

HOW SAFE IS YOUR *haven?*

TOXIN-FREE HOME CHECKLIST



☐ **Do you use plastic food containers?**

Glass is best for food storage, but if that's not possible choose BPA-free plastic.

☐ **Do you drink bottled water?**

Approximately 1,500 bottles end up in landfills and the ocean every second. To help reduce waste, use a glass or stainless steel water bottle.

☐ **What's under your kitchen sink?**

Conventional household cleaning products (all-purpose cleaner, window cleaner, dishwasher detergent, and dish soap) usually contain toxic chemicals that contribute to indoor air pollution. Ditch them and switch to Young Living's Thieves cleaning products to keep your home and family safe and healthy.

☐ **Do you cook with nonstick cookware?**

Nonstick cookware often contains chemicals such as PFOAs and PTFEs which are used for stick and stain resistance. Unfortunately they come at a price to your health. Choose cast-iron, stainless steel or ceramic pots and pans instead.



☐ **Do you use air freshener?**

Air fresheners contain toxic chemicals like phthalates, which are known to disrupt hormones and contribute to respiratory issues. Don't underestimate the power of an open window, and use a diffuser and Citrus Fresh or Purification to help freshen the air.

☐ **Do you use liquid hand soap?**

Check for ingredients like sodium lauryl sulfate, sodium laureth sulfate, and triclosan, which the AMA recommends not using. Young Living's foaming hand soaps are an easy switch that protect your home and family.

☐ **What's under your bathroom sink?**

If you have a toilet bowl cleaner, mildew remover, or bathroom cleaner chances are good they contain toxic chemicals. Thieves Household Cleaner can be used instead to make cleaning easier, faster and healthier.



☐ **Stale or musty air?**

You spend an average of 8 hours a day in your bedroom; children spend closer to 12 hours. Purifying the air is an important step in creating a toxin-free environment. Diffuse Purification or Thieves to help freshen the air.

☐ **Is your bedroom full of flame retardants?**

Flame retardants have been shown to cause damage to reproductive systems and deficits in motor skills, hearing, learning, memory and behavior. They are beneficial in preventing the quick spread of fires though, so they are pervasive in most homes today, found in clothing, bedding, and furniture.

Kids are most susceptible to flame-retardant chemicals; their bodies have been shown to contain three times as much of them in their blood as their mothers. To reduce excess exposure, make sure to dust and vacuum regularly. Flame retardants attach to dust particles wherever they fall. Consider using snug-fitting, natural material for your children's pajamas—loose-fitting pajamas may contain flame retardants. Look for products that are PDBE-free.

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☐ Do you use carpet cleaners or convient sweeper-mop?

According to the EPA, the air inside our homes can be two to five times more polluted than outside air. This can be cause for concern, particularly for pets and children who spend most of their time on the floor. Floors become hotbeds for toxins, not only from the cleaners we use directly, but also because particulate matter from other household products ends up settling on the ground. Using Thieves Household Cleaner to mop, and making a simple DIY carpet deodorizer, will help keep your home clean and your family and pets healthy.

☐ DIY Carpet Freshener

You will need: Glass jar with lid, baking soda, essential oils

To make: Puncture holes in the top of the jar lid. Add 2 cups of Baking Soda to a glass bowl, then add 10-20 drops of essential oils. Mix well with a metal or wooden spoon, until smooth. Transfer to the glass jar and screw on the top.

To use: Sprinkle carpet freshener lightly on carpet and rugs, and allow to sit for at least 20 minutes. Vacuum mixture slowly from carpet.



☐ What's in your laundry detergent?

Most detergents contain a lot of unnecessary fillers and fragrance which can be harmful to the environment and the indoor air quality of our home. And think about this, the chemicals that linger on our clothes wind up on our skin, and in our bodies! Look for detergents that are free of fragrance and fillers, like Young Living's Thieves Laundry Soap.

☐ Are you using dryer sheets?

Dryer sheets may contain some of the highest levels of phthalates of any product in your home—chemicals you and your family don't need to breathe or wear! Plus, after just one use they get thrown away to wind up in a landfill. A better alternative is dryer balls. Dryer balls reduce static and can cut drying time by up to 25% by getting in between items in the dryer and helping separate them as they tumble. This promotes better air circulation within the dryer, which helps moisture evaporate more quickly. Plus you can add essential oils to them to fragrance your laundry naturally!



☐ What's in your personal care products?

Check the ingredient listings on your personal care products for these big no-nos: parabens, phthalates, sulfates, triclosan, synthetic fragrances, and synthetic dyes. Babies, children, and teens are especially sensitive to these ingredients. Switch to greener formulas, especially for those products you use every day, like toothpaste, shower gel, shaving cream, and moisturizer. Young Living has a full line of safe, effective, personal care products to help you ditch harsh chemicals.

☐ What's in your makeup?

According to the Environmental Working Group, the average woman uses 12 products containing 168 unique ingredients every single day. Most contain endocrine disruptors, which can affect hormonal balance and fertility. Some contain ingredients with clear links to cancer.

There are over 1,300 chemicals banned for use in cosmetics in the European Union due to questions over their safety. In comparison, the U.S. has only banned 11. Young Living's Savvy Minerals bans 2500 chemicals, making it the NEW Standard in Clean Beauty.