

# HEALTHY HOME CHECKLIST

## BEDROOM

- Remove all electronics, or if you cannot live without your phone alarm - set to airplane mode overnight.
- Choose all non-toxic mattresses, sheets and pillows, look for natural material options.
- Control your air flow, quality and temperature - invest in a HEPA rated air filter for particulate matter
- Keep the room at around 65 degrees and encourage cross ventilation
- Remove wall-to-wall carpet - this traps dust and dander
- Control the light - set your circadian rhythm
- Clear out clutter, blocks the energy and makes us anxious
- Neutral colors - yin colors such as white and cool-color family shades like blue, grey and pastel (always use no-VOC paint)

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## KITCHEN

- Use a point of use or countertop water filter as they remove contaminants. Check EWG's online tap water quality database for local contaminants and look for a filter certified by the NSF, an independent, non-profit group that tests and verifies the contaminant reducing abilities of water filters.
- Remove all toxic plastics like PVC and BPA found in items such as hard plastic drinking bottles, cans and microwavable ovenware. Store all food and liquid in glass or stainless steel containers.
- Replace Teflon pots and pans - that non-stick finish is full of chemicals that mess with your liver and thyroid. Replace with iron, porcelain-coated, stainless steel or glass
- Remove chemical cleaners, most are toxic, replace with non-toxic or natural products like white vinegar, hydrogen peroxide, castile soap, baking soda, lemon juice and just plain water.

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## BATHROOM

- Remove all toxic cleaning products,
- Say no to fragrance. It's hard to know exactly what's in a "fragrance," so it's safer to choose fragrance-free personal care products. If you can't eat it then don't rub them on your skin or spray in your hair
- Remove all PVC shower curtains, look for an all-natural option made from polyester, hemp, cotton, nylon, linen or organic cotton, If you cannot find / don't like the options for natural fiber look for PEVA or EVA
- Check your toothpaste: pick a paste without triclosan and for kids under too go fluoride-free; and teach older kids to rinse and spit; fluoride is toxic if swallowed.
- Rectify damp issues immediately - always run your ventilation fan to remove moisture & humidity, don't create a breeding ground for mold.
- Reduce clutter - keep surfaces clear as it makes it easier to clean more frequently but is also better for the mind to see countertops

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## GENERAL

- Purify your air with an air filter, for tight spaces use a stand-alone HEPA rated air filter. Ensure to check the maintenance requirements to keep filters working efficiently.
- Get rid of air fresheners and scented candles, they are full of VOC's.
- Avoid stain-resistant furniture and clothing as they contain PFC compounds - make sure that any furniture or clothing purchases have NOT been treated with stain-resistant chemicals
- Remove your shoes when you enter your home, this will help limit the spread of dirt, dust and other airborne particles
- Introduce plants in as many rooms as possible - refer to NASA list for best plants for indoor use. Don't be intimidated by plants, there are plenty of low maintenance options.
- Reduce the number of clothes you dry-clean, and always air the clothes out of the plastic bags for at least 3-4 hours before wearing them.
- Don't be overwhelmed, start with the easiest items and work your way into the big ticket items like old sports gear or family photos