



Detox your Home

Beginners Guide



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Introduction

Hello,

Welcome to the beginners guide to detoxing your home. With this starter pack you are taking a huge step in living a cleaner, easier and less stressed life. The environment we are in and the things within it have a profound, genetic changing ability and so when we choose wisely we are making healthier choices for our bodies and ultimately our future health.

I am so excited for you to get started. Please get in contact via social media or my website. I would love to hear from you.

Liesel

Useful links

<https://www.ewg.org/skindeep/>

<https://www.ewg.org/sunscreen/>

<https://www.ewg.org/ewgverified/>

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How to use this guide

- Print the product inventory list
- Room by room, record everything you use
 - creams
 - make up
 - toiletries/hair spray/nail polish
 - candles
 - bath bombs
 - cologne/perfume/after shave
 - air fresheners
 - pillow mist
 - detergent
 - anything you clean with
 - soaps
 - sanitary products
 - baby products
- Now the work starts. Take one product at a time and check it with the chemical list attached. If one of these is featured on the product in your hand bin it!!

The foreign chemical names will soon become easily recognisable the more you go through products.

This can feel overwhelming but start with one product. I started with Mascara cause my eyes always burnt when I got some into my eye so thought that was weird...

- The Final Step : Welcome to the best part - time to go shopping!!! I use the EWG website for all things shopping and checking. I regularly update my Facebook and Instagram page with clean, healthy, hormone friendly products. So give me a follow and if you find anything exciting please tag me in it as I would love to share what you find with the rest of our community.

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Product Inventory

Bedroom

Bathroom

Product Inventory

Kitchen

Utility Room

CLEANING CHECKLIST

PHTHALATES

diputylphthalate (DPB)
dimethylphthalate (DMP)
diet phthalate (DEP)
Ingredient 'Fragrance'
Ingredient 'Flavour'
Ingredient 'Perfume'

FORMALDEHYDE

Formalin
Formic Aldehyde
Methanediol
Methanal
Methyl Aldehyde
Methylene Glycol
Methylene Oxide
Glyoxal
Bronopol
Diazolidinyl Urea
Imidazolidinyl Urea
Quaternium -15
Polyoxymethylene Urea
Sodium Hydroxymethylglycinate

PARABENS

Methylparaben
Ethylparaben
Propylparaben
Butylparaben
Isobutylparaben

OXIBENZONE

Sunscreen
UV Protecting Lotions
SPF anything

PFAS

Non- stick utensils and
cookware

TRICLOSAN

DIETHANOLAMINE (DEA)