



# How toxic is your Home?

Use this guide to identify and ditch the toxins in your home

We are the gate keepers of our homes so we need to be informed and start reading labels on everything!

"Did you know 90% of cancer is not only lifestyle related, but environmental! And it turns out the home is the most toxic place where we spend the most time!"

## Top 7 Chemicals that are probably lurking in your home right now:

1. **FRAGRANCE (parfum):** known in the cosmetic chemical industry as the "fragrance loophole", which may contain any combination of 3,000-plus stock chemical ingredients. Fragrance formulas are protected under federal law's classification of trade secrets and therefore can remain undisclosed. Synthetic fragrances, even in low doses, are found to be carcinogens (cancer-causers), respiratory and endocrine disruptors, reproductive toxicants, and can encourage depression, tumors, muscular aches and pains, vertigo, headaches, ADD and emotional/behavioral problems. Found in cosmetics, scented candles, perfumes, personal and homecare products.
2. **TRICLOSAN:** is a synthetic antibacterial ingredient used in mouthwash, antibacterial soaps, and toothpaste. It has been believed to disrupt thyroid function, hormone levels, and is classified as a pesticide and carcinogen by the EPA (environmental protection agency). When mixed into wastewater, it can cause sex changes in aquatic life. Synthetic antibacterial chemicals like Triclosan are promoting the growth of bacteria resistant to antibacterial treatment.
3. **SODIUM LAURYL SULFATE (SLS) SLS and SLES** are surfactants (which act as wetting or foaming agents) that can cause skin irritation or trigger allergies. Banned in Europe and Canada: commercially used as an engine degreaser. Found in all personal care products (namely shampoo, body wash, and bubble bath)
4. **PARABENS:** (methyl-, isobutyl-, propyl- and others) : a class of preservatives commonly used as preservatives to prevent the growth of bacteria and mold. Paraben build-up in the body has been shown to cause cancer and disrupt fertility and proper hormone function. They have been banned in several African, Asian, and European countries. Found in: shampoo, face cleanser, body wash, body lotion, foundation, toothpaste.
5. **ALUMINUM:** a metallic substance composed of finely ground particles of aluminum; used as a foam boosting surfactant and colorant. Known for clogging pores, skin irritation and is a hazardous neurotoxin linked to Alzheimer's disease. Found in deodorants, vaccinations, etc.
6. **FORMALDEHYDE:** used as a preservative in cosmetics (and mortuaries...). It is a known carcinogen that is also linked to asthma, neurotoxicity, and developmental toxicity. Found in: shampoo, body wash, bubble bath.
7. **PHthalATES:** a class of plasticizing chemicals used to make products more pliable or to make fragrances stick to skin. Phthalates disrupt the endocrine system and may cause birth defects. Found in: synthetic fragrance, nail polish, hairspray, and plastic materials.

# How toxic is your Home?

## Laundry

**Are you using dryer sheets?** - Dryer sheets may contain some of the highest levels of phthalates of any product in your home-chemicals you and your family don't need to breathe or wear! Plus, after just one use they get thrown away to wind up in a landfill.

A better alternative is dryer balls. Dryer balls reduce static and can cut drying time by up to 25% by getting in between items in the dryer and helping separate them as they tumble. This promotes better air circulation within the dryer, which helps moisture evaporate more quickly. Plus you can add essential oils to them to fragrance your laundry naturally!

## Bathroom

**Do you use liquid hand soap?**

Check for ingredients like sodium lauryl sulfate, sodium laureth sulfate, and triclosan, which the AMA recommends not using.

**What's in your personal care products?**

Check the ingredient listings on your personal care products for these big no-nos: parabens, phthalates, sulfates, triclosan, synthetic fragrances, and synthetic dyes. Babies, children, and teens are especially sensitive to these ingredients. Switch to non-toxic formulas, especially for those products you use every day, like toothpaste, shower gel, shaving cream, and moisturizer.

**What's in your makeup?**

According to the Environmental Working Group, the average woman uses 12 products containing 168 unique ingredients every single day. Most contain endocrine disruptors, which can affect hormonal balance and fertility. Some contain ingredients with clear links to cancer.

There are over 1,300 chemicals banned for use in cosmetics in the European Union due to questions over their safety. In comparison, the U.S. has only banned 11. We need to be educated on what we are putting on us everyday!

## Air Fresheners

**Still using plug-ins and candles?** You need to stop! In a recent study [Copenhagen University] was shown that burning a candle is the same as smoking a cigarette. If candles are a must, switch to soy candles that doesn't use chemicals for their fragrance or better yet just diffuse good quality essential oils to make your home smell great, plus get some health benefits at the same time.

## Kitchen

**Dish Soap** - Is your dish soap that fun blue color? Turn it over and look at those ingredients, I bet you have no clue what half of them are and that many leading brands contain Formaldehyde. That one ingredient is causing concerns for cancer, general systemic/organ effects, respiratory effects, skin irritation/allergies/damage, acute aquatic toxicity.

**Cleaning products** - Do you use that blue window cleaner? Check the back of that bottle, I bet it has the word fragrance in which companies can hide over 80,000 chemical behind that word. Same with your other cleaning products.

Use the checklist on the next page to rate your current items and show how toxic your household is.





## TAKE ACTION

Download the Free app called [Think Dirty](#) and scan your household items to see how bad they are. The app rates products from 0-10, 10 being products that are very toxic. I bet you will be surprised to see how toxic some of your products are. It's time to start switching these out!

Rate more items: Head to [ewg.org](http://ewg.org) to see their other guides.

### Laundry room

Item	Rating
Laundry Soap	
Dryer Sheets	

### Bathroom

Item	Rating
Hand Soap	
Shampoo	
Conditioner	
Toothpaste	
Shower Gel	
Shaving Cream	
Moisturizer	
Bathroom Cleaner	

### Kitchen

Item	Rating
Dish Soap	
Glass Cleaner	
Counter Cleaner	
Dishwasher soap	

### Makeup

Item	Rating
Foundation	
Eye cream	
Eyeshadow	
Mascara	

### Misc

Item	Rating
Air Freshener	

# How Did You Do?

Tally up how many products are rated above 3?

**0-5**

Go Girl!  
You are already on track!

**6-10**

Not Bad but we can do better. Trying switching out at least 2 products this week.

**10+**

Uh oh! You better start looking for better non-toxic products



**I want to see!!** Post your results on social media and use the hashtag #ditchthetoxins. Tell me how many products you are going to switch out and be sure to let your friends know that they need to be checking their cabinets too!

For a great all in one non-toxic switch out and try my favorite, Thieves Household Cleaner. It comes highly concentrated and has so many uses!



**All-purpose Thieves Cleaner:**

1 cap full Thieves Cleaner to 1 quart distilled water in spray bottle

**Heavy Degreasing:**

1 capful Thieves Cleaner to 1 cup distilled water

**Window and Glass Cleaner:**

1/4 tsp Thieves to a quart of distilled water in spray bottle

**Hand Cleaner:**

1 capful Thieves Cleaner to 1/2 cup distilled water

**Fruit and Vegetable Spray:**

1 capful Thieves Cleaner to 3 cups distilled water

**Dishwasher:**

1 capful Thieves Cleaner

**Pots and Pans:**

1 capful Thieves Cleaner to 3 cups distilled water

**Floors:**

1 capful Thieves Cleaner to 6 cups distilled water

**Walls:**

1 capful Thieves Cleaner to 2 cups distilled water

**Fabrics:**

1 capful Thieves Cleaner to 2 cups distilled water

**Laundry:**

1 to 2 capfuls Thieves Cleaner, depending on size of washer

**Carpet:**

1 capful Thieves Cleaner to 6+ cups distilled water

[Find out more and purchase here.](#)

# Ready for the Next Step?

Join me for the Ditch the Toxins Road Map!



10 years ago I was diagnosed with an autoimmune disease and the doctors were stumped as to what could help me. This is when I took my own health in my hands and started Ditching the Toxins from my lifestyle.

Changing my lifestyle changed my health and I want to teach you how easy it can be to find a new normal and gain your health back.



Ditch the toxins Road Map is a 4-week course where we go through each area of your home and help you identify what to switch out.

Then we work on switching items out one by one.

## Week 1 - Detoxify Your Diet

Learn how to eat clean and discover how to eat healthy on a budget.

## Week 2 - Clean up your cleaners

During this week we will take a deep look at what is in your cabinets and figure out what you need to change out.

## Week 3 - Personal & Beauty Products

The average US woman uses 12+ personal care products and/or cosmetics a day, containing 168 different chemicals. Lets clean those up!

## Week 4 - Ditch Thought Toxins

Stress is a huge toxin on your body, lets learn how to take better care of yourself and learn methods on how to deal with the world stressors.

## BONUSES:

- ☒ 4 week meal plan
- ☒ Easy recipes to make your own cleaners
- ☒ Easy recipes to make your beauty products
- ☒ Book - Essential Oils for Stress and Anxiety
- ☒ Book - 50 Health & Wellness Uses for Aromatherapy

Usually ~~\$99~~

Reader Special!

**\$47**

**JOIN TODAY**