



# Healthy Home Detox

Your quick-step guide to creating a healthier home environment and going toxin-free.



[thenaturalswitch.com.au](http://thenaturalswitch.com.au)



# Healthy Home Detox

Congratulations on taking the first step towards creating a healthier home for you and your family's wellbeing! Your Healthy Home Detox with The Natural Switch is a valuable commitment to your family's health and wellbeing.

Good health starts in the home. The food we eat, the cleaning products we use and the personal care products we apply can all have an effect on our health.

Many products contain harmful chemicals and toxins that we want to steer clear of. Over exposure to chemicals over time can be linked to a myriad of health conditions such as allergies, weakening of the immune system, hormonal imbalance, learning and development difficulties, digestive problems, skin conditions and in some cases cancer.

*"Children are more vulnerable to chemical exposure"*

*- World Health Organisation*

So how can we create a healthier home environment and reduce our overall chemical exposure? Our pantries, cleaning and beauty cabinets are great places to start.

This quick step guide will give you the practical tools and tips to kick-start your journey of making better choices, phasing out the harmful chemicals and knowing how to decode labels.

The Healthy Home Detox service and this accompanying guide can be valuable for anyone who is pregnant, has young children, allergies, asthma or other health concerns. However, the information provided is of general, introductory nature only and does not constitute medical or health advice. For specific health or medical concerns, or for nutrition advice, please see the advice of your qualified health practitioner.

If you wish to delve deeper into the topic of chemical-free living, refer to the resources and references in this brochure.

Now let's get started!





## Beauty and bath detox

Did you know that the average woman exposes herself to over 168 chemicals each morning before even leaving the house? We absorb around 70% of what we put on our skin. For glowing, healthy skin, it makes sense to choose products that are toxin-free and safe.

Concerningly, one in three personal care products contain ingredients identified as possible human carcinogens, and almost one in two products contains ingredients that could be damaging to your reproductive health or your baby's development.

### Avoid

Here are the top 10 nasties to avoid:

1. Fragrance/perfume – choose fragrances made from essential oils or natural botanicals
2. Polyethylene glycol
3. Mineral oil (petrolatum, paraffin)
4. Some sunscreens that contain oxybenzone, 4MBC, octyl methoxycinnamate or nanoparticles – go for mineral sunscreens without nanoparticles
5. Foaming agents such as sodium laureth sulfates. Foaming washes that contain alkyl glucoside, coco polyglucose or decyl glucoside are a safer alternative.
6. Lipsticks containing lead – go for lipsticks containing colour pigments from plants
7. Headlice treatment containing lindane – instead try combing hair conditioner through the hair with a fine tooth comb or more natural lice treatments such as those using tea tree oil.
8. Aluminium containing deodorants – choose aluminium free deodorants
9. Talc – avoid using talcum powder on babies and in underwear.
10. Preservatives such as triclosan, parabens and quarternium-15 – seek safer alternatives such as tocopherol, retinyl palmitate, ascorbic acid, potassium sorbate or sorbic acid

**Bottom line:** *Get curious about labels – the more ingredients you recognise or can pronounce on the label, the better! If in doubt, look up the ingredients on The Chemical Maze (app or book) or on the Skin Deep cosmetics database - [www.ewg.org/skindeep](http://www.ewg.org/skindeep)*

**The Natural Switch choice:** For certified organic beauty, baby and bath products that are cruelty free, eco-friendly and ethically produced, visit [thenaturalswitch.com.au](http://thenaturalswitch.com.au). All World Organics products are superior quality to help you look and feel amazing, and are free from the above nasties.



# Spring Clean

Many household cleaning products contain industrial strength hazardous chemicals. However, the ingredients aren't required to be listed on the label nor is safety testing required before bringing a product to market.

## Avoid

Steer clear of these common household cleaning products:

- Bleach
- Sodium Hydroxide (found in oven cleaners)
- Ammonia (found in glass cleaners and stainless steel polishing agents)
- Fragrances and air fresheners
- Quarternary ammonium compounds (fabric softeners and most antibacterial household cleaning products)
- Triclosan (found in antibacterial cleaning products)
- 2- Butoxyethanol (chemical solvent found in window and multipurpose cleaners)
- Commercial mould preparations
- Conventional oven cleaners

Here are some safer, cost effective solutions that are better for your family and the planet. Best of all, they use everyday ingredients you are likely to have at home already. Some basics for your healthy cleaning kits are:

- Microfibre cleaning cloths
- Bicarb soda – an essential for any cleaning cupboard
- Vinegar – white vinegar makes a great bleach, disinfectant, deodorant and anti mould cleaner
- Essential oils – eucalyptus, lemon and tea tree oil are wonderful for their antiseptic or stain removing properties. They also smell great so are a fantastic way to naturally fragrance the home.
- Castile soap
- A spray bottle







## Natural spring cleaning recipes

**All purpose surface spray** – 1 cup white vinegar, 1 cup water, 12-16 drops essential oil

**Floor cleaner** – 2 cups water, ½ cup vinegar, 2 Tb castile soap 10-20 drops essential oil such as eucalyptus or lemon. Add 1 Tb bicarb for heavy duty cleaning. For varnished and polished concrete floors, double the castile soap and leave out the bicarb and vinegar.

**Mould remover** – 1 cup water, 7 drops lavender, 7 drops of tea tree oil and 10 drops of clove bud oil

**Toilet cleaner** – bicarb soda sprinkled around the toilet along with 10-20 drops of eucalyptus or tea tree oil. Add ½ cup of vinegar and use the toilet brush to scrub as it all bubbles up. Flush it all away!

**Glass** – use newspaper dipped in diluted vinegar to wipe down windows and mirrors. Alternatively, try microfibre window cleaning cloths. White Magic makes a great window cloth.

**Sink and stainless steel cleaner** – lemon juice makes an effective stainless steel cleaner. Alternatively, try combining ½ cup baking soda with six drops essential oil such as tea tree, eucalyptus or lemon oil. Sprinkle over the sink, then scrub and rinse. \*Tea tree or eucalyptus have antiseptic properties and lemon oil leaves a fresh fragrance.

**Oven cleaner** – put a (heatproof) dish filled with water in the oven. Turn on the heat to 180 degrees for half an hour to let the steam soften any grease. Once the oven has cooled down, apply a paste of equal parts salt, baking soda, and vinegar, and scrub off.

**Bathroom mildew remover** – Good ventilation helps prevent mildew and mold. When they do occur, make a spray with 2 cups of water and 1/4 teaspoon each of tea-tree and lavender oil.

**Fabric softener** – add half a cup of vinegar at the rinse cycle

**Laundry powder** – Try Aware and Ecostore from the supermarket. You can also find DIY recipes online and the raw ingredients you'll need at [blants.com.au](http://blants.com.au)

**The Natural Switch choice:** For essential oils, visit [thenaturalswitch.com.au](http://thenaturalswitch.com.au). Other great sources of ready made cleaning products are Ecostore in your local supermarket or other cleaning brands at [thenaturalswitch.com.au/shopnow-onestopshops](http://thenaturalswitch.com.au/shopnow-onestopshops)



# Pantry Reboot

Good food is fundamental to good health. Making better food choices starts with going back to basics. Choose real, wholefoods such as fruit and vegetables, preparing and cooking food at home as much as possible and limiting processed and packaged foods.

Where we are choosing packaged foods, as a general guide, go for foods with a shorter ingredient list and ingredients you can pronounce and recognise! The supermarket shelf today is packed with choices, however many contain preservatives, colours and other artificial additives.

Since many food additives are synthetically derived, they can cause adverse reactions, intolerances and sensitivities in some people. Many food additives have been banned for this reason, however others remain on our supermarket shelves. Symptoms can include hyperactivity, behavioural and learning difficulties, rashes, irritable bowel symptoms, asthma, sinusitis, headaches or irritability in children.

## Avoid

Here is a list of food additives to avoid according to Food Standards Australia New Zealand, Food Standards Agency UK and Better Health Victoria. As always, for specific individual nutrition and health advice, seek the advice of a qualified nutritionist or health practitioner.

## Colours

Code numbers in the 100 range that add or restore colour to foods.

- 102 tartrazine
- 104 quinoline yellow
- E110 sunset yellow FCF
- E122 carmoisine
- E124 ponceau 4R
- E129 allura red

## Preservatives

Code numbers in the 200 range that help protect against food deterioration caused by micro-organisms.

- 210, 211, 212, 213 (benzoates)
- 249, 250, 251, 252 (nitrates)
- 220, 221, 222, 223, 224, 225 and 228 (sulphites)

## Antioxidants

Code numbers in the 300 range that slow or prevent the oxidative deterioration of foods, such as when fats and oils go rancid.

- 310-312
- 319-321

## Artificial sweeteners

This includes sweeteners in the 900 range, and bulk sweeteners such as sorbitol (420).

- 951 aspartame

Flavour enhancers (mainly in the 600 range) that improve the flavour and/or aroma of food.

- 621 monosodium glutamate (MSG),
- 622
- 635
- 627

## Minimise:

Emulsifiers (mostly in the 400 range) help prevent oil and water mixtures (in mayonnaise, for example) from separating.

Stabilisers (mostly in the 400 range) maintain the uniform dispersal of substances in a foods like ice cream.

Thickeners (including vegetable gums, which have code numbers mostly in the 400 range, and modified starches, with code numbers in the 1000 range) increase the viscosity of foods like thickened cream to a desired consistency.





## Top tips for a fuss-free Healthy Home Detox journey:

- 1. Keep it a guilt free and stress free zone!** As the saying goes 'when we know better, we do better'. We all do the best we can, with the knowledge and resources we have at the time. So feel empowered and use your new knowledge to get motivated to make the switch!
  - 2. Progress not perfection** – do whatever you can and don't stress about the rest! Phase out the undesirable products gradually in a way that works for you and is realistic. Start with just one product or switch them all at once – it's your choice.
  - 3. Get family on board** – any changes are always easiest when your family is on the same page.
  - 4. Inspire and educate yourself** – get curious about what you're putting onto yours and your family's body.
  - 5. It's worth the effort!** Knowing we are making a positive difference for our families and our planet, just from the products we are choosing is well worth the effort of making the switch.
- Good luck with your clean living journey!  
Subscribe for free healthy living tips and inspiration at [thenaturalswitch.com.au](http://thenaturalswitch.com.au)

### *Recommended reading and references*

- Statham, B & Schneider, L. 2012. The Chemical Maze; Bookshelf Companion. Your guide to food additives and cosmetic ingredients. 2nd edition.
- Bijlsma, N. 2010. Healthy Home, Healthy Family: Is where you live affecting your health? Joshua Books, Queensland, Australia.
- Andrews, K & Bullen, J. Endocrine disrupting chemicals: is your home making you sick? ABC News, May 2017.
- Skin Deep Cosmetics Database - [www.ewg.org/skindeep](http://www.ewg.org/skindeep)
- Safe Cosmetics Australia - [www.safecosmeticsaustralia.com.au](http://www.safecosmeticsaustralia.com.au)
- McCulloch, K. 2013. Less Toxic Living: How to Reduce Your Exposure to Toxic Chemicals—an Introduction for Families.
- Greer, B. 2009. Super Natural Home
- Your guide to avoiding food additives. 2017. Nourished Life.





THE  
NATURAL  
SWITCH

[thenaturalswitch.com.au](https://thenaturalswitch.com.au)