# HEALTHY HOME DESIGN



[Click here to join me as I walk room by room and show you what to get rid of NOW!](https://getoiling.com/aimeecarlson/members/vaults/1770)

# The Toxin-Free Lifestyle

Join me as I walk room by room, showing what to get rid of now!

Facebook Community

Join our group where people like you are learning to live a toxin-free lifestyle. We post daily content with suggestions and tips to help us all on our journey as well as featured speakers to do live Q&A’s!

[THE TOXIN-FREE LIFESTYLE](https://www.facebook.com/groups/TheToxinFreeLifestyle)

FREE Toxic-Risk Assessment

I don’t know if you’re like me, but I had no idea so many of the products I was using in my home were actually making me sick! Take my free assessment now and see where potential exposures are for you and your family.

[TAKE THE ASSESSMENT HERE](http://aimeecarlson.com/landing/assessment)

Toxin-Free Home Shopping Guide

Just want the easy button? Me too! Grab this guide for my favorite products that help me keep my home toxin-free!

[FREE GUIDE](http://aimeecarlson.com/landing/removetoxins)



This week I was joined by joined by Jennifer Kaufman! She is an artist and Art of Transformation creator and advisor. She researched for over a year to create a completely toxin free home and stresses the importance of learning to get and read MSDS forms. (Material Safety Data Sheets)

In this episode you'll learn:

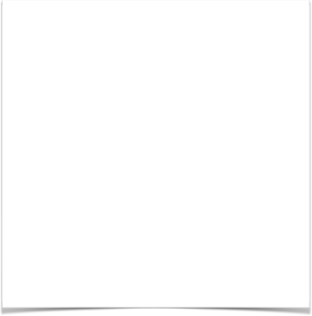
• How she used energy and acupuncture points of nature to create a truly healthy environment in their home!

• How she designed the home to make the most of sound and light within their living spaces!

• How she found sustainable building materials were used and made sure there was zero waste!

• What websites and resources she used!

Listen here: [https://shows.acast.com/the-toxin-terminator/episodes/healthy-home-design-with-jennifer-kaufman](https://shows.acast.com/the-toxin-terminator/episodes/healthy-home-design-with-jennifer-kaufman?fbclid=IwAR1fTYE-Y-UT-Y8M5vaDlwD_oUDl9vFRERg6iecjS-mu2VhkPsPPnKEmhWE)



On Thursday I was joined by Dr. Que Collins!

He is a leading scientist when it comes to developing and applying nutrition and metabolic therapies to treat cancer in people and pets.

## Multi-Use Products

One of the things I love is being able to purchase products that have multiple uses. Like this charcoal bar soap, designed to be used for our face, but check out these other uses I found:

* Overall Body Wash
* Armpit Detox
* Once a week hair purifier
* Great stain stick for the laundry room!

**[Shop Water Filters Here](http://bit.ly/toxinfreewater1)**

In this episode you'll learn:

* What is metabolic health
* What mitochondria really do
* What Deuterium is and how it affects our body
* What the root causes of too much deuterium are

Listen here: [https://shows.acast.com/the-toxin-terminator/episodes/whats-the-real-root-cause-with-dr-que-collins](https://shows.acast.com/the-toxin-terminator/episodes/whats-the-real-root-cause-with-dr-que-collins?fbclid=IwAR0hQF9rXj_nmRYdCG7eFsvYLWJ0babBRkMooEf-AXYwE5Hm6AZs5IMCkyg)