents running around looking for lost items, overspending from buying duplicates and decreases

A cluttered, full home never feels as healthy as we'd like it to be. It overwhelms the senses, distracts from what we want to accomplish and prevents us from fully enjoying the space we live in.

the chances that you'll feel uncomfortable having company over - planned ahead or without warning. The more organized a space becomes, studies have shown, the more likely we are to sleep well, be less depressed, eat healthier and weigh less. Because a kitchen is organized, it's more likely for us to prepare and cook meals at home; because our living space is organized, we are more likely to use it for healthy activity, like exercise and games.

As a Certified Professional Organizer®, it's my job to make a home a place of calm and joy for my clients. The opposite being a place of stress and spite. How can anyone flourish or be their best when their space alone causes stress and anxiety? If we can create places for ongoing projects, we keep them from being strewn about the house. When ready to work on a task, we only need go to one place. Keeping supplies centrally located means we don't have to wander the house looking for scissors or tape.

The better organized our space becomes, the smoother our work flows and the happier our thoughts become.

Seal Fireplace and Attic Access

Mark D. Tyrol, Owner of Battic Door Energy Conservation Products

Maintain a healthy indoor environment by sealing the fireplace and attic access.

Millions of homes are constructed with wood or gas burning fireplaces.

Unfortunately, there are negative side effects that the fireplace brings to a home.

Foul odors from the chimney can be forced into your home by a gust of wind or downdraft, polluting your home with toxins. Even if the damper is shut, it is not an airtight seal. Glass doors don't stop the drafts either.

Try this: at night, turn on the attic light and shut the attic stairway door - is any light coming through?

If there is, dirty attic air can leak through these large gaps into the home 24-hours a day.

An easy, low-cost solution to this problem is to add a Fireplace Plug to your fireplace. Available from Battic Door, the Fireplace Plug is an inflatable pillow that seals the fireplace damper, eliminating drafts, odors, and noise. The pillow is removed whenever the fireplace is used, then reinserted after.

Fiberglass and other attic insulation particles can enter the home through the attic access such as a pull down ladder or attic hatch, contaminating your home. A thin sheet of unsealed plywood could be separating your living space from the dirty attic.

Often a gap can be observed around the perimeter of the attic door. Try this: at night, turn on the attic light and shut the attic stairway door -- is any light coming through?

If there is, dirty attic air can leak through these large gaps into the home 24-hours a day. An easy, low-cost solution to this problem is to add an insulated attic stair cover. Available from Battic Door, a company known for their energy conservation products, the Battic Door attic stair cover seals and insulates the stairs, stopping drafts and helping to maintain a healthy indoor environment.

Do You Really Know What's in Your Family's Skincare Products?

Margot White, Health Educator and Founder of The Choosy Chick

There are over 80,000 chemicals available for use in the US, yet only a fraction of them have been tested for toxicity. Many of these chemicals can be found in our food, cleaning products and personal care products. The truth is, most skincare products on the market contain chemicals that have been linked to some serious health concerns. Even more troubling is that these ingredients are commonly used in products marketed for babies and children.

There are over 80,000 chemicals available for use in the US, yet only a fraction of them have been tested for toxicity.

Why is this happening?

In the US, the FDA allows the Cosmetics Industry to regulate itself. Therefore, the Industry is allowed to put chemicals into products without being required to test for safety.

Many of these ingredients (some of which are found in cord-blood and breast milk) are linked to cancer, hormone disruption, allergies, infertility, autoimmune diseases, and learning disabilities among other health concerns. This is especially concerning for babies and children as their body systems are not yet fully matured, putting them at greater risk to the effects of toxins. In addition, some ingredients pose a threat to our environment.

So where to begin?

Read labels! Just as you read food labels, read the ingredients listed on all your personal care products. Some companies use broad terms like “all natural” and “pediatrician approved” to get you to believe their product is pure. Below is a list of commonly found ingredients to avoid. For the complete list visit: **The Big Baddies at The Choosy Chick**¹

¹ M. White. “The Choosy Chick Big Baddies.” The Choosy Chick. [Online] Available: <http://thechoosychick.com/pages/the-big-baddies> [16 Aug. 2016].

Ingredients to Avoid:

1. BHA/BHT
2. Cetareth 20
3. Coal Tar/ Dyes - P-phenylenediamine
and FD&C Colors
4. DEA, MEA, TEA, Cocoamide DEA
5. Formaldehyde & Formaldehyde Releasers -
(DMDM Hydantoin, Imidzaolidinyl Urea,
Diazolidinyl Urea, Quaternium 15)
6. Fragrance/Parfum - Synthetic
7. Parabens
8. PEGs – Polyethelene, Propylene Glycols
9. Phthalates – Diethyl & Dibutyl
10. Polysorbate-20, 60, 80
11. Sodium Lauryl Sulfate
12. Sunscreen Ingredients –
(Oxybenzone, Octyl-methoxycinnamate, Homosalate)
13. Toluene
14. Triclosan
15. Phenoxyethanol

Switch to safer products. Don't feel overwhelmed by having to get rid of all your products at once, as this can be costly. Start simple. If you have children, start with their products first.

Sources:

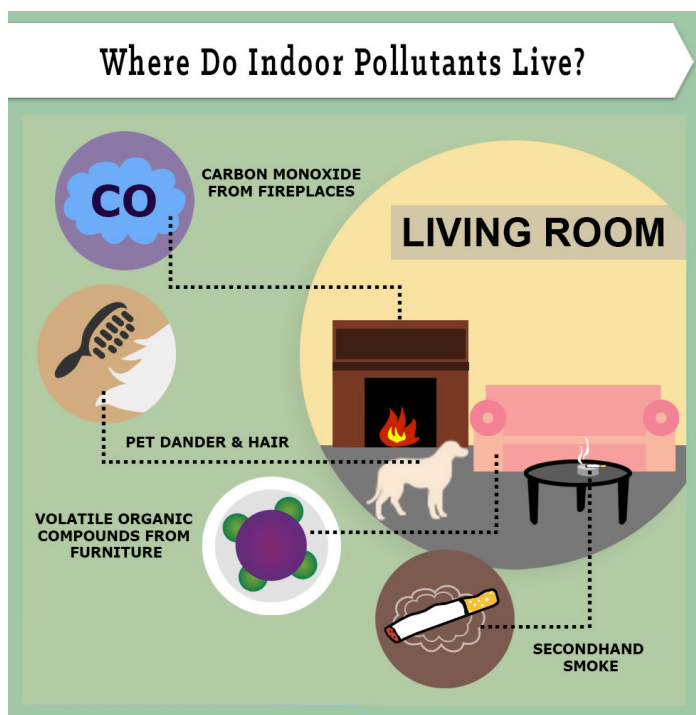
- ▶ <http://www.niehs.nih.gov/health/topics/agents/endocrine/>
- ▶ http://www.fda.gov/Cosmetics/GuidanceRegulation/LawsRegulations/ucm074162.htm#Can_FDA_inspect
- ▶ <http://www.safecosmetics.org>
- ▶ <http://www.chemhat.org/saferchemicals/worldwideregulation>

Be Mindful of How Chemicals Are Embedded in our Daily Lives

Marcia G. Yerman, Writer & Contributor at Huffington Post, Moms Clean Air Force

Ever since my son was born (and he just graduated college), everything that I purchased had to be considered in terms of how it might impact his health. His crib, sheets, and room carpet were chosen with these issues in mind. As he got older, I continued to make this a priority (even if he didn't!).

Writing for *Moms Clean Air Force*, where the focus is on children's health and the environment, I know well that indoor pollution can be as much of a problem as what lurks outside. There is now a definitive consciousness, as well as available information, about how embedded chemicals are in our daily lives.



Source: Filter Buy – Indoor Air Pollution Infographic¹

¹ FilterBuy. "Everything You Need to Know About Indoor Air Pollution." [Online] Available: <https://filterbuy.com/indoor-air-pollution/>

When I bought a new sofa, I researched to make sure that it was produced by a company that had environmentally conscious criteria. I chose EcoSelect, which creates their line with no toxic chemicals or fire retardants. Check out the film *Toxic Hot Seat* to learn more about this concerning problem.



Now, when I need to cover my floor with an area rug, I picked a non-industrial weave made with natural fibers and vegetable dyes. This way there is no off-gassing or odors.

I only use cleaning products that are plant-based (primarily Seventh Generation), with vinegar and baking soda as standbys. When I recently repainted my apartment, I used a water-based paint with a minimal VOC.

All my personal care products and related items for the household are made without chemicals as well. My go-to for skin products and home items is Herbaliz. The founder uses herbs that she grows in her garden for kitchen soaps and sachets, and aromatherapy products that leave the air with a clean and soothing smell.

My other staple for green living is the numerous succulents and house plants that are in every room of my apartment. Aside from impacting my mood in a positive way, they are natural air purifiers.

My top advice: Read labels, do research, educate yourself, and don't take anything for granted. Check out websites like *Safer Chemicals*, *Healthy Families* and the *Environmental Working Group*. They are excellent sources of facts and links to additional material. The chemical lobby is very strong; they have an agenda and their profits to protect.

Remember, that in addition to keeping your family safe, you also need to be part of the solution. Cut down on your plastic consumption (See how Beth Terry did in in her *Plastic Free Life* blog), recycle, and consider your footprint as a consumer.

We owe it to the children of the future.

Balance the Effects of Positive Ions

Team of Experts at Zencube

It's possible that your home is filled with some positive things that are negatively affecting your whole family's health and well-being. How many mobile phones, tablets, laptop and desktop computers and televisions can you count? Now add in other electronic appliances and you've got too many positive ions in a closed space.

Now think about the last time you truly enjoyed a day or even just an afternoon enjoying nature. How did you feel? Relaxed yet peacefully energetic, right? In this case, something negative (i.e. ions) had a positive effect.

Research has shown that a proliferation of positive ions can lead to poor sleep, increased blood pressure, respiratory problems, depression, anxiety and an impaired immune system. It's a toxicity created by technology.

Natural Air Purification

Mother Nature has its own way of purifying the air we breathe. During a thunderstorm, lightning produces electrical discharges such as O^3 (activated oxygen) and negative ions. These two discharges combined effectively purify the air naturally.

Fortunately, nature has a solution to tech overload. Negative ions balance the effects of positive ions and are produced by trees and other plants, water, fresh air and sunlight. A particularly strong thunderstorm, which creates an abundance of negative ions, is a super air purifier. A strong waterfall or even a swiftly flowing river has a similar effect. A forest full of trees is also full of negative ions.

You don't have set up camp next to a waterfall to get your fill of negative ions. Adding a bit of nature, like a peace lily or a philodendron, boosts the ion balance in your home. A Himalayan salt lamp is another natural source of negative ions. The simple act of unplugging devices and appliances when they're not in use also reduces the positive ion bombardment.

Developed to make life easier, electronic devices and appliances don't come without drawbacks. But the power (no pun intended) to strike a balance is still in your hands.

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Contributors



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“Abate is an expert on biophilic design, the design of functional, inspirational spaces that connect people with nature.” – Tracy Hanes

Ambience Design Group designs beautiful interior spaces that improve living by supporting health and wellness. We firmly believe there is an importance to understanding the client’s needs physically, psychologically and emotionally. Get more tips on creating a beautiful and healthy home on our blog at ambience.ca/blog



Lisa Bahar, LMFT, LPCC

LisaBahar.com

Lisa Bahar is a licensed psychotherapist specializing in Dialectical Behavior Therapy, which includes a multi sensory response to calming the mind and body. Her contributions to “The Happy Healthy Home” illustrate some of the Self Soothing skills she teaches her clients, as a way to self calm and regulate emotional reactivity in day to day living.



Caroline Blazovsky

Healthyhomeexpert.com

Caroline Blazovsky is a healthy home expert who developed a national reputation as one of the top consultants in the country. Her clients span from Maine to Alaska and everywhere in between. She has worked on the homes of the most famous to the average, everyday person who wants to environmentally improve their living space.

Caroline has developed many unique testing methods and products for residential consumers to evaluate their homes and maintain healthy environments economically.



Lindsea Burns

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Lindsea Burns, M.S., NTP is an integrative, alternative healthcare practitioner who supports clients through the use of real food and nutritional therapy. She encourages people to take charge of their own health and make sustainable lifestyle changes in their diet and home environment. She educates on optimal holistic wellness through individual appointments and with lectures at local health stores, gyms, and corporate businesses.



Ken Ceder

Scienceoflight.org

Ken Ceder is the Executive Director of Science of Light (SOL), a 501(c)3 non-profit organization focused on biologically beneficial light for enhanced vitality and wellness.

SOL is dedicated to the memory of pioneering photobiologist, Dr. John Ott — the father of full-spectrum light technology.

SOL works to raise awareness of Mal-illumination, a condition that Dr. Ott likened to malnutrition and to initiate a new full-spectrum light paradigm in nutrition — Photo-Nutrition.

This non-profit offers a free e-Book for more information - <http://www.scienceoflight.org/index/ebook>



Elizabeth Dodson

Homezada.com

Elizabeth Dodson is the co-founder of HomeZada, a cloud-based home improvement and organizational software tool. HomeZada strives to educate and provide resources for homeowners in all areas of home management, including home inventory, home maintenance and home improvement projects.



Eileen Durfee

Gohealthynext.com

Eileen Durfee is a Practitioner of Nutritional Balancing Science, business owner, and inventor who founded www.GoHealthyNext.com during her journey to recover from her own allergies and environmental chemical sensitivities. She was previously a residential real estate developer, home builder and realtor with over 30 years' experience. She understands toxic home environments and has created healthy solutions to optimize her own health and protect her clients and family members.



Beth Greer

Supernaturalmom.com

Beth Greer, aka Super Natural Mom®, is the best-selling author of *Super Natural Home*, former President of The Learning Annex, healthy home expert, and Huffington Post columnist who eliminated a tumor in her chest without drugs or surgery. She offers personalized in-home detox audits and trainings.

Beth hosts her own radio show called *Kids in Crisis* and coaches parents on non-drug alternatives to treating children and adolescents with Autism, ADHD, anxiety and addiction. Follow Beth on Twitter @supernaturalmom and visit BethGreer.com



Kimberly Hartke

Hartkeisonline.com

Kimberly Hartke is a public relations professional with an interest in healthy living. She and her husband Keith live in Reston, VA. The couple lost 50 lbs between them through lifestyle changes like nutrition and exercise. She blogs about health and homemaking at hartkeisonline.com.

Follow Kimberly on Twitter @kimberlyhartke and like her company in Facebook @hartkepr



Jotham Hatch

Chemdry.com

Jotham Hatch is the National Training Director for Chem-Dry, the world's leading carpet and upholstery cleaning service.

He trains franchise owners on how to use Chem-Dry's green-certified solution and proprietary Hot Carbonating Extraction cleaning process, which delivers a deeper, longer lasting clean, faster drying carpets and a healthier home. Jotham first joined the company in 2003 as an Instructional Designer and has spent more than a decade focusing on training solutions through a variety of mediums including hands-on, face-to-face, online and 82 text-based methods. A resident of Utah, Jotham graduated from Utah State University and has additional experience as a small business owner and an account manager.



Julie Kaminski, MA

Juliekaminski.com

Julie Kaminski has been coach, professional counselor, personal trainer and group fitness instructor for over twenty-five years. She has performed group counseling, dynamic group instruction, creative solutions and project management in private practice as well as for major corporations and health centers. Over the years, several popular workshops revolved around areas of the home that affect health and happiness. The unique combination of counseling, training and passion for interior design merged into her book *The Flourishing Home*.



Juanita Allen Kingsley

Centuryhealth.org

Juanita Allen Kingsley is Director of Business Development for Century Health Systems, parent company of Natick Visiting Nurse Association and Distinguished Care Options.

A health educator, she trains more than 2,000 people in the MetroWest region annually through her First Aid, Wilderness First Aid, CPR and AED classes in addition to the variety of health and safety programs she teaches.



Seth Leitman

Greenlivingguy.com

Seth Leitman, a Best Selling Author, Editor and expert on Green-Eco Friendly lifestyles, is an industry leader, referred to as “The Green Living Guy.” With his outgoing personality, many individuals as well as the media refer to him when they have questions they would normally be too afraid to ask about “Going Green.” In addition to authoring and/or editing a series of nine books with McGraw-Hill Professional entitled the *Green Guru Guide*, he hosts a radio talk show on Blog Talk Radio and a featured expert on WPIX 11 in New York City.



Audrey Loder

Wilkinsonsapplyco.com

Audrey Loder is the Director of Showrooms for Wilkinson Supply Company, a luxury kitchen and bath showroom company based out of Raleigh, NC. Audrey has been working in the luxury kitchen and bath business for over 10 years. Meanwhile her family’s company has been in business for over 50 years. She has a wealth of knowledge spanning the plumbing, fixtures, lighting, tile, counter-top, kitchen and bath, and appliance industries.

She also serves as a board member for Forte buying group, giving her additional insight and expertise in her field and industry.



Reynard Loki

Alternet.org

Reynard Loki is the environment and food editor at AlterNet. He is also a co-founder of *MomenTech*, an experimental production studio based in New York, and a contributing author to *Biomes and Ecosystems: An Encyclopedia* (Salem Press, 2013).



Megan McWilliams

Thegreendivas.com

Green Diva Meg (aka Megan McWilliams) is the founder of *The Green Divas* and *GDGD Radio Network* (the first green and healthy living radio network on earth for the earth). She's the producer and host of the popular *Green Divas Radio Show*, one of the first radio shows dedicated to sharing low-stress ways to live a deeper shade of green. Green Diva Meg is a well-known green living expert and media personality.



Morgan Mellas

Morganmellas.com

Morgan Mellas is a Functional Medicine, Lyme Literate Physician. Over the last 10 years, she has guided adults and children toward healing the root problem of their ailment leading to regaining and maintaining optimal health. Morgan believes symptoms and diseases are the body's way of communicating something needs attention. She utilizes the Metaphysical Anatomy Process and the Completion Process to address core emotional traumas. Morgan has helped her clients with her approach incorporating

natural remedies from the earth, biohacking, quantum physics and remediating poor mitochondrial function.



Michelle Polk

Polkpuncture.com

Michelle Polk is an acupuncturist and herbalist located in Chicago, IL. She runs a busy practice focused on women's health, chronic stress and digestive disorders. As someone who regularly ate Twinkies for breakfast, health wasn't always a priority for Michelle. However, when illness came knocking at her door, she decided to take health straight on and dedicated herself to health and wellness. She's passionate about gardening, growing food and educating others on the importance of empowering themselves and their bodies.



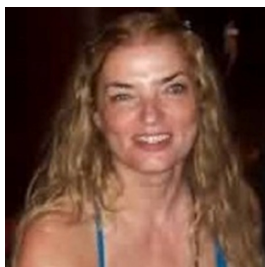
Matt Riemann

Ph360.me

Matt Riemann is a social entrepreneur in the fields of personalized health and future medicine. A heart-centered visionary, Matt is focused on changing the health trajectory of the human race.

He orchestrates a global collaborative vision to revolutionize the concept of health as we know it and facilitate personalized, predictive and preventative health change around the world.

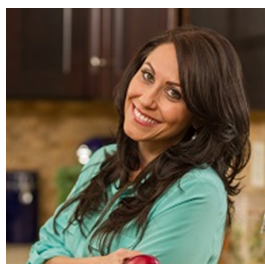
Matt has founded several businesses in health and medicine over the past 10 years, most recently launching ph360.me, the world's first smart health app based on personalized epigenetics and gene expression.



Janice Rosenthal

Gardenofessences.com

Janice Rosenthal is a certified Massage Therapist and Lecturer in holistic living. Therapeutic Massage and Anatomy, Applied Advanced Aromatherapy and Face and Body Care are only a few among her list of expertise.



Carolyn Scott-Hamilton

Healthyvoyager.com

The Healthy Voyager, aka Carolyn Scott-Hamilton, is the creator and host of *The Healthy Voyager* web series, site, and overall brand. An award-winning healthy, special diet and green living and travel expert, holistic nutritionist, plant based vegan chef, best-selling cookbook author, media spokesperson, sought after speaker, consultant and television personality, Carolyn is a respected figure in the world of healthy lifestyle and travel as well as special diet cooking and nutrition. The Healthy Voyager aims to help people live well, one veggie at a time!



Rachelle Strauss

Littlegreenblog.com

Rachelle Strauss is author of *Self-sufficiency: Household Cleaning* which teaches you how to clean your home in a green and eco way. She blogs at *littlegreenblog.com* about environmental issues and is founder of *Zerowasteweek.com*, a campaign where you can join millions across the world reducing landfill waste.



Michael Tamez

Michaeltamez.com

Michael Tamez experienced a 15 year health and life transformation. On his adventure, Michael lost 105 pounds, lowered his blood pressure, and reversed sleep apnea and advanced gum disease. This was all accomplished naturally, without drugs or surgery. Michael's journey was intensified when he lost 5 family members in the course of 18 months. All of these experiences combined led Michael to discover his true passion in life. Michael's mission is to inspire a permanent shift in the way people eat, think, feel, live and love. He is dedicated to guiding, empowering, and sharing the knowledge and wisdom he has acquired over the course of his lifetime. Drawing from this incredible transformation, Michael published his award winning book, *Transformative Nutrition*.



Dr. Matt Tanneberg

Arcadiachiro.com

Dr. Matt Tanneberg is a sports Chiropractor and Certified Strength and Conditioning Specialist (CSCS) in Phoenix, AZ. He works with elite athletes and players from the NFL, MLB, NHL, USA Track and Field, NCAA and high school. He enjoys working on site at sporting events in the Phoenix area, helping athletes get out of pain and perform at their highest level.

Dr. Matt was named one of the Top 10 Chiropractors in Arizona for 2016. He is certified in the Functional Movement Screen (FMS) and Selective Functional Movement Assessment (SFMA) which are used by many of the major sports leagues as pre-training screens. He has been featured in various websites

and magazines including: *Men's Fitness*, *Men's Journal*, *Women's Health*, *Beach Body*, *Stack*, *USA Football*, *Yahoo News*, *CBS Sports*, *Men's Health*, *Runner's World* and *Livestrong*.



Nedalee Thomas

Chansonalkalinewater.com

Nedalee Thomas, CEO of www.ChansonWater.com, is the exclusive US importer for Chanson Water USA and seven foreign markets. Nedalee is an author, educator, and researcher, with a passion for healthy living and an expert on ionized alkaline and acidic waters.



Amy Trager

Amytrager.com

Amy Trager is a Certified Professional Organizer® based in Chicago. Since 2006, she has been guiding individuals through the stress of their stuff. Amy is a member of the National Association of Professional Organizers (NAPO) and served for eight years on the Board of Directors of their Chicago chapter. She is also the former Chair of the NAPO Higher Education Taskforce.



Mark D. Tyrol

Batticdoor.com

Mark D. Tyrol is a Professional Engineer specializing in cause and origin of construction defects. He developed several residential energy conservation products including an attic stair cover and

an attic access door. Battic Door Energy Conservation is the US distributor of the fireplace plug.



Margot White

Thechoosychick.com

Margot White, Health Educator and founder of www.thechoosychick.com has a BS in Community Health Education and MS in Education. She is the mother of four boys and taught in the public school system for 17 years. She believes in raising her children to make healthy, informed choices.

The Choosy Chick is an online boutique dedicated to researching and selecting the finest, non-toxic personal care products families deserve. They are at the forefront of the healthy living movement to eliminate harmful and toxic chemicals from personal care products.



Marcia G. Yerman

Mgyerman.com

Marcia G. Yerman, based in New York City, writes profiles, interviews, essays, and articles focusing on the environment, women's issues, culture and the arts. Her work has been published by the *New York Times*, *AlterNet*, *Moms Clean Air Force*, *The Raw Story*, *Women News Network*, *Ravishly* and *The Women's Media Center*. She has permanent verticals at the *Huffington Post*, *OpEdNews*, and *Medium*. Her articles are archived at mgyerman.com. Find her on Twitter at @mgyerman.



Zencube

Thezencube.com

Zencube is the coolest and healthiest way to add negative ions to your life. This stylish box full of improved sleep, brighter mood and fresher air is an update on the Himalayan salt lamp. Stylish, innovative and life-enhancing, Zencube's natural salt is heated by an energy-efficient LED bulb. It produces negative ions that balance the bombardment of positive ions that we are exposed to every day.

About the Author

FilterBuy.com (formally known as airfilterbuy.com) is a family owned and operated business headquartered in the Southeast of the United States. They have been in the supply business since 1958 and are dedicated to providing customers with high quality, domestically manufactured filter replacements for air conditioners, furnaces, humidifiers, and air purifiers.

Our goal is to provide one-stop filter shopping, providing an easy platform for you to shop for well-priced filters in any size you need in the comfort of your home. For your convenience, you can arrange to have new replacement filters arrive at your home at the interval you want. Now you can breathe easy knowing your filters are not out-of-date and that the replacement is set to arrive when you need it.

With over 600 filter sizes for more than 40 of the top air filter brands (and growing), FilterBuy is the best source source for low-cost replacements for almost any air filtration device.

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