



How Toxic Is Your Home ?

Research has recently shown that there is often more toxicity and toxic fumes in the home than there is outside. Often the air inside the home is more polluted than the air outside.

What a scary thought ! We all want our homes to be healthy and happy.

Below is a quick survey to give you an idea of what may be causing toxicity in your home, and the ways you may be able to alleviate or eliminate some of these toxic fumes to make your home more healthy and happy.

Do You:

- Use commercial cleaning products
- Buy commercially produced fruit and vegetables
- Have carpets on the floor
- Use aluminium saucepans or cooking utensils
- Have furniture made from laminates, chipboard or mdf
- Do you have polyester fabrics on your furniture
- Have laminate flooring
- Have melamine kitchen benches
- Have normal paint on the walls and ceilings
- Live close to a main road – vehicle fumes
- Have pets
- Use pesticides
- Use basic kitchen appliances such as: microwaves, toasters, blenders, coffee makers etc
- Have a TV, computer, stereo
- Use foam mattresses, foam pillows, foam cushions
- Use commercial personal care and skin care products
- Eat highly processed foods
- Eat fatty meats, or commercially farmed seafood
- Use plastic food containers
- Use styrene cups or styrene packaging
- Wear nylon or synthetic clothing
- Have a garage that is attached to your home

Of course we all have many of the items listed above in our homes. Many of these are a part of our every day living. It would be impossible in our western world to completely eliminate all toxins from our homes. What we can do is considerably reduce the level of toxic contamination in our home environment. This will bring about a more healthy and happy home.

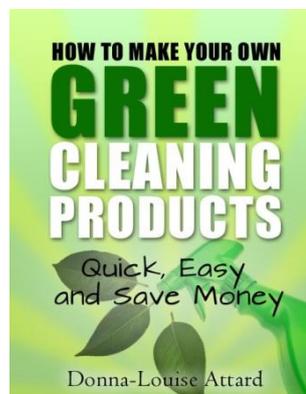
Below are some simple but very effective solutions that you can start using straight away:

1. Take off your shoes at the front door

Walking around outside your shoes pick up pesticides and other chemicals from the dirt and grass. Leaving your shoes outside helps to reduce the amount of toxins walked into the home. It also helps to reduce the amount of dirt and dust in the home.

2. Make your own 'green' cleaning products

Many commercial cleaning products are filled with toxic chemicals which release toxic fumes into the air. Green cleaning products are easy to make, very cost effective and clean the home easily leaving a healthy and calming fragrance in the air. I have written a book "How to Make Your Own Green Cleaning Products – Quick, Easy & Save Money". This cleaning bible can be ordered on my website: www.cleanandgreenguide.com There is a quick-start section where all you need are 2 basic ingredients from the kitchen, and 3 essential oils. With these 5 ingredients you can make all your general cleaning products. The book then goes into more specialised products with the addition of just 3 more basic kitchen ingredients, and 2 more essential oils. The essential oils in the products help to reduce and negate the effect of the toxic fumes in the home. The "How to Make Your Own Green Cleaning Products" is 52 pages of jam-packed information. Go to the website www.cleanandgreenguide.com to order your copy now.



3. Buy your fruit and vegetables locally

Buying your fruit and vegetables from a local market, or a fruit store that sells locally grown produce, is an easy way to ensure the fruit and vegetables are fresh and are more likely to be in season – which means they have been grown to suit the local climate. This reduces the amount of time in cold storage, the need for artificial ripening and also lessens the amount of pesticides and chemicals needed to grow them as they are being grown where nature intended.

A quick way to remove any lingering chemical residue on the fruits or vegetables is to soak them for 1 minute in a solution of apple cider vinegar and water when you first bring them home from the grocers. Use 1 tablespoon apple cider vinegar to 1 litre of

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cold water. Let the fruit and vegetables soak for a minute or so, allow them to dry and then store as usual. The apple cider vinegar helps to 'pull' any lingering chemical residue from the fruit and vegetables.

4. Leave new furniture in the garage for 24-48 hours

When purchasing new furniture that has: foam cushions eg. lounges, kitchen chairs; manufactured timber, synthetic or nylon fabric, plastic inserts etc; allow them to 'gas off' in the garage for 24-48 hours before bringing them inside the home. Much new furniture is made from plastic, nylon, foam and synthetic or laminate timber. It is wise to leave the new items outside for 24-48 hours to reduce the level of possible toxic fumes and gases entering the home. Avoid using commercial stain resistant sprays on furniture as these sprays are often high in chemicals and also give off toxic fumes.

5. Painting the inside or outside of your home

When painting any area of your home look for 'low VOC' or 'low fume' paint varieties. VOC stands for Volatile Organic Compounds. VOC's are a group of chemicals that vaporise easily and bring gas pollutants into the home from a variety of sources. There are over 400 compounds in the VOC family which have been identified in the home.

6. Carpets

If you are thinking of replacing your carpet, consider ceramic floor tiles or sustainable natural wood flooring as alternatives. Over 200 gaseous compounds have been found in carpeting alone. The VOC's (Volatile Organic Compounds) become more prolific during high temperatures and high humidity. Reducing the amount of carpeting in the home will help reduce the level of VOC's. Use natural essential oil air freshener sprays and cleaners to reduce the VOC effect. See www.cleandandgreenguide.com

7. Natural Pet Products

Look for natural alternatives to the usual pet flea collars and powders. There are many natural and safer alternatives now available. Keep pet bedding in the garage or away from the main rooms of the home. Pets tend to bring in pesticides and chemicals from outside into the home on their paws and fur.

8. Open Doors and Windows

When possible have doors and windows open to allow natural air flow through the home. The natural air flow will help to reduce the concentration of VOC's in the home. Use natural essential oils in air fresheners to help reduce the effect of the VOC's. See www.cleanandgreenguide.com for natural air freshener recipes.

9. Natural Personal Care & Skin Care Products

Many commercially produced personal care products, skin care products and cosmetics contain phthalates and parabens, chemicals known to cause irritation and inflammation to the body. Phthalates are considered endocrine disrupting chemicals. They interfere with normal hormone production and metabolism. Parabens are also known as endocrine disrupting chemicals affecting fertility and the immune system. Phthalates are used as 'plasticisers' and give a more fluid consistency to the product. Parabens are used as a

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preservative in some cosmetics and personal care products and are often labelled as methylparaben, ethylparaben, propylparaben, butylparaben and benzylparaben. Begin to become more aware of what ingredients and chemicals are in your personal care and skin care products. There are now a number of natural and chemical-free personal and skin care companies. I am currently writing a new DIY Skin Care and Personal Care Information and Recipe Guide. Please email me on: info@cleanandgreenguide.com if you would like to be notified when this new book is available. It will have lots of skin care recipes that you can make yourself using only natural, healthy ingredients and appropriate essential oils.

10. Avoid Aluminium Deodorants

Many commercial deodorants that you buy from the supermarket contain aluminium in varying strengths. Check the labels of the products you are purchasing. Become aware that you may be buying much more than you realise. Over exposure to aluminium can lead to neural defects, skin and blood disorders. There has also been research into the links between Alzheimers disease and breast cancer to the use of aluminium. There are many natural, chemical-free deodorants now available.

Here is a DIY Deodorant Recipe that is rubbed under the arms:

Ingredients

- 6 tablespoons Coconut Oil
- 4 tablespoons Bi Carb Soda
- 4 tablespoons Cornflour
- 4 drops Sweet Orange Essential
- 2 drops Lemon Essential Oil
- 1 drop Clove Essential Oil

Instructions

Combine the Bi Carb Soda and Cornflour and mix together in a glass bowl.

Add the coconut oil and use a fork to thoroughly blend ingredients together.

Add the essential oils and blend together well.

(You can use other favourite essential oils. Most essential oils are anti bacterial. The Bi Carb Soda is a natural de-odouriser)

Scoop the mixture into a small jar or container and store at room temperature. In warmer weather it may need to be refrigerated as the coconut oil has a low melting point. Once the mixture is set, scoop out a pea-size amount and massage gently into your armpits daily or as needed.

11. Use only stainless steel or glass cooking appliances.

Use only good quality stainless steel or glass cooking appliances. Avoid using aluminium based cookware to avoid over exposure to aluminium (for reasons stated above). Also avoid the use of non-stick pans. Many are made with PFCs (perfluorinated compounds) which are organofluorine compounds that have the ability to make products grease, stain and water resistant. PFCs can be responsible for toxin build up in the body.

12. Reduce the use or eliminate microwave ovens.

There is ongoing research into the dangers or benefits of using microwave ovens. More information is coming to light about the molecular changes and loss of food nutrients caused by microwave cooking. The following is an excerpt from www.health-science.com

Carcinogens in microwaved food

“In Dr. Lita Lee's book, *Health Effects of Microwave Radiation - Microwave Ovens*, and in the March and September 1991 issues of *Earthletter*, she stated that every microwave oven leaks electro-magnetic radiation, harms food, and converts substances cooked in it to dangerous organ-toxic and carcinogenic products. Further research summarized in this article reveal that microwave ovens are far more harmful than previously imagined.

The following is a summary of the Russian investigations published by the Atlantis Raising Educational Center in Portland, Oregon. Carcinogens (cancer causing chemicals) were formed in virtually all foods tested. No test food was subjected to more microwaving than necessary to accomplish the purpose, i.e., cooking, thawing, or heating to insure sanitary ingestion.

Here's a summary of some of the results:

- Microwaving prepared meats sufficiently to insure sanitary ingestion caused formation of d-Nitrosodienthanolamines, a well-known carcinogen.
- Microwaving milk and cereal grains converted some of their amino acids into carcinogens.
- Thawing frozen fruits converted their glucoside and galactoside containing fractions into carcinogenic substances.
- Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens.
- Carcinogenic free radicals were formed in microwaved plants, especially root vegetables.
- Decrease in nutritional value

I hope this report has given you some insight into ways to lower the toxicity within your home. Each little step you make to lessen the effects of chemicals and toxins makes your home more healthy and happy. One of the quickest and easiest ways to begin on this health journey is to begin using natural cleaning products (www.cleanandgreenguide.com) and begin to eat healthy and natural food. A gently body detox program, using organic fruits, vegetables, nuts and seeds is a good start to clearing your body of accumulated poisons and chemicals.

Best wishes
Donna Attard

Resources

Metamatrix.com
Nationalgeographic.com
Health-Science.com