

# Pure Home and Body's Healthy Home & Body Checklist

**Simple steps:** remove shoes at door, minimize consumption of all packaged goods, read labels, eat organic and local when you can, drink pure water, avoid and replace plastics, recycle, stop using synthetic fragrance in home and personal care items, buy organic or second hand clothing and home furnishings

## Bath

- Eliminate health & beauty products with “fragrance” in the ingredients, this is just a combination of unknown chemicals that may disrupt hormones and the endocrine system
- Replace over the counter drugs with essential oil combinations to treat day to day non-emergencies like headaches, nausea, aches & pains, coughs & colds, bumps and scrapes
- Replace liquid soaps Avoid anti-bacterial soaps that contribute to anti-biotic resistant bacteria. Avoid Triclosan found in many foam soaps at bath & beauty shops. Triclosan is a registered pesticide with the EPA and found in soaps, lotions and even dish soap – Even clothing and toys: products labeled as “odor controlling” or anti-bacterial finish most likely have it. Triclosan has been linked to decrease in thyroid activity. Read your product labels! Make your own foaming hand soap with simple, pure Castile soap
- Use bar soaps that last longer and lessen impact of plastic soap bottles from liquids. Handmade artisan bar soaps support local business. The best defense against bacteria is simple hand washing, with vigorous scrubbing and thorough rinsing.
- Replace your vinyl shower curtain with a cloth one. Make sure it can dry out between showers and throw it in the washer every month
- Don't use of baby wipes. Even natural wipes contain chemicals that may disrupt baby's gentle system. Use warm wet washcloths instead for chemical free cleaning. Add a drop of food grade lavender for healing and freshness
- Check out the safety of your existing health & beauty products at [www.ewg.org](http://www.ewg.org) Avoid parabens, phthalates and methylchloroisothiazolinone.
- Run your bath fan during and after showers to eliminate moisture and decrease the potential for mold growth.
- Skip the harsh bathroom cleaners for tub, tile, toilet and glass. All you need is oxygen bleach or essential oils to disinfect without harsh bleach, baking soda or a natural cleanser like BonAmi to scour surfaces.
- Skip anti-perspirants that block your body's natural process to eliminate toxins through sweating. Instead use an aluminum free deodorant

- ❑ Trade out aerosol products like hairspray to a pump spray that won't irritate the lungs
- ❑ Use a natural toothpaste that doesn't contain toxic chemical, or just use baking soda
- ❑ Avoid fragranced toilet paper that can irritate delicate skin
- ❑ Cut down on the use of nail polish or replace with a non-toxic version like Priti
- ❑ Choose a safe sunscreen free of benzene and parabens. Check EWG's guide for safest sunscreens.
- ❑ Use chlorine-free feminine care products ( Natracare and Seventh Generation)

## Household

- ❑ Eliminate bleach and products with bleach in it. Replace disinfectants with essential oil or oxygen bleach based products that kill germs (Natural Choices company)
- ❑ Stop using plug in type air fresheners and aerosol sprays that can trigger asthma with an essential oil diffuser and hydrosol sprays ( glass spray bottle filled with essential oils and water)
- ❑ Replace scented candles with unscented beeswax or soy candles
- ❑ Skip traditional shoe polishes made with petroleum ingredients naphtha and turpentine. Use a drop of olive oil and a flannel cloth instead
- ❑ Avoid products without full ingredient disclosure. As a consumer you have a right to know. If a company does not disclose all ingredients, don't buy it. There are plenty of options from company's listing full disclosure
- ❑ Use baking soda to freshen carpets. Simply sprinkle on 15-30 minutes before vacuuming.
- ❑ Use vinegar in place of fabric softener
- ❑ Change your furnace air filter regularly to keep air clean and free of dust, dander and pollen
- ❑ Simplify and minimize. Reduce, reuse and recycle. Use a stainless steel or glass bottle for water instead of buying plastic bottles. Try some cloth diapers instead of always using disposable, and donate unneeded and unused items to charity.
- ❑ Use reusable fabric bags for shopping instead of plastic and wash them regularly
- ❑ Properly dispose of household and gardening chemicals at your local landfill
- ❑ Use low-VOC paints & building supplies (Martha Stewart paints at Home Depot are low VOC)
- ❑ Avoid the use of furniture and household décor made with particle board, MDF and glued pressed board that release chemicals into the air (VOC's, volatile organic compounds)
- ❑ Test your home for radon

## Kitchen

- ❑ Drink high quality water. Have your water tested regularly, Invest in a water purifier.
- ❑ Replace lost minerals in your purified water with a sprinkling of Celtic Sea Salt
- ❑ Replace sugar or chemical-filled beverages with purified or sparkling water flavored with food grade essential oils like Young Living Lemon, Tangerine or orange
- ❑ Season foods with fresh herbs, eliminate processed foods and any products with corn syrup, MSG, artificial dyes and flavorings
- ❑ Eat locally grown produce in season, freeze or can for use out of season
- ❑ Eat organic produce when available and affordable for your budget. Eat organic the foods that your family and children eat most and foods with a thin skin like grapes, berries, celery, peaches, potatoes and spinach.
- ❑ Wash all your produce in a bowl of water with a drop or two of lemon essential oil which will remove chemicals and bacteria and prolong shelf life
- ❑ Eliminate plastics in your kitchen. Never microwave with plastic, in fact try to lessen the amount of foods you microwave – the long term affects are still unclear. Store your foods in glass, if you must use plastic make sure it is BPA-free.
- ❑ Replace Teflon cookware with cast iron, stainless steel or glass. The Teflon emits toxic chemicals when heated too high
- ❑ Purchasing a new dishwasher? Choose one with a stainless steel interior instead of plastic
- ❑ Use fabric or recycled material lunchboxes instead of plastic or PVC
- ❑ Skip oven cleaners, some of the most toxic products.

## Bedroom

- ❑ Sleep on an organic mattress or cover your conventional mattress with a mattress cover. Get the best zzz's from a chemical free environment
- ❑ Limit furnishings and create a soothing atmosphere to help ease you into a sweet sleep. Choose natural fabrics like cotton and wool to lessen VOC's in the air
- ❑ Run a diffuser with Therapeutic Grade essential oils like frankincense, lavender, or Sandalwood to promote relaxation and deep sleep
- ❑ Skip the mothballs for clothing storage. Instead use natural cedar to line drawers and closets
- ❑ Remove the TV or other electronics from the bedroom. Turn off the Wi-Fi at bedtime.

## Garden & Outdoors

- ❑ Manage garden pests naturally with predators like ladybugs and praying mantis'. Purchase from a garden supply catalog or [www.insectlore.com](http://www.insectlore.com)
- ❑ Marigolds and citronella plants will naturally deter insects

- ❑ **Avoid toxic insect repellants**; wear long sleeves and pants instead. Use essential oil based products that repel pests naturally. Look for ingredients like Citronella, Lemongrass, Neem and peppermint oils.
- ❑ **Do you use insecticides and pesticides?** Try non-toxic alternatives first, harsh chemicals are tough on the environment, people and pets – especially children and small animals. Organic gardening is beneficial for everyone. Essential oils like Peppermint and Lemongrass are natural pest deterrents.
- ❑ **Use natural corn gluten to deter weeds** on lawns and garden  
([www.gardensalive.com](http://www.gardensalive.com))

## Lifestyle

- ❑ **Manage stress** in healthy ways, prayer – meditation – exercise
- ❑ **Eat a diet rich in fruits and vegetables**, limit alcohol, sugar and bad fats
- ❑ **Buy organic or second hand clothing** that is less likely to have insecticides(from imported goods) and fabric finishes
- ❑ **Skip traditional dry cleaners** that use percloretholenes (perc) that is bad for people and the earth. Find a Green Cleaner or launder yourself by hand
- ❑ **Eat meats that are organic**, grass fed or free range
- ❑ **Bring your own coffee cup** to the shop instead of using a disposable
- ❑ **Skip receipts** when you can, many are covered with a powdered form of BPA
- ❑ **Enjoy your family and children**
- ❑ **Choose to look for the best** in everyone and every situation
- ❑ **Set reasonable goals** for wellness and make the best choices you can!

## Vacation and Travel

- ❑ **Carry your own tiny bottle of castile soap** and avoid using chemical hand cleaners in public places ([www.drbronnens.com](http://www.drbronnens.com))
- ❑ **Bring your own water bottle**
- ❑ **Pack a natural first aid kit** to deal with a variety of issues without a lot of packaging: essential oils- lavender (cuts, scrapes, burns, insomnia), peppermint (digestive upset, sore muscles and injuries, headache & energy), Ocillococonum (flu), arnica oil (aches and pains)
- ❑ **Keep cotton bandanas** at hand instead of using paper napkins
- ❑ **Pack natural hand sanitizer** made with essential oils like lavender, clove or thyme.
- ❑ **Stock up on healthy snacks** like nuts and dried fruits so you'll be less likely to buy packaged foods with preservatives or additives.