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Creating a Healthier Home

A Practical Guide to Reducing Everyday Environmental Toxin Exposure

Abundant Life Functional Health

Progress Over Perfection

The goal of reducing environmental toxin exposure is not to create fear or perfection. It is simply about becoming more aware of the products we use every day and making healthier choices when possible.

Our bodies are exposed to thousands of chemicals through food, personal care products, household cleaners, water, air, and packaging. While our bodies are equipped with natural detoxification systems, reducing unnecessary exposures can help support overall wellness and decrease the body's burden over time.

Remember: You do not need to change everything at once.

Small changes made consistently can have a meaningful impact on your health.

Life is a journey, not a race; it's time to run yours and stop running someone else's" –Misty Dawson

Start With the Biggest Wins

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Rather than replacing everything in your home immediately, focus on areas that contribute to daily exposure:

1. Food and Food Storage

Consider:

- Eating more whole, minimally processed foods
- Choosing organic produce when possible, especially for high-pesticide foods
- Washing fruits and vegetables thoroughly
- Reducing ultra-processed foods
- Avoiding microwaving food in plastic containers
- Using glass or stainless-steel food storage when possible

2. Drinking Water

Consider:

- Using a quality water filter
- Carrying a reusable stainless-steel or glass water bottle
- Reducing bottled water use when possible

3. Personal Care Products

Consider:

- Reading ingredient labels
- Choosing products with fewer ingredients
- Reducing use of heavily fragranced products
- Looking for products free of parabens, phthalates, and formaldehyde-releasing preservatives



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Common products to review:

- Shampoo
- Conditioner
- Lotion
- Deodorant
- Makeup
- Sunscreen
- Body wash
- Toothpaste

4. Household Cleaning Products

Consider:

- Choosing fragrance-free products when possible
- Using simple cleaning ingredients such as vinegar, baking soda, and castile soap when appropriate
- Improving ventilation while cleaning
- Avoiding aerosol sprays when possible

5. Indoor Air Quality

Consider:

- Opening windows regularly
- Using HEPA air filtration if appropriate
- Removing shoes at the door
- Vacuuming and dusting regularly
- Avoiding synthetic fragrances and air fresheners



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6. Plastics and Food Contact Materials

Consider:

- Reducing single-use plastics
 - Avoiding heating food in plastic containers
 - Choosing glass, stainless steel, or ceramic alternatives when practical
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Helpful Free Apps for Healthier Shopping

Technology can make ingredient awareness much easier. [Two apps I frequently recommend](#) are:

Yuka

Yuka allows you to scan the barcode of food and personal care products directly from your phone. The app provides a simple rating system and highlights ingredients that may raise concerns. It also suggests alternative products with better ratings. The free version is excellent and is the version I personally use. More than 80 million people worldwide have used Yuka to evaluate food and cosmetic products.

Website:

[Yuka](#)



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What I Like About Yuka

- Easy barcode scanning
- Simple scoring system
- Alternative product suggestions
- Free version works very well
- Helpful while grocery shopping

Important Note

No app is perfect. Use Yuka as a tool to increase awareness and compare products, not as the sole source for health decisions. Ingredient safety often depends on factors such as dose, exposure, and individual circumstances.

EWG Healthy Living

The Environmental Working Group (EWG) Healthy Living app allows users to scan food, cleaning, and personal care products. The app provides science-based ratings and ingredient information to help consumers make informed decisions. The core features remain free to use, and the free version works very well for most people.

Website:

[EWG Healthy Living](#)

What I Like About EWG Healthy Living

- Covers food, cleaning, and personal care products
- Extensive ingredient database
- Easy-to-understand ratings
- Provides ingredient-specific information
- Free scanning features

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Room-by-Room Healthy Home Checklist

Kitchen

- Filter drinking water
- Store food in glass containers
- Reduce plastic food storage
- Increase whole food choices
- Wash produce thoroughly

Bathroom

- Review personal care products
- Replace heavily fragranced products
- Choose simpler ingredient lists
- Check products using Yuka or EWG

Laundry Room

- Switch to fragrance-free detergent
- Reduce dryer sheet use
- Improve ventilation

Bedroom

- Remove artificial air fresheners
- Open windows regularly
- Wash bedding routinely
- Reduce dust accumulation

Living Areas

- Remove shoes indoors
- Dust frequently
- Vacuum regularly
- Improve airflow

Focus on What Matters Most

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Creating a healthier environment is not about achieving perfection.

The most impactful changes often include:

1. Improving nutrition
2. Prioritizing sleep
3. Drinking clean water
4. Improving indoor air quality
5. Reducing heavily fragranced products
6. Moving your body daily
7. Managing stress

These foundational habits often provide the greatest return on your health investment.

Final Thoughts

Your environment influences your health every day. The products you choose, the air you breathe, the water you drink, and the habits you practice all contribute to your overall well-being.

Start with one change this week.

Then build from there.

Small, intentional changes repeated consistently can create a healthier home, a healthier body, and a healthier life.

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