

## You detox your body. But have you detoxed your home?



Most people don't realize that their biggest exposure to toxins isn't in their food. It's in their air. Their furniture. Their cleaning products. Their everyday routines.

And here's the truth: no supplement, no workout, no wellness protocol can outpace a toxic environment.

If your home is polluting your body while you sleep, breathe, and live you're stuck in reverse.

This guide is about liberation. About giving you clarity over what's harming you, what to replace, and what to trust. It's not about fear. It's about power.

Because when you create a clean, biological environment—your cells notice. Your skin glows. Your mood lifts. Your energy soars. This is how we build longevity at the foundation.

Let's start where no one thinks to look.

### 1. Toss the Toxins Hiding in Plain Sight

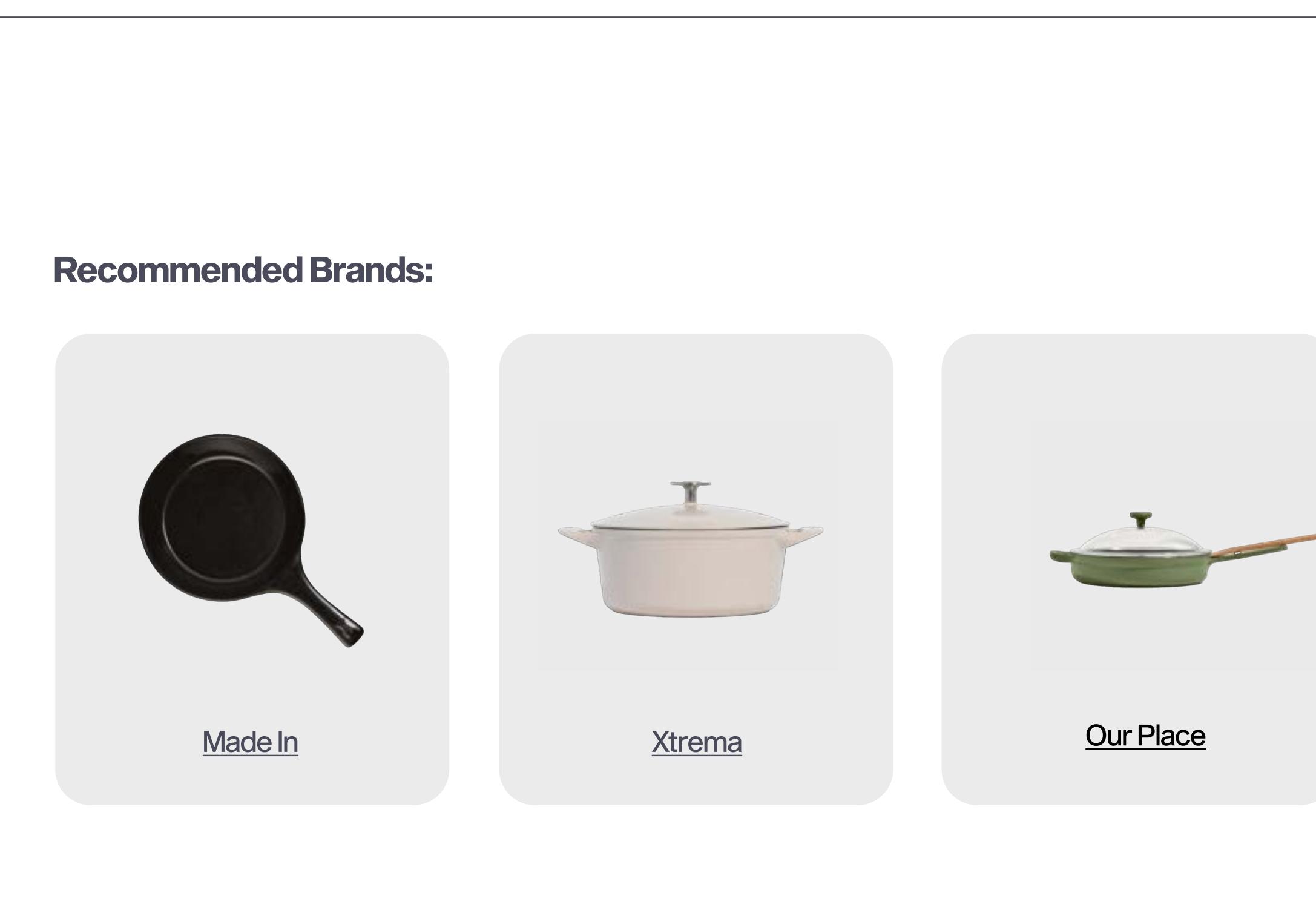
#### Problem:

Most homes are filled with hormone disruptors disguised as "normal" products.

#### What to do:

Walk through your home with a garbage bag. Look for products with "fragrance," "parfum," "non-stick," or "antibacterial." That's your first detox sweep.

#### Smart Swaps:



### 2. Upgrade Your Cleaning Arsenal

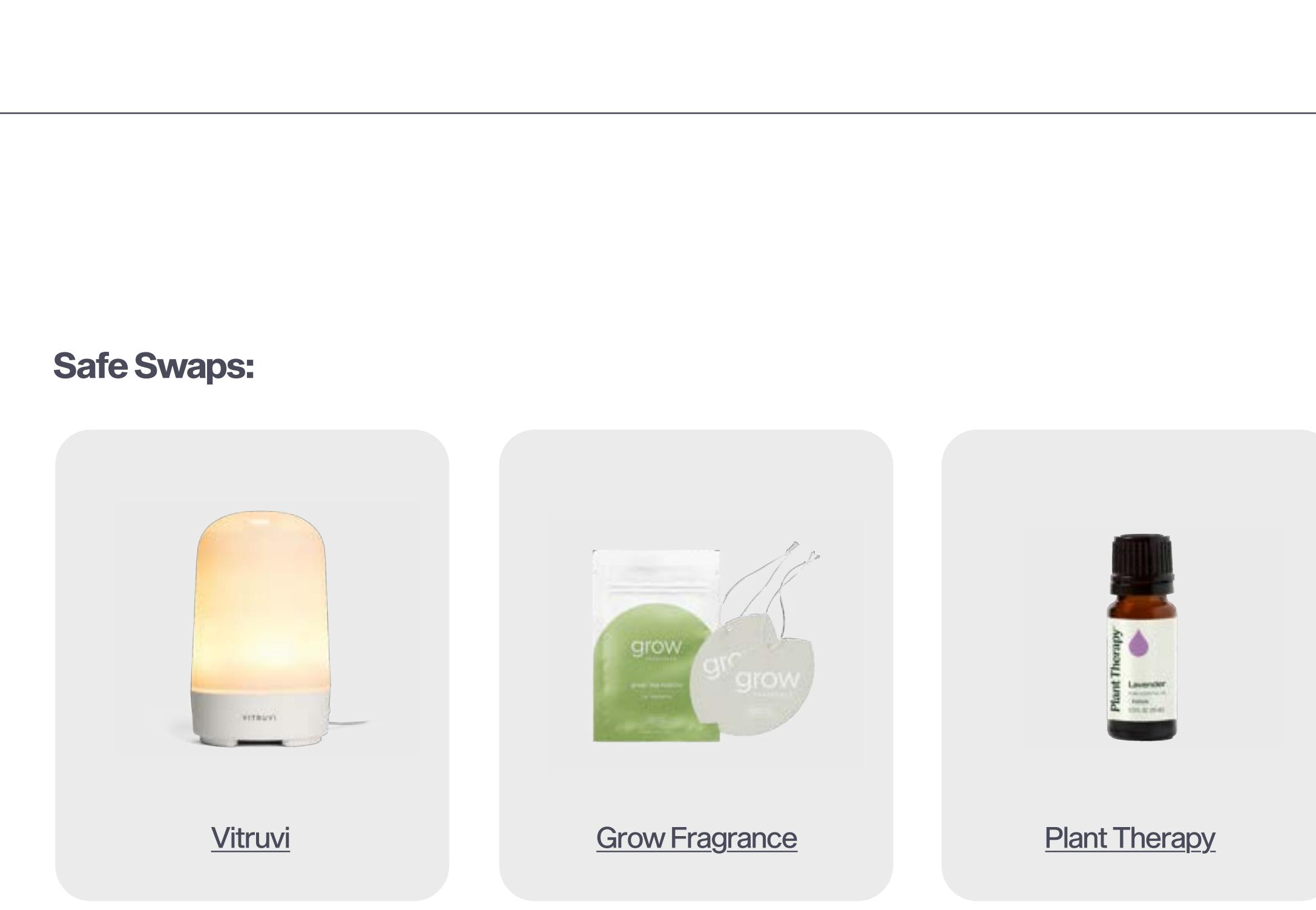
#### Problem:

Bleach, ammonia, and other common cleaners introduce respiratory irritants and chemical residue.

#### What to do:

Switch to biodegradable, plant-based cleaners with full ingredient transparency. Bonus: they smell better, too.

#### Upgrade Tool:



### 3. Know Your Cookware

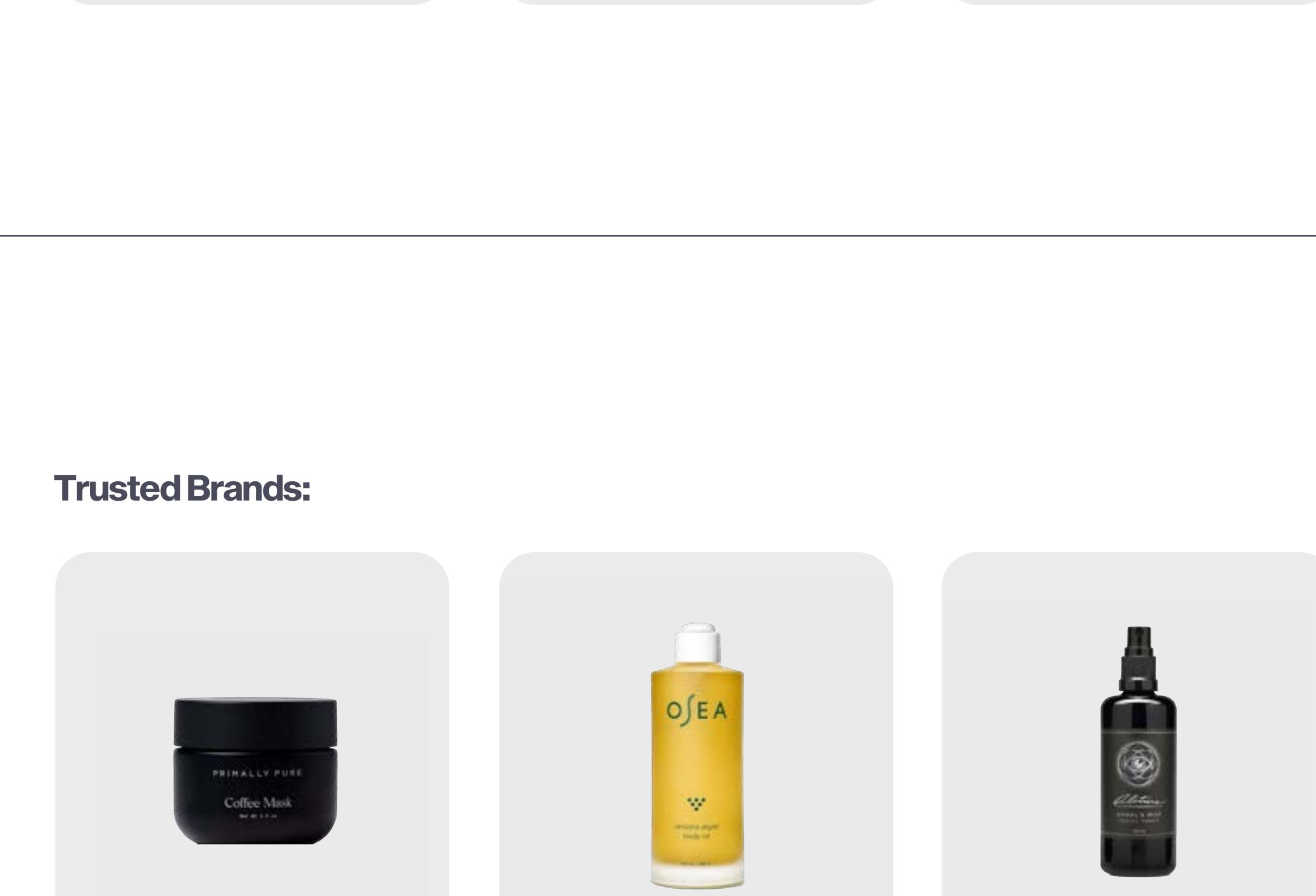
#### Problem:

Teflon, aluminum, and scratched non-stick pans can leach PFAS and metals into your food.

#### What to do:

Switch to cast iron, stainless steel, ceramic, or glass. It's not about perfection it's about reducing your daily burden.

#### Recommended Brands:



### 4. Clear Out Toxic Plastics

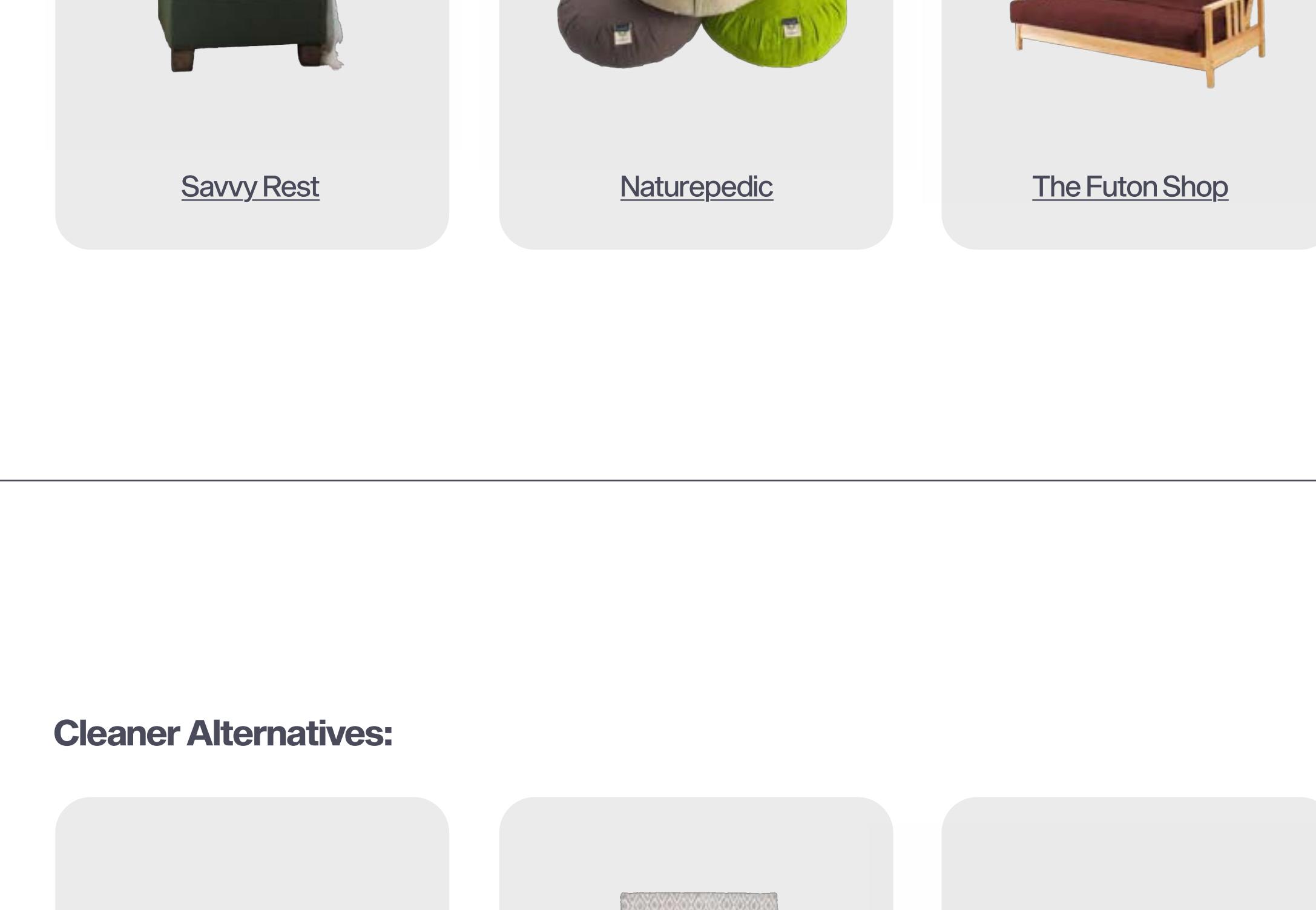
#### Problem:

Plastics leach micro-chemicals into your food, water, and even your air.

#### What to do:

Ditch plastic tupperware, water bottles, and wrap. Replace with glass, silicone, or stainless steel.

#### Upgrade Tool:



### 5. Say No to "Scented" Anything

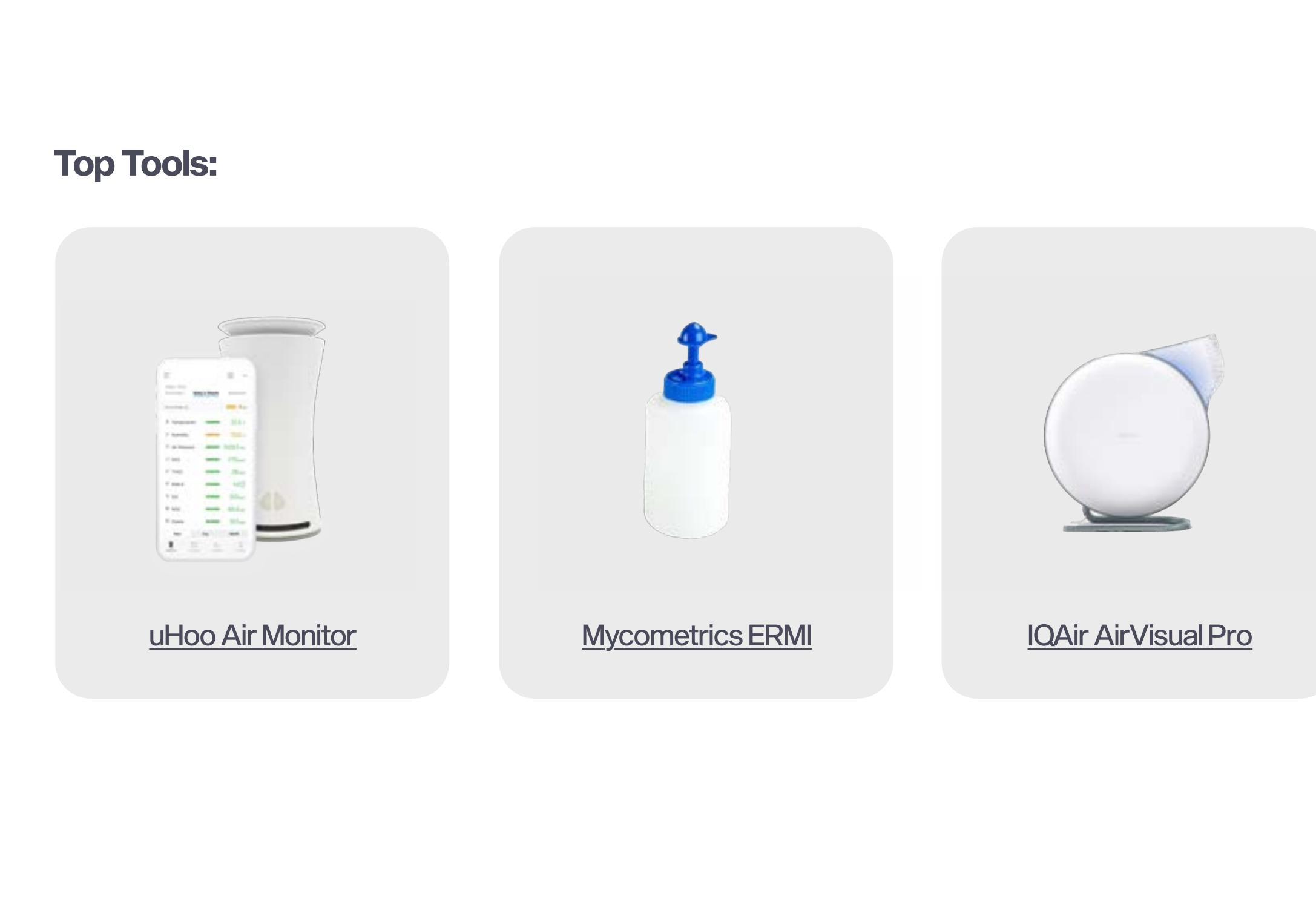
#### Problem:

Air fresheners, candles, dryer sheets—even "baby" products—often contain phthalates and synthetic musks.

#### What to do:

Fragrance is the new secondhand smoke. Switch to unscented or essential-oil based alternatives.

#### Safe Swaps:



### 6. Detox Your Shower

#### Problem:

Hot water + chlorine = chloroform gas. It gets absorbed through your skin and lungs.

#### What to do:

Use a shower filter to block chlorine and VOCs. Your skin will feel better, and so will your brain.

#### Best Picks:



### 7. Scrutinize Your Skin Routine

#### Problem:

Your skin absorbs everything you put on it. If you can't eat it, you shouldn't wear it.

#### What to do:

Switch to personal care brands that use clean, EWG-rated ingredients. Less is more. Quality over quantity.

#### Trusted Brands:



### 8. Eliminate Fire Retardants

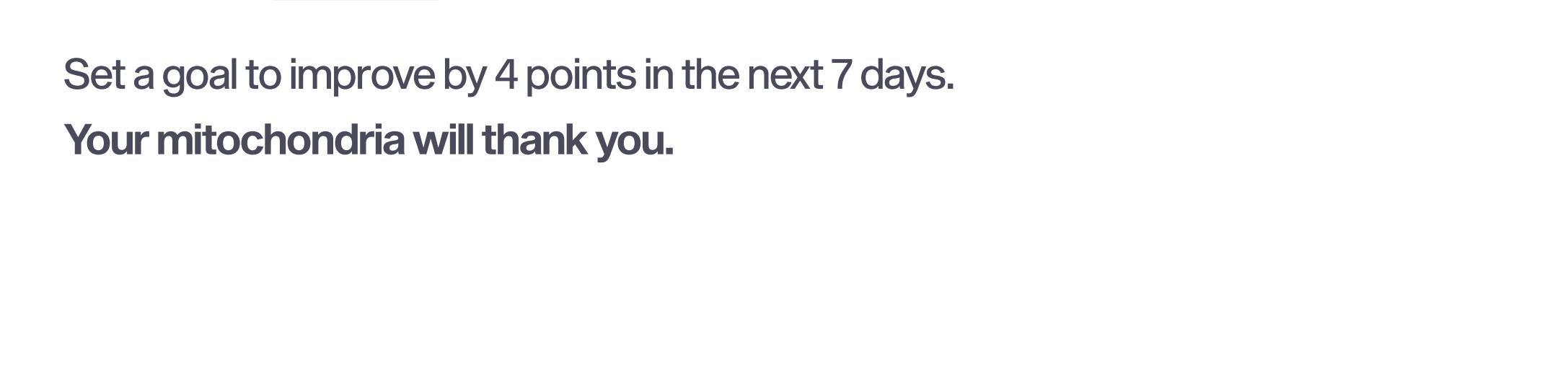
#### Problem:

Found in sofas, mattresses, and even baby clothes—these chemicals linger in your dust and disrupt hormone health.

#### What to do:

Choose certified flame-retardant-free furniture and bedding. Look for labels like GOTS, Greenguard Gold, Oeko-TEX.

#### Top Brands:



### 9. Rethink Your Rugs + Upholstery

#### Problem:

Synthetic rugs and stain-resistant treatments = hidden PFAS, VOCs, and allergens.

#### What to do:

Choose wool or natural fiber rugs. Vacuum weekly with a HEPA-sealed vacuum. Don't forget underneath.

#### Cleaner Alternatives:



### 10. Test What You Can't See

#### Problem:

You can't smell or see most pollutants. But they're there. And they add up.

#### What to do:

Use a toxin and VOC monitor to get real-time data. Test your dust. Audit your indoor air.

#### Top Tools:



Bonus

## The home detox scorecard

Rate your home from 1–5 on each:



Total: /25

Set a goal to improve by 4 points in the next 7 days.

Your mitochondria will thank you.

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