

THE 8 THINGS YOU **MUST** REMOVE FROM YOUR HOME IMMEDIATELY CHECKLIST

<input checked="" type="checkbox"/>	Item	Reason	Replace with
<input type="checkbox"/>	Commercial household cleaners 	Read the instructions on most cleaners. "Use in a well ventilated area" is a sign something is toxic. The VOCs, carcinogens, endocrine disruptors, and neurotoxic chemicals are dangerous not only to you, but our environment and wildlife.	Vinegar, baking soda, essential oils, lemon juice. Go old school with what your grandmother used.
<input type="checkbox"/>	Scented candles 	Paraffin wax (a petroleum derivative) releases toluene and benzene when burned, which are known carcinogens . Even though banned in 2003, studies show that approximately 30% of candles still contain lead in the wick.	Beeswax, or vegetable based candles with a cotton wick. Essential oils are also a potent and safe alternative. These can be diffused in the room, added to a spray bottle with water and misted around the room, or added to a bamboo reed diffuser with a carrier oil.
<input type="checkbox"/>	Dryer sheets and fabric softeners 	Contain chemicals that are known carcinogens, damage nervous system, cause respiratory issues, and even chemicals listed on the EPA's "hazardous waste" list	Dryer balls. Add some essential oils to a cloth and put in the dryer for a light, safe fragrance.
<input type="checkbox"/>	Air fresheners 	Contain chemicals like formaldehyde, benzene, phthalates, carcinogens and other VOCs.	Essential oils not only add a wonderful fragrance to the air, they are also anti-microbial and get rid of the source of the bad smells in your home.
<input type="checkbox"/>	Microwave oven 	Alters the chemical structure of the food, rendering it "unrecognizable" to the body, making nutrients inert at best, carcinogenic at worst. Can also leech carcinogens from plastics into the food.	Heat up your foods on stovetop in a saucepan, with a little water and a lid. Or, a toaster oven is a great way to reheat leftovers.
<input type="checkbox"/>	Personal care products 	The skin is like a sponge, and anything you put onto your skin, gets into your bloodstream and body tissues. Many products contain endocrine disruptors and carcinogenic ingredients.	Select only clean and pure products, on ewg.org's database of products. Choose those that have a rating of 1-2.
<input type="checkbox"/>	Fluoride toothpaste 	<i>"If you accidentally swallow more than used for brushing, get medical help or call Poison Control immediately."</i> Enough said.	Use a non-fluoride toothpaste.
<input type="checkbox"/>	CFL light bulbs 	These contain mercury, and if they break, you must clear you and your family out of the room immediately. Go to the EPA web site for proper clean up procedures. Emissions from these bulbs are linked to headaches, insomnia, and cancer.	LED, halogen, and incandescent light bulbs are best alternatives.