

the Simple Swap

26 SECONDS
AFTER EXPOSURE, CHEMICALS
ARE FOUND IN MEASURABLE
AMOUNTS IN THE HUMAN BODY.

The National Institute of Occupational Safety and Health studied 2,983 ingredients in our products at home

{ 884 toxic ingredients
314 caused biological mutations.
218 caused reproductive problems.
778 were toxic to the human body.
146 cause cancer tumors

*Take it
one room
at a time!*

Laundry

- laundry detergent
- fabric softener
- stain spray
- stain stick
- bleach

Kitchen

- dishwasher detergent
- counter spray
- dish soap
- hand soap

Cleaning Closet

- dusting spray
- carpet cleaner
- toilet cleaner
- mirror/window spray
- floor cleaner
- air freshener
- cleaning wipes

Supplements

- immunity
- daily vitamins
- brain and heart
- allergies
- probiotics
- hormones
- fish oil
- digestive issues

Beauty Care

- facewash
- toner
- moisturizer
- lotion
- eye cream
- makeup
- makeup remover
- deodorant
- brightener cream

Bathrooms

- shampoo
- conditioner
- facewash
- bodywash
- toothpaste
- dental floss
- mouthwash

Baby + Kids

- diaper rash cream
- baby oil
- baby wipes
- lotions
- vitamins
- kids shampoo
- kids body wash
- kids toothpaste
- enzymes

Etc.

- sunscreen
- bug repellent spray
- cough drops
- pain cream
- energy boosters

The Simple Steps

LAUNDRY

- Laundry detergent • Thieves Laundry Soap 5349
- Fabric softener • (wool dryer balls + essential oils)
- Stain spray • Thieves Household Cleaner 3743
- Stain stick • Thieves Household Cleaner 3743
- Bleach • Thieves Household Cleaner 3743

KITCHEN

- Dish soap • Thieves Dish Soap 5350
- Hand soap • Thieves Foaming Hand Soap 3674
- Dishwasher detergent • Thieves Dishwasher Powder 5762
- Counter spray • Thieves Household Cleaner 3743

CLEANING CLOSET

- Dusting • Thieves Household Cleaner 3743
- Carpet cleaner • Thieves Household Cleaner 3743
- Mirror/window spray • Thieves Household Cleaner 3743
- Toilet cleaner • Thieves Household Cleaner 3743
- Floor cleaner • Thieves Household Cleaner 3743
- Air freshener • Desert Mist Diffuser 21558
- Cleaning wipes • Thieves Wipes 3756

SUPPLEMENTS

- Immune system • NingXia Red 3042
- Daily vitamins • Master Formula 5292
- Allergies • Allerzyme 3288
- Brain/heart health • MindWise 4747
- Probiotics • Life 9 18299
- Hormone support • Progessence Plus Serum 4640
- Fish oil • Omegagize 3097
- Digestive support • Essentialzyme 3272

BEAUTY CARE

- Facewash • ART Gentle Cleanser 5361
- Toner • ART Refreshing Toner 5360
- Moisturizer • ART Light Moisturizer 5362
- Eye cream • Wolfberry Eye Cream 5145
- Brightener cream • Sheerlume 4833
- Makeup • Savvy Minerals varies
- Deodorant • AromaGuard Deodorant 3752
- Lotion • Hand & Body Lotion 5201
- Makeup remover • YL Seedlings Baby Wipes 20428

BATHROOMS

- Shampoo • Copaiba Vanilla Shampoo 5194121
- Conditioner • Copaiba Vanilla Conditioner 5195121
- Facewash • ART Gentle Cleanser 5361
- Bodywash • Bath & Shower Gel-Sensation 3748
- Toothpaste • Thieves Aromabright Toothpaste 3039
- Dental floss • Thieves Dental Floss 4464122
- Mouthwash • Thieves Fresh Essence Mouthwash 3683
- Kids bathroom • see Baby + Kids

BABY + KIDS

- Baby lotion • YL Seedlings Calm Scent 20438
- Baby oil • YL Seedlings Calm Scent 20373
- Baby wipes • YL Seedlings Calm Scent 20428
- Diaper rash cream • YL Seedlings Diaper Rash Cream 20398
- Kids shampoo • KidScents Shampoo 3686
- Kids bodywash • KidScents Bath Gel 3684
- Kids toothpaste • KidScents Slique Toothpaste 4574
- Kids lotion • KidScents Lotion 3682
- First Aid Kit • KidScents Oils varies
- (TummyGize, Owie, GeneYus, SleepyZe, SniffleEase)
- Diffusers for kids: Dolphin Reef Ultrasonic Diffuser 5333
- Dino Land Ultrasonic Diffuser 5332

ETC.

- Sunscreen • Mineral Sunscreen Lotion 20667
- Deet bug repellent • Insect Repellent 20701
- Cough drops • Thieves Infused Cough Drops 5670
- Pain cream • Cool Azul Pain Cream Relief 5759
- Energy boosters • Ningxia NITRO 3064