



Many of us have already started changing our cleaning routine by buying more natural, less toxic products or even mixing our own. Here are a few additional easy-to-implement suggestions to help you keep a home that is as green as it is clean.

Take off your shoes

- ✓ When you leave your shoes at the door you prevent unwanted pesticides, dirt, fertilizers, and other toxins from getting tracked in.
- ✓ This is an especially commonsense approach for homes with a lot of carpeting and young children who spend more of their time on the floor.

Use houseplants to improve indoor air quality

- ✓ According to the EPA, the air in our homes is 2-10 times more polluted than outdoor air.
- ✓ Houseplants produce oxygen, remove carbon dioxide, and help absorb a host of unwanted chemicals, such as formaldehyde and volatile organic compounds.

Limit your use of antibacterial products

- ✓ Unless you have a compromised immune system, scientists agree that antibacterial products do not demonstrate health benefits to a healthy household.
- ✓ Over-reliance on these products is contributing to bacterial resistance, which compromises our ability to fight serious infections.
- ✓ Triclosan, a common ingredient in synthetic antibacterial products, ends up in our waterways and has been found to be harmful to aquatic life.

Avoid synthetic air fresheners and candles

- ✓ Instead of masking offensive odors it is better to find the root cause. Find ways to well-ventilate your home, such as opening windows and turning on fans.
- ✓ These products are loaded with artificial fragrances that contribute to headaches, allergic reactions, and skin and eye irritations. Of particular concern are *phalates*, a hidden ingredient found in synthetic fragrances. Studies have linked phalates to hormone disruption and reproductive disorders.
- ✓ Opt for natural air fresheners made with essential oils and candles made from 100% beeswax, as the artificial versions are made with petroleum, a non-renewable resource.

