



NON-TOXIC HOME

What is on your body and what you breathe is just as important as what you put in your mouth. All-purpose cleaning wipes and sprays will usually contain antimicrobial agents designed to kill viruses and bacteria. Ingredients have been linked to asthma, respiratory infection, allergies, and cancers.

Quaternary ammonium compounds - disinfectant (Asthma/ Respiratory)

Sodium hypochlorite- disinfectant (Asthma and Respiratory)

Ethylene oxide- surfactant (Cancer)

1,4-dioxane- surfactant (Cancer)

Isothiazolinone - preservative (Skin Allergies)

YOUR NEW ESSENTIAL ROUTINE

Look for products that are certified by Green Seal or EcoLogo. If you come across one that isn't certified but seems innocuous enough, double check by consulting EWG's Guide to Healthy Cleaning database.

A CLEAN HOUSE AND TOXIC FREE YOU

Tea Tree: Traditionally used as a medicine for cuts and wounds, tea tree oil can be combined with water to form a spray that attacks airborne bacteria and mold.

Clove Bud: A potent antioxidant, clove also inhibits the growth of molds, yeasts, and bacteria when combined with water.

Oregano: Place a drop or two on a sponge for a powerful kitchen surface cleaner.

Lemon: 5-10 drops with distilled water in a spray bottle

Lemongrass: 5-10 drops mixed with $\frac{1}{4}$ cup baking soda, $\frac{1}{4}$ cup cornstarch and $\frac{1}{2}$ cup coconut oil for deodorant.

Lavender: 5-10 drops $\frac{1}{2}$ cup coconut oil for a body lotion

White Vinegar: Use as a cleaner for countertops, stoves, floors.

Baking Soda: Use to clean toilets and showers.

Mix ½ cup with a high quality peppermint essential oil 10 drop (Doterra or Young Living) and ¼ cup coconut oil. Keep in a jar and use as toothpaste.

RESOURCES

Toxic Free Makeup: W3ll People

<http://w3llpeople.com/>

Cleaning Products

<https://www.seventhgeneration.com/>

<http://methodhome.com/>

<http://www.mrsmeyers.com/product/hand-care/>

Body Care

<https://www.drbronner.com/>

<https://www.desertessence.com/hair-care>

Toothpaste

<http://www.blissfulmiss.com/content/natural-fluoride-free-toothpaste-ewg-rated-reviews>

Article Resource

<https://www.mindbodygreen.com/0-29356/your-cheat-sheet-for-using-nontoxic-cleaners-on-everything.html>