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LIVING CO



THE ULTIMATE GUIDE TO DETOXIFY YOUR HOME

live free.

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WHY CLEAN LIVING MATTERS



Thank you for downloading this guide by [Free Living Co](#) where we believe that a healthy lifestyle means living free from harmful products. You can do all the right things physically; eat healthy foods, exercise, do yoga, and mentally: meditate, read, spend time in nature but if your home contains products with harmful ingredients you are still at risk for serious health disruptions like cancer, immunotoxicity, allergies, endocrine disruption, and developmental and reproductive effects.

And the sad but true news is there is absolutely no regulation on what goes into products. The US has banned only 11 ingredients and the last law that regulated cosmetics was in 1938 - almost 85 years ago! Contrary to the US, Europe has banned over 1,600 chemicals for use in personal and cosmetic products. If you live in the US it is really up to you to understand the implications, read labels, and purchase products that won't cause harm to you or your family.

Harmful ingredients in personal and household products are quiet killers in the sense that you may not know the harm they are causing with repeated use, until it is too late. Yet many ingredients have been well-documented to cause some of the negative effects described above.



10 SIMPLE STEPS TO A TOXIN-FREE LIFESTYLE

There is no regulation around the labeling of personal and household products.

Greenwashing

Brands can make claims like “natural”, “free & clear”, and package products in natural-looking packages, but they still may contain harmful ingredients.

Formula Changes

Smaller natural brands are often purchased by larger conglomerates and in the process, formulations may change without rebranding or notice to the consumer.

“High” standards

Natural stores & and online marketplaces may tout high standards, however, even within one brand there may be products that are safe for repeated human use and some that are not.

The average woman uses 13 products per day containing 114 ingredients 2 of which are linked to cancer.

For men, it’s 11 products per day containing 105 ingredients and the same number of ingredients linked to cancer.

If that exposure repeats itself a few times a day for weeks, months, years, or decades you can start to see how the negative side effects become an issue.

We simply must take accountability for our own exposure to harmful ingredients.

Reading the labels, and understanding what ingredients may be harmful, in every single product in your home, is really the only way to ensure a truly clean lifestyle. The good news is there are a lot of helpful resources detailed here!

01

IDENTIFY TOXINS

There are over 2700 ingredients that the EWG has identified as unacceptable or restricted.

This is not as scary as it may sound, you do not need to memorize these ingredients.... read on...

DOWNLOAD EWG HEALTHY LIVING APP

In our experience, EWG's standards are the strictest amongst the non-profits and companies evaluating ingredients and their impact on our health. When it comes to our health we aren't willing to take any chances.

SCAN ITEMS AT HOME & WHILE SHOPPING

Use the Healthy Living App to scan your item's barcode & get the score. Green is good! Orange & Red are not so good. If your item isn't in the database you can use the "build your own report" feature in the [skin deep database](#) & it will output a score. Don't forget to submit the item for EWG's review so they can add it to the database.

WATCH FOR GREENWASHED LABELS

Claims on labels, advertisements, or social media mean absolutely nothing. There is no regulation around what brands can say or put on their label. So if you hear that something is natural, free and clear, organic, or #1 recommended by whoever, ignore it, turn the package over & scan the label!

If you buy something on social media be sure to find the ingredient list & enter it into EWG or evaluate the ingredients yourself before purchasing!

02 MINDFUL HOME

structure & decor

HEALTHY HOME GUIDE

When it comes to the nuts & bolts, literally the flooring, walls, ceiling, and beyond... there is no greater resource than [EWG's healthy home guide](#). This resource took EWG 2 years to put together and covers just about anything to do with creating a toxic-free, energy-efficient, green home.



HOME DECOR

Furniture: make sure you are buying furniture without flame retardant or stain/water guards. Choose FSC solid wood frames & and natural latex or low VOC foam.

Carpet & Rugs: Opt for carpet & rugs made of wool with padding made from wool or felt. Avoid stain or water-resistant coatings & look for low-VOC certifications.

Candles: Make sure you purchase natural waxes like bees, soy, coconut or hemp. Wicks can contain lead which is best to avoid so make sure the wick is made of organic cotton, hemp, or wood. Fragrance can be toxic, so ensure the scent is paraben/phthalate free or made from essential oils.

RESOURCES

[EWG Healthy Home Guides](#)

[The Spruce](#)

[Green America](#)

[FSC Certified Products](#)

03

PURIFY YOUR AIR



AIR FILTERS

Central Air

Replace all filters with MERV 10 or higher a minimum of every 3 months

Portable Air Filters

Choose one with high efficiency or HEPA

AIR PURIFYING PLANTS

Clean Air Study by NASA

They looked at the power of purifying plants indoors, particularly in small and unventilated spaces (like spaceships). The study found certain plants to be of significant benefit. They recommend 1 plant per 100 sqft, so 20 plants for 2000 sqft, etc.

RESOURCES

[NASA Clean Air Study](#)

[Details About NASA Clean Air Study](#)

[Check out our selection of Air Purifying Plants](#)

[American Lung Association- Clean Air](#)

Living Room

Areca Palm, Dragon Tree

Home Office

Money Plant (leaves are toxic so beware of pets & children)

Playroom

Spider Plant (non-toxic)

Bedroom

Mother-in-law's Tongue/Snake Plant, Gerbera Daisy (these continue photosynthesizing at night & don't emit CO₂)

Bathroom

Lady Palm

More Air Purifying Plants

English ivy, Spider plant, Devil's ivy, Pothos plant, Peace lily, Chinese evergreen, Bamboo palm, Variegated Sansevieria, Heartleaf philodendron, Selloum philodendron/lacy tree philodendron, Elephant ear philodendron, Red-edged dracaena/marginata, Cornstalk dracaena/mass cane/corn cane, Weeping fig, Florist's chrysanthemum/pot mum, Aloe vera, Janet Craig/Warnecke, Banana

04

HEALTHY CLEANING

With household cleaning, a good rule of thumb is: less is more. Fewer ingredients, fewer products. In many cases using everyday items like baking soda & vinegar cleans just as well.

DIY CLEANERS

If you want to take a stab at making your own here are some [DIY recipes](#).

Or purchase this set from Cleaning Essentials which includes reusable glass bottles & a few recipes to try.

RESOURCES

[DIY Natural](#)
[The Spruce](#)
[EWG Guide to Healthy Cleaning](#)

PURCHASE CLEAN BRANDS

If you prefer to purchase formulated products you can reference Free Living Co site, where we read the labels so you don't have to. Everything is EWG verified or has received a green rating of A or B meaning the product has been deemed safe for repeated human use.

Some of our favorite brands include:

- [Attitude](#)
- [Aunt Fannies \(cleaning vinegar\)](#)
- [Defunkify \(dishwasher pods\)](#)
- [Mama Suds \(minus laundry\)](#)
- [Meliora](#)
- [Good Natured](#)

Note that 1 clean product does not mean the entire brand is clean, be sure to check ingredients!

05 CLEAN & SAFE KIDS

products, meals, &
toys

NO MATTER WHAT AGE

Kids have almost more risk for exposure to harmful ingredients in personal care products, plastics, and toxins in general. You may not be able to control every exposure outside of the home, but you can certainly take helpful measures inside the home.



PERSONAL PRODUCTS

Use the healthy living app to scan products in your kids bathroom. Make sure soaps, lotions, even hair styling products, and cosmetics are free of harmful ingredients.

Babies Diapers can be offenders of toxic chemicals, especially the ones with the blue line that changes color when the diaper is wet (chemical reaction). There is only one [EWG verified diaper](#) on the market. Otherwise, look for natural brands that don't contain chemicals, dyes or bleach.

Kids try to skip the plastic toys and opt for wood toys coated with non-toxic finishes. Make sure markers & art supplies are non-toxic. Get outside! Fresh air is great for every age.

Teens As teens start to use deodorant, wear makeup, & need feminine products it is really important to eliminate toxic ingredients that can cause hormone disruptions. Teach them how to use the app & have them scan their own products, especially if they shop with friends. Hormone disruptions can be to blame for breakouts & PMS so they may be more cooperative than you think!

RESOURCES

[EWG Verified Products](#)

[EWG Skin Deep Database](#)

[MADE SAFE Healthy Baby Guide](#)

[Plastic Free Dishware & Lunch Containers](#)

[Zero Waste Home](#)

06

SAFE PEST CONTROL



GARDENING

Organic

There are many effective ways to prevent pests like companion planting, planting herbs, using friendly insects like ladybugs, composting, soap & water, even coffee grounds. Commit to a safe & pesticide-free garden & know that there are many resources, even for beginners, to help you do so.

HOUSEHOLD PESTS

Integrated Pest Management Protocol

- Using knowledge about the pest's habits, life cycle, needs and dislikes
- Using the least toxic methods first, up to and including pesticides
- Monitoring the pest's activity and adjusting methods over time
- Tolerating harmless pests, and
- Setting a threshold to decide when it's time to act

PEST CONTROL SERVICES

Search for Green Providers

Start by searching for companies that use an integrated pest management approach. If pesticides are needed inquire!

Active Ingredient Inquiry

Find out what the active ingredient they use to control pests & do a quick search [here](#). Make sure you are OK with the associated risks before hiring that company.

RESOURCES

[National Gardening Association](#)

[Integrated Pest Management](#)

[Pesticide Active Ingredient List](#)

[Beyond Pesticides](#)

[NRDC Pest Control Tips](#)



07

REDUCE PLASTICS

Plastics are harmful to human health, wildlife, and the environment.

Serious human health problems associated with producing, using, and disposing of plastics include cancer, diabetes, obesity, respiratory issues, reproductive and hormone problems, asthma, etc. The production & disposal of plastic can be directly tied to the climate crisis. Wildlife are deeply impacted either by accidentally ingesting plastic, getting caught in plastic traps, or ingesting micro or nano plastics over time which can eventually kill them.

SUBSTITUTE PLASTIC WHERE YOU CAN

Food Storage

- Saran wrap & Ziploc bags -> [Silicone lids & and stretch silicone](#)
- Tupperware -> [Silicone pouches](#)
- Plastic bowls -> Glass, ceramic, or stainless

Dishware & Utensils

- Plastic kid dishes -> [Stainless](#) or silicone
- Straws -> [Stainless](#) or bamboo straws
- Plastic utensils -> Travel utensil sets in bamboo or [stainless](#)

Feminine Care

Choose reusable [silicone cups](#) & washable period underwear. If you prefer tampons, select a compostable variety or recyclable plastic.

Home

Opt for reusable containers with refills for cleaning supplies, soaps, lotions, etc.

Out & About

Always bring a reusable water bottle, there are refillable drinking stations in many public locations. Keep reusable grocery bags in your car & think beyond the grocery store you'll be surprised how handy they come in! Use mesh or compostable produce bags in lieu of plastic ones provided by grocery stores

Resources

[Plastic Pollution Coalition](#)
[Zero Waste Home](#)

08 CLEAN & HEALTHY nourishment

EVERYTHING IS CONNECTED

How we fuel our body, and what we put on our skin or bring into our home involves conscious choice. Everything is connected from the growers to the manufacturers, packaging, transport, retailers, and consumers. Each step of the journey contributes to the product's positive or negative impact on our health & our environment. It is all connected it is all a choice. Choose consciously.



HEALTHY, ORGANIC, WHOLE

Avoid processed foods Have you ever noticed that most grocery stores are organized the same way? Stick to the outer ring of the store & you will likely find most of the whole foods.

Choose Organic Be aware of the [dirty dozen +](#) and either buy organic or don't buy those items. It is helpful to buy produce that is in season as organic tends to be more plentiful & cost-effective.

Plant Forward Approach Strive to include a variety of plants in every meal. If you eat meat opt for pasture-raised, grass-fed, wild-caught, no antibiotics or hormones, and local whenever possible.

Skip Sugar & Sweeteners Unless it is naturally occurring in a whole food like fruit, sugar is generally not good for you & can be [highly addictive](#). Many artificial sweeteners are exactly that- artificial. Substitute sugary snacks, beverages, treats with fruit if you are looking to munch on something sweet.

TAP WATER

You cannot assume your tap water is free of toxins. Check out this [tap water contaminant database](#) and ensure you have the proper water filtration system in place if your tap water is below acceptable standards.

RESOURCES

[EWG Food Scores](#)

[Organic Authority](#) for food-oriented news & tips

[Jackfruitful Kitchen](#) has some great [vegan recipes to slip into your meal plan without complaints](#)

[Cookie & Kate](#) for [whole food vegetarian recipes](#)

09

PERSONAL CARE PRODUCTS



SKIN CARE

There are over 2700 harmful ingredients found in cosmetics in the US so it is almost impossible to say “just read the label & avoid them”. It is also not enough to say “avoid chemical” ingredients. Some chemicals are perfectly fine (water is a chemical) and some natural ingredients can cause health disruptions. Instead, use resources available. We think EWG is the strictest but there are other apps like Yuka or Think Dirty. You can also take out the guesswork & just shop clean on [Free Living Co site](#).

BEAUTY

Cosmetics can be very tricky. Even clean brands can have offenders. We love [Rejuva](#) as it is one of the only lines where all products are truly free from harmful ingredients. Alternatively, give your skin a rest & go natural! With a toxic-free skin care regimen you may be surprised how lovely your skin can look without makeup & how free you will feel.

RESOURCES

[Skin care products verified to be clean](#)

[Cosmetic products verified to be clean](#)

[Hair Care products verified to be clean](#)

[Make your own!](#)

[Campaign for Safe Cosmetics](#)

[EWG Skin Deep](#)

SUNSCREEN

The only truly clean sunscreen is mineral based. Many consumers don't like the white pastey look that some mineral sunscreens can leave. There are many brands coming out with all sorts of clear mineral sunscreens, so give them a shot. Know that there is no “clean chemical” and using any chemical sunscreen can be a health risk.

NOTE: going without sunscreen is never a good alternative.

HAIR CARE

Hair care is easy to ignore & just go with whatever label jumps out to solve your morning hair dilemmas. Your scalp is actually one of the most absorbant parts of your body & what you put on it ends up in your blood, breastmilk (if you are nursing), and urine, so keep your hair routine clean too! ([per Not So Pretty](#)).

CREATE A WELLNESS OASIS IN YOUR HOME

Now that you have detoxified your home & your body it is time to think about your mind & your soul.

Zen Den

This doesn't need to be large dedicated space, rather a comfy chair or nook that makes you feel relaxed. Surround it with a few things that bring you joy like a photo, a plant, candles, crystals or a special figurine, art or mala. Make sure to have a journal for writing thoughts. Open & close your day in this special space even if it's just a few minutes or breaths.

Get Your Rest!

Make bedtime a ritual & a sacred routine. Put your skincare routine to work at night, drink a cup of tea, give yourself a luxurious body oil massage, put the screen away & enjoy a book or journal. Give yourself plenty of time to wind down & relax before shutting your eyes. Meditation & breath work is always a lovely way to end the day.

Family well-being

Encourage kindness, hugs, and time for your family to just be. Remember that the days are long but the years are short. Don't sweat the small stuff, love the ride, & live free!

Most importantly, don't let all of this information on toxins send you into a state of stress or panic. Small steps can make a large difference so give yourself grace and take it one step at a time. What is one small change you can make today? As time goes on & your knowledge, comfort, & confidence in new products grows, take more steps!

At Free Living Co we are here to meet you where you are at & join you on your journey to live free.

Resources

[Mind Body Green](#)
[Chopra Center](#)
[One Commune](#)

Thank you for reading!
Now, how can we help?



*Based in the
mountains of
Park City, UT*

freelivingco.co
dana@freelivingco.co
@_freelivingco

live free.