



# SIMPLE START

.....

## *natural living*

simple, easy steps for starting the journey to natural living

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# 01 why natural living?

If the last two years taught us anything, taking control of your health is always a great choice. If you are like me, while that sounds great and even admirable, starting that can be an overwhelming task. Is that you? Ready to start? Almost paralyzed at where to begin? Don't worry! I have some tips that will help lessen the overwhelm.

Remember, this is a journey, not a sprint. And the best part is, you now have me in your corner!

Thank you for giving me your time + I hope you find these tips as useful as I did.

## Step one: ditch fragrance



Many common household cleaning products, personal care products, air fresheners, candles, and other items, contain fragrances. Chemicals found in man-made fragrances include phthalates, which are endocrine disruptors, and benzene derivatives, aldehydes, and toluene, which are known carcinogens...

Go check out this article, it will make you ANGRY: [Fragrance](#)

## Step two: cleaning products



The Environmental Protection Agency has recognized that poor indoor air pollution is a very real problem and ranked it among the top of the environmental dangers facing the public. One of the major reasons? Chemical products: cleaning products, personal care products, glues, pastes - EPA

Switching your cleaners for one cleaner that is SAFE + affordable, just makes sense. I have a fave that will become your fave too!

## Step three: make a plan

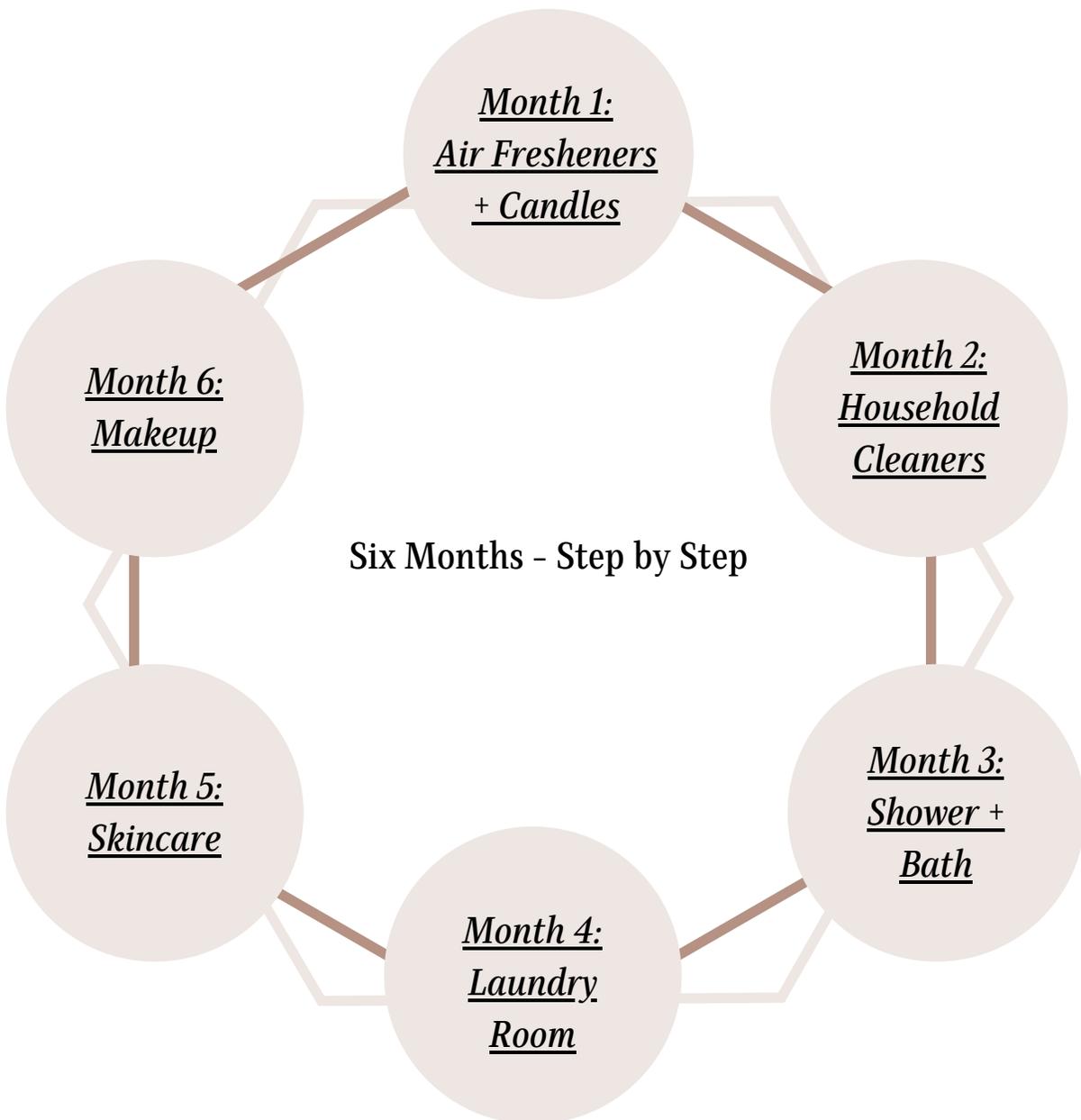


One of my favorite resources is a PDF that shows a step-by-step plan of what rooms to tackle and the products to switch to. It is the ultimate easy button.

Knowing you have clean products to switch to is a must. I can't wait to share my product list with you!

# simple start - natural living

In 6 months, you can eliminate the majority of household products that are filled with anything but natural ingredients. Here is a brief overview of that PDF I have. When you click each month a valuable resource will pop up. Watch + Read when you have time. The info is FANTASTIC!



# Hey! I'm Brandi!

The "simple start // natural living" came from re-visiting my journey the last twelve years and realizing what a fulfilling time it has been, but also what a huge undertaking it was. The best choice I made over a decade ago was making the commitment to changing our family's wellness.

I had heard that "wellness is not the absence of sickness" and that resonated with me. Yes, I wanted my family healthy, but I did not fully understand wellness was more than that. That wellness was really wholeness in body + soul + spirit. Here we are, twelve years later, there have been many lessons learned, failures that I chose to re-frame into "an opportunity to change", many wins for our family, and lastly, an awakening of sorts. I have realized that I can control so many things in our daily lives + many things I can't. But I have been "awakened" to the harmony between those.

You are worth it, your wellness is worth it. I would love to share that easy button cleaner I shared earlier and that step-by-step plan for cleaning out the nasty ingredients in your home. Let's take some time to chat and I can share all those resources with you.

Shoot me a text!  
(405) 309-3767

xoxo  
Brandi Bunda



LET'S KEEP IN TOUCH

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