

Laundry Products

We wanted to give laundry products its own video, separate from cleaning products, because what we choose to wash and dry our laundry can be a game changer for our mental, physical, and emotional wellbeing! We are so passionate about this and have seen time and time again the positive impact that simply switching laundry products has on health!

Why is removing harmful laundry products so important?

1. We never escape our laundry products!
 - Laundry products pose a special danger as we wear our clothes 24 hours a day. Even while bathing or if you like to sleep in your birthday suit, we're exposed from washcloths, towels, sheets, and bedding! That means we're touching and breathing in toxic chemicals day and night if harmful laundry products are used. This is especially critical during the night when sleeping, since our body is supposed to be resting, repairing, and rejuvenating, *not* detoxifying chemicals from our pajamas, sheets, pillowcases, and bedding.
2. Our laundry choices significantly pollute air quality
 - Not only the air quality in our homes, but also the air around others we come into contact with, and even the outdoor air around our homes! Think about walking around a neighborhood and smelling the fragrance coming from dryer vents in homes doing their laundry.
3. Conventional detergents and fabric softeners are comprised of a concoction of undisclosed chemicals
 - Studies have found that conventional laundry products contain chemicals that are allergens (they trigger allergies), asthmagens (they cause asthma), neurotoxins (they impact the brain and mood), obesogens (they cause metabolic syndrome and weight gain regardless of diet and exercise), carcinogens (they cause cancer), and endocrine disruptors (they disrupt hormones).
4. Signature fragrances are designed to impregnate and stay in clothes.
 - And, unfortunately, these fragrance chemicals also incorporate into porous materials like drywall, carpets, fabrics, and upholstered furniture.
 - Therefore, even after removing toxic laundry products, the clothes, drywall, and fabrics in a home will still have the fragrance until they are properly detoxified. When you're ready, we have an article in our resource section with instructions on how to remove fragrance and other harmful chemical residues from your laundry and home. Do as much as you're able at a time and know it will pay off!
5. These synthetic fragrances can be addicting to the brain
 - People feel like they *have to have* these scents because they are actually addicted to these fragrances. So they have a hard time even thinking about going fragrance free. This is why it's critical to understand the importance of removal - because we are surrounded 24/7 by hazardous toxins, it's hard to know how

they're affecting us! We've got to get rid of them so we can see how good we can feel and start connecting the dots.

6. Even the fragrance from essential oils can be an issue. Essential oils are very concentrated, they can stimulate a hormonal response, and in some people can produce an inflammatory response. Those with any allergies, hormone issues, thyroid issues, chronic health conditions, and those on over the counter or prescription drugs will especially benefit from all fragrance removal. We recommend that all laundry products be fragrance free for this reason.
7. Many unscented and "free & clear" versions just add masking chemicals, which means chemicals are added to simply cover up the fragrance with another chemical so you don't smell anything.

We have so many amazing stories of people no longer suffering or battling health issues after removing fragrance and detoxifying their clothes. The process can take time, but persistence pays off with big rewards.

Some encouraging experiences from Marilee's clients include a child that couldn't sleep because he would wake up at night scratching until his skin bled. After switching laundry products, his skin cleared and he and his family were no longer in misery.

Another child with learning disabilities, behavior issues, couldn't sit still, was angry most of the time, etc. was transformed with the removal of fragrance from his clothes. The mother tossed the toxins from their home but at first didn't detox the clothing and bedding. Once she cleared all of his clothing from the lingering chemicals, he was a new person. He was a joy to be around and his parents rejoiced when his teacher reported amazing academic and behavior improvement!!

A woman who went to bed with an inhaler, couldn't get off her inhaler until she changed out sheets and linens and cleared her clothes. After that - a new life!

Numerous clients with hormone disruption and fertility issues have had their symptoms fully resolve after removing fragrance and other toxins from their clothes and home.

And many people have lost weight spontaneously after getting these fragrance chemicals from laundry products off their skin and out of their noses.

So let's toss toxic laundry products from your life!

Take a box and gather all laundry products throughout the house. Check under sinks and in drawers, cabinets, closets, and garage for the following:

- Laundry detergents
- Stain removers
- Bleach
- Fabric softeners
- Dryer sheets

Once you have gathered them up, take the box out of the house.

Put any products you want to evaluate later in a detached garage (a garage that's not connected to the home), outbuilding, or in an airtight Sterilite container in an attached garage.

Consider tossing and safely disposing all conventional products right away that have any of these toxic red flags:

- No ingredient list
- "Warning"
- "Danger"
- "Fragrance" or "Parfum"
- Non-organic essential oils

Non-toxic laundry products will have an ingredient list. Unfortunately, non-toxic on a label is not enough! Save these for later evaluation unless you see the toxic red flag "fragrance" or "parfum" - remember, that single word can hide hundreds of undisclosed chemicals - or if you see non-organic essential oils - which contain toxic solvents - in the ingredient list. Toss these products.

If you do have laundry products with wildcrafted or organic essential oils processed without solvents that you want to keep, then for this Toss the toxins challenge, we recommend initially, for at least a month to six weeks, to remove and place them in a Sterilite box ideally stored outside of the house. Right now, our goal is to create a fragrance-free healthy home.

When you are ready to evaluate your remaining products, watch our video on how to easily vet these products.

We also recommend purchasing a new pair of organic cotton pajamas and sheets, washed only in a fragrance-free product that you know is safe. And to consider purchasing a couple of inexpensive t-shirts and pants or something to wear around the house during the period you are removing fragrance from your clothing. This will give you a huge head start!

Since these fragrance chemicals even linger in the washer and dryer, you can find steps for how to clean and detox them in addition to your clothes in our resources section.

Once you toss harmful laundry products, we want you to feel really empowered by the work you've accomplished! Removing these can be a game-changer, and you've made a huge investment in your family's future health and wellbeing!