

The Complete Guide to Remove the Toxins from Home for the Busy Mama: Make Your Home a Haven of Health

As a busy mama, you juggle countless responsibilities, pouring your heart and soul into creating a loving home for your family. But did you know that your indoor environment can harbor hidden toxins that jeopardize their health and well-being?



Detox Your Home: A complete guide to remove the toxins from home for the Busy Mama. Make your home safe and healthy with 80+ DIY Recipes, product recs, shopping lists, research and more! by Sara McFall

★★★★☆ 4.7 out of 5

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Introducing "The Complete Guide to Remove the Toxins from Home for the Busy Mama," your essential toolkit for transforming your home into a toxin-free sanctuary. This comprehensive guide empowers you with:

- In-depth understanding of common household toxins and their potential health effects

- Step-by-step strategies for detoxifying every room of your home, from the kitchen to the bathroom
- Expert recommendations on safe and effective non-toxic cleaning solutions
- DIY recipes for creating your own natural cleaning products
- Practical tips for reducing plastic exposure and improving indoor air quality

Why Detoxify Your Home?

Exposure to household toxins can contribute to a wide range of health issues, including respiratory problems, allergies, headaches, skin irritations, and even more serious conditions. By reducing toxin levels in your home, you can:

- Improve your family's health and well-being
- Create a safer environment for your children
- Reduce stress and promote relaxation
- Protect yourself and your loved ones from long-term health risks

Chapter 1: Understanding Household Toxins

In this chapter, you'll discover:

- Types of common household toxins and their sources
- How toxins enter your home and their potential health effects
- Priority toxins to remove first, such as lead, mercury, and phthalates

TOP EIGHT TOXINS IN YOUR HOME



We are all exposed to cleaners whether we like to clean or not. While we have good intentions, many of our cleaners are dangerous and even deadly.

by Kern Wellness

1 BPA

BPA is found in many household plastic items. This chemical mimics estrogen in our bodies. BPA has been linked to health issues such as breast, reproductive issues, weight gain, obesity and heart disease.

92% of Americans have BPA in their bodies!



2 AIR FRESHENERS

You may think it's a smart move covering up those pesky odors with an air freshener. The danger here is many of these air fresheners contain irritants which can impair lung function and bother the eyes, throat and skin.

Some air fresheners have been linked to cancers.



3 BORAX

Found in laundry and dishwashing detergents, borax and boric acid have been linked to reproductive issues. After chronic exposure to these ingredients at high doses, studies have shown decreased sperm count. Animal studies have shown this substance can cross the placenta and impact skeletal development and birth weight.



4 CHLORINE

Also seen as sodium hypochlorite, this chemical is very toxic to aquatic life and can cause severe burns, respiratory issues and eye damage. You can find this in many household cleaners.

If exposed to chlorine gas, a person can develop asthma after a single intense exposure.



5 1,4-DIOXANE

Found in many household liquid laundry detergents, a study commissioned by the Campaign for Safe Cosmetics found dioxane in children's bath products. This chemical has been linked to cancer and skin allergies.



6 PINE OR CITRUS OIL

It may sound safe and smell pretty sweet but when these scented oils mix with the ozone in the air, they can create formaldehyde, a known carcinogen.



7 GLYCOL ETHERS

You can find these listed as 2-butylethanol (EGE) and methoxypropyl (EDGME) on your cleaning products, paint solvents, brake fluid and cosmetics. These ethers can cause blood abnormalities, lower sperm counts and aggravate allergies and asthma in children.

Caused shrunken testicles in rats.



8 PERFLUORINATED CHEMICALS (PFCS)

Commonly used to make non-stick cookware, this chemical has been linked to decreased sperm quality, low birth weight, kidney disorders, thyroid disease and high cholesterol.

Avoid non-stick pans and avoid PFCS sticking to your body.



Information for this guide was from the Environmental Working Group and generated by KernWellness.com

Chapter 2: Detoxing Room by Room

Follow our step-by-step instructions for each room in your home:

- **Kitchen:** Swap out plastic cookware, ditch harsh cleaners, and opt for natural cleaning solutions.

- **Bathroom:** Eliminate synthetic fragrances, use plant-based cleaning products, and purify the air with activated charcoal.
- **Living Room:** Remove flame retardants from furniture, use hypoallergenic fabrics, and improve ventilation.
- **Bedrooms:** Create a toxin-free sleep sanctuary by choosing organic bedding, mattress toppers, and non-toxic paints.
- **Playroom:** Protect your children from toxic toys, use natural cleaning solutions, and ensure adequate ventilation.



BEST NON-TOXIC CLEANING PRODUCTS

Chapter 3: Non-Toxic Cleaning Solutions

Learn how to create your own safe and effective cleaning products:

- **All-Purpose Cleaner:** Vinegar, baking soda, and essential oils
- **Glass Cleaner:** White vinegar, water, and lemon juice
- **Bathroom Cleaner:** Baking soda, hydrogen peroxide, and tea tree oil

- **Laundry Detergent:** Borax, washing soda, and Castile soap
- **Fabric Softener:** White vinegar



Top 38 Homemade Non-Toxic Cleaning Products

Chapter 4: Reducing Plastic Exposure

Minimize plastic's harmful effects with these tips:

- Use glass or stainless steel food storage containers

- Avoid microwaving plastic
- Opt for BPA-free plastic products
- Reduce single-use plastic packaging
- Look for alternative materials to plastic, such as bamboo or stainless steel



Chapter 5: Improving Indoor Air Quality

Enhance your home's air quality through:

- Regular ventilation
- Air purifiers with HEPA filters
- Indoor plants that absorb toxins

- Humidifiers to balance indoor moisture levels
- Avoidance of harsh chemicals and air fresheners



As a busy mama, creating a healthy home for your family is essential. "The Complete Guide to Remove the Toxins from Home for the Busy Mama" empowers you with the knowledge and tools to transform your indoor environment into a toxin-free sanctuary. By reducing exposure to harmful

chemicals, you can create a safe, nurturing, and healthy haven for your loved ones to thrive.

Invest in the health and well-being of your family today. Free Download your copy of "The Complete Guide to Remove the Toxins from Home for the Busy Mama" now and embark on your toxin-free journey.

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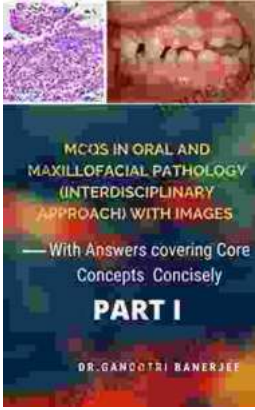
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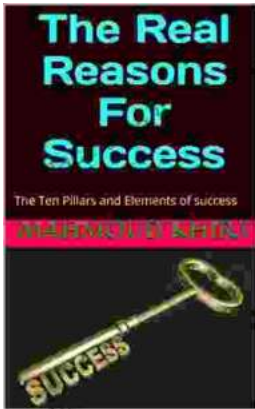
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