

Simple Steps For A Healthy Home

Small changes with big impacts

Do's



Choose organic whole foods when possible.



Look for healthier personal care products for the whole family.



Choose cleaning products that contain plant based ingredients, like essential oils.



Opt for flame-retardant free furniture, clothes and mattresses.



Leave your shoes at the door.

Don'ts



Avoid processed foods.



Avoid personal care products with phthalates, parabens and sulfates.



Don't store or heat up food in plastics.



Avoid using pesticides in and around your home.



Don't buy products labeled antimicrobial or antibacterial.



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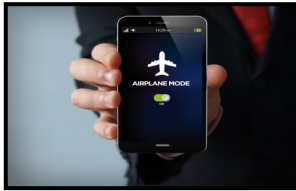
Do's



Use a HEPA vacuum for floors and carpets.



Open a window to ventilate indoor areas.



Be mindful of Wi-Fi and other radiation. Use airplane mode when possible.

Don'ts



Don't jump into home repair without knowledge of safe renovation guidelines.



Don't keep electronics close to your body.



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