

Healthy Living – Products for a Healthy Home

Resources

Prevention Magazine – www.prevention.com

Medical Medium, Anthony William

Healthy Choices cookbook

www.Integrativenutrition.com

Indigo Wild (Natural Goods Catalog) – www.indigowild.com

Green Sweep House Cleaning – www.greensweepnm.com

www.Sustainablebabysteps.com

www.Lifescrypt.com

www.Shaklee.com

www.gardenguides.com

www.healthyhouseplants.com

www.mysticwonders.com

“Products for a Healthy Home”
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1. Use of common household product items:

- Baking soda
 - Polishing compound for countertops, dishes, etc.
 - Natural tooth powder – polishing qualities, breath freshener qualities
 - Deodorizer for refrigerators and freezers, trash cans, ‘tight spaces’ where odors build; shoe box sachets for fresh-smelling footwear
 - Carpet deodorizer - sprinkle liberally on smelly carpets/rugs; work in with a brush; vacuum thoroughly after several hours
- Vinegar
 - Glass cleaner and polish
 - Scale remover (faucets, drains)
 - In combo with salt, as a copper polish
 - Personal – as a gargle
 - In combo with baking powder, an effervescent cleaner for drains, dentures, jewelry
- Hydrogen peroxide
 - Pre-spray for clothing stains
 - Gentle whitener for yellowed white fabrics
 - Pre-spray for stained underarm areas on garments

2. Efficacy and symbiosis of indoor plants

- Complimentary exchanges of oxygen and carbon dioxide (symbiosis, health)
- Calming by virtue of:
 - Care you provide
 - Color green is soothing
 - Comfort
- Plants live best in ‘community’ groupings
- “Garbage gardening” – save seeds or pits from organic fruits/vegetables and grow a new plant. Save the innermost leaves and core from head lettuce (like romaine) and immerse in water – watch it grow new lettuce leaves.

3. Laundry Products

- Do away with detergents
 - Use laundry balls instead of chemically based detergents
 - Add a few drops of an essential oil like lavender to wash water for a fresh scent
- Do away with dryer sheets
 - Use dryer balls – they keep clothes soft and clothes often dry more quickly (saves energy)
 - Some brands of laundry balls have an internal core to which you can add a few drops of an essential oil for a nice fragrance

4. Essential Oils

- Diffused for calming, creating relaxed spaces or areas of the home
- Direct application for relief of
 - Congestion (eucalyptus)
 - Relaxed sleep (rose oil)
 - Relaxation/meditation practices (lavender or rose oil)

5. RO Water purification systems

- Waste significant amounts of water in the purification process
- This waste water can be captured (instead of sending down the drain) and reused for watering plants, washing clothes, flushing toilets