

FREE GUIDE

Creating a Non-Toxic Home

Simple swaps that give your body less to filter every day.

Our bodies work hard to process the everyday exposures around us. Lowering that load at home is one of the kindest, most practical things you can do for your health. You don't have to overhaul everything at once — the guiding principle is low and slow. Change a few things at a time as products run out.

Clean the Air

Open windows regularly, skip synthetic air fresheners and scented candles, and change your HVAC filters on schedule. A few houseplants help, too.

Filter Your Water

A good drinking-water filter is one of the highest-value upgrades you can make. Choose one certified to reduce the contaminants common in your area.

Simplify Cleaning & Personal Care

Favor fragrance-free products with short, recognizable ingredient lists — vinegar and baking soda handle most jobs. The same goes for lotions, soaps, and cosmetics: fewer synthetic fragrances, parabens, and phthalates is a good rule of thumb.

Rethink the Kitchen

Store and reheat food in glass or stainless steel rather than plastic, and never microwave in plastic. Avoid overheating nonstick pans; cast iron and stainless are steady, safe workhorses.

Manage Dust

Household dust collects many of the things we're trying to avoid. Damp-dust and vacuum regularly, and consider leaving shoes at the door.

This guide is general wellness education and is not intended to diagnose, treat, cure, or prevent any disease, or to replace personalized advice from your licensed healthcare professionals. Always consult your provider before making changes, especially if you are pregnant, nursing, managing a health condition, or taking medication.