



Untraditional Ways to Detox

I always love the mark of a new year to prompt a little reset. A moment to reflect on the year prior, set intentions for the year ahead, and renew commitments to my health. Usually, this involves some sort of exercise plan, healthy eating, reducing inflammatory foods like alcohol & sugar, along with earlier bedtimes. If, like me, you are continuing your January detox commitment into February there is another less obvious detox to consider - the toxins in your home. Unfortunately, 6 am HIIT classes, damp January, and food cleanses won't inhibit the possibility of toxins in your home, which can put your health at risk despite all of your diet & exercise. But small measures, made consistently, can make a big difference.

Here are a few untraditional healthy habits to consider:

AIR QUALITY

EPA.org declared indoor air quality as a risk to human health. Here are a few ways you can make sure you breathe free.

Change HVAC / central air filters a minimum of every 2 months. Make sure you buy a filter with a MERV 13 rating or higher per the



American Lung Association.

Ventilate. Energy-efficient homes, by definition, mean less ventilation. Open windows and doors when possible. Allow mechanical fans in your central air, exhaust fans in the kitchen or bathrooms, and ceiling fans to run even when you are not heating or cooling. This will ensure air exchange bringing in fresh O2 to your home.

Air-purifying plants are a lovely way to purify the air, bring joy, and decorate your home.

CLEAN CLEANERS

Household cleaners can be laden with toxins, which is ironic as they are meant to clean your home.

DIY. You can do a lot with baking soda, lemon, vinegar, and hot water.

If you prefer to buy cleaning agents make sure you scan the labels with the EWG healthy living app, and opt for green ratings verified A or B.

Shop on the Free Living Co website and take the guesswork out of which products to buy.

If someone else cleans your home, be sure you know what cleaning agents they are using, and if they don't pass the clean test, provide your own.

HEALTHY DECOR

Home decor and furnishings are another way toxins can find their way into your home. Now this is not meant to prompt a full redecoration of your home, but as you purchase new items or replace old, you may consider the following:

Avoid water-resistant, stain-guard, or flame-retardant-coated furnishings. The chemicals required to give you that "life-proof" quality are toxic and harmful to your health.

If you are embarking on a new paint job or a



remodel, opt for low or no-VOC paint. Choose natural materials like wool (carpets), natural linoleum (flooring), cork, bamboo, FSC-certified wood (non-partial as the glues can be toxic), natural stone, & US-made tile (tile made out of the US may contain lead).

Candles & scent. As lovely as it is to scent a home with diffusers, plug-ins, and candles, fragrance is one of the key toxins to avoid. If you choose candles opt for beeswax, soy, hemp or coconut wax, organic or wood wicks, and 100% essential oil scent. Otherwise, stove-top potpourri with fruit, spices, and herbs is a lovely way to scent your home, naturally.

Visit the Free Living Co website for a wealth of resources and products that are naturally toxin-free.

free.
LIVING CO

**CLEAN
LIVING....
SIMPLIFIED**

WHAT PRODUCTS ARE CLEAN?

- 1,600 harmful ingredients are found in everyday products in the US
- Greenwashing means labels can say "natural" or "free & clear" and contain toxic ingredients.
- Ingredient lists are confusing & lengthy.

OUR MISSION IS SIMPLE.

Healthy living means living free from harmful products.

We read the labels & scrutinize everything so you don't have to.

We reduce shipping & packaging waste by delivering to your door.

Local, clean + green service with a smile + good vibes.

How can we help you live free? Send us a text!



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