

Healthy Home

Environment Make-Over



Creating a home that is clean, safe, and free of toxins and dangerous chemicals sounds like an overwhelming task. However, with just a handful of small changes, you can create a home that is free from the environmental dangers that are responsible for health problems, allergies, and illnesses.

Plan for Success:

- ✓ **Reduce** your exposure to toxins and pollutants in your daily environment.
- ✓ **Remove** highly processed chemical filled foods and pollutants with clean options.
- ✓ **Replace** with whole fresh foods, plants in the home, glass over plastic containers and opt for organic, NON- GMO and natural products whenever you can as safe chemical free options.

Eating Clean

Most of the toxins and chemicals we are exposed to come from the food we eat, but with these simple actions, you can make a huge difference in your exposure to toxicity!

- **Clean Out Your Pantry!** Give the foods to a local food bank and start over with fresh, whole options.
- **Shop whole, fresh, organic foods** - meats and dairy free of hormones and antibiotics, produce that is seasonal and locally grown.
- **Select foods with fewer, simpler ingredients.**
- **Avoid packaged and "heat & eat" meals**, such as canned soups and frozen entrees.
- **Shop the bulk section** for nuts, seeds, and grains.
- **Ditch the plastics containers and water bottles** you use to store food and water in and opt for glass or aluminum for safer, non chemical options.
- **Check out the Dirty Dozen and Clean 15** to help you navigate the most toxic foods that can put your health at risk. <https://www.ewg.org/>



EWG's 2017 Dirty 12™

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. PEACHES
6. PEARS
7. CHERRIES
8. GRAPES
9. CELERY
10. TOMATOES
11. SWEET BELL PEPPERS
12. POTATOES

EWG's 2017 Clean 15™

1. SWEET CORN
2. AVOCADOS
3. PINEAPPLES
4. CABBAGE
5. ONIONS
6. SWEET PEAS
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANT
11. HONEYDEW
12. KIWI
13. CANTALOUPE
14. CAULIFLOWER
15. GRAPEFRUIT

Most importantly, when you see these ingredients on a label, get rid of it!

MSG (monosodium glutamate) or any ingredient with "glutamate"	HVP (hydrolyzed vegetable protein) or anything hydrolyzed"	Artificial colors FD&C Red 3, FD&C Blue 1, FD&C Yellow 6	High Fructose Corn Syrup or Corn Syrup Solids
Artificial Sweeteners: Saccharin, Neotame, Aspartame, Sucralose	Artificial Sweeteners: Acesulfame K or Acesulfame Potassium	BHA & BHT butylated hydroxyanisole/ butylated hydroxytoluene	Sodium Benzoate
Sorbic Acid	Nitrate, Nitrite	Sulfates or sulfites	Yeast extract

Keeping an Environmentally Clean Home

Just a few actions around your home can make a huge difference in the amount of toxicity and chemical presence. Here are some simple steps to ensure a safe, clean home:

- **Bring in green plants** to cleanse the air (spider plants, Boston ferns, peace lilies, and ficus are great options! www.healthline.com/health/air-purifying-plants#Easyplants5)
- **Ditch the chemical cleaners** and keep your house sanitized and spotless with vinegar, lemon juice, and baking soda.
- **Invest in a good water filter** for clean, pure water, consider alkaline to lower inflammation in the body.
- **Change your air filters frequently** for improved air quality.
- **Vacuum rugs and carpets daily** and avoid using chemical cleaning products

By reducing, removing and replacing your exposure to toxins, chemicals and pollutants with natural alternatives you will enhance your energy and health.



Knowledge is power, keep your environment clean for optimized health and wellbeing.