

5 SIMPLE STEPS TO

DETOX YOUR HOME

A woman with long brown hair is lying on a grey couch, smiling with her eyes closed and her hands behind her head. She is wearing a grey t-shirt. The background is a bright, out-of-focus indoor space with green plants. The entire image is framed by a yellow border.

**REDUCE TOXINS
IN YOUR HOME
AND BODY**

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5 Steps to Detox Your Home

1. PURIFY THE AIR WITH PLANTS

Your home is your haven and that of your family's. You spend the majority of your day in your house; it's where you eat meals, play with your children and pets, sleep, and relax. Where you choose to live is of great value, and knowing your choice is safe for your family is just as crucial.

There are a plethora of harmful contaminants, chemicals, and airborne toxins that can affect the health and safety of your home. Dangerous airborne particles, toxic cleaning supplies, carbon monoxide, radon, mold, and mental stressors can all plague your living space. Thankfully, there are five simple steps you can take to detox your home.

Plants are nature's perfect air purifiers. They draw in surrounding air, remove toxins, and release clean oxygen into the environment. While not every plant removes the same toxins, you can find the perfect plant to meet your house's specific needs.



The importance of indoor air quality (IAQ) movement has raised awareness of the dangers of airborne pollutants in the living and work space. Using plants for IAQ not only removes toxins from the air but increases productivity and overall happiness.

DID YOU KNOW??

A study conducted by the University of Vermont demonstrated a 12% increase in productivity and 14% reduction in absenteeism in workplaces with mood-boosting plants.



Many sources of indoor air pollutants are familiar, including second-hand smoke, carbon monoxide, and radon. You can also find toxins like:

- **BENZENE:** found in plastics and furniture and which can lead to low red blood cell count, affecting the menstrual cycles in women.
- **FORMALDEHYDE:** used in the manufacturing of composite wood and is a probable carcinogen.
- **XYLENE:** used in varnishes, paint thinners, and some plastics and which can lead to respiratory irritation in high concentrations.
- **TOLUENE:** an additive in gasoline and in the manufacturing of some inks, plastics, and cleaning solutions and which produces headaches, fatigue, even depression.

Plants that can purify the air in your home, boost your mood and increase productivity include:



CHINESE EVERGREEN:

A hardy plant proven to reduce benzene from the air.



FICUS:

Common home and office plant. The ficus can reduce formaldehyde vapors from your living space.



SPIDER PLANT:

Has the potential to grow large. They purify formaldehyde, toluene, and xylene.



MONARCH ORCHIDS:

Temperamental about their soil medium and water intake, but lovely when they bloom. Moth Orchids reduce xylene, toluene, and even paint fumes.



ARROWHEAD VINE:

Reduces formaldehyde, xylene, and toluene from the environment.



MONEY TREE PLANT:

The Money Tree Plant can bring its owner good luck while reducing benzene, xylene, toluene, and formaldehyde.



BOSTON FERN:

A hardier variety of fern adaptable to warmer homes. Removes formaldehyde, xylene, and toluene.



BAMBOO PALM:

Grow well in low light, they are ideal for offices and the more closed off areas of your house. Bamboo Palms purify xylene and toluene from the air.

5 Steps to Detox Your Home

2. TOSS THE TOXIC CLEANING SUPPLIES

There are an alarming amount of toxic chemicals in every day cleaning supplies that are commonly in kitchen and bathroom cabinets. Borax, for instance, is a skin irritant and can potentially disrupt the reproductive system. Fragranced air fresheners and dish soap contain phthalates can lead to reduced sperm counts. And most dishwashing detergents are produced with triclosan that promotes the growth of drug-resistant bacteria.

The majority of chemicals in your cleaning cabinet will have toxic agents in them, creating a healthy environment in the very rooms you think you're cleaning. Having a healthy, toxin-free home is essential to healthy living, so knowing which chemicals are harmful and what to eliminate is crucial.



Phthalates

FOUND IN: Fragranced air fresheners, dish soap and sometimes toilet paper and trash bags. Phthalates are endocrine disruptors, potentially causing low sperm count, migraines, and asthma triggers. Phthalates are inhaled and absorbed through the skin.

SOLUTION: Use fragrance-free cleaners, or organic when possible. Instead of spray or plug-in air fresheners, switch to essential oil diffusers.

Perchloroethylene (PERC)

FOUND IN: Dry-cleaning solutions, spot removers, and carpet cleaners. PERC is a neurotoxin and a possible carcinogen, causing dizziness and loss of coordination.

SOLUTION: Take 'dry clean only' items to a 'wet cleaner' that uses water-based cleaners rather than chemicals. Find non-toxic spot and carpet removers at natural, organic-based stores like Whole Foods.



**NEXT TIME YOU PURCHASE –
LOOK OUT FOR THESE INGREDIENTS!**

Triclosan

FOUND IN: Dishwashing detergents and antibacterial hand soap. Promotes the growth of drug-resistant bacteria and is highly dangerous when it enters rivers and streams. Also, a probable carcinogen.

SOLUTION: Avoid antibacterial products and switch to alcohol-based hand sanitizers without triclosan.

Ammonia

FOUND IN: Polishing chemicals and glass cleaner. Ammonia affects those with asthma and other breathing problems. High exposure can lead to bronchitis, and it is poisonous gas when mixed with bleach.

SOLUTION: An odd switch is vodka for glass and toothpaste for silver polishing.

Quarternary Ammonium Compounds (QUATS)

FOUND IN: Fabric softeners and antibacterial products. Helps produce drug-resistant bacteria and is a skin irritant.

SOLUTION: Try using vinegar as a fabric softener. Alternative disinfectants include tea tree oil mixed with vinegar and water in a

Chlorine

FOUND IN: Toilet bowl cleaners, laundry whiteners, and tap water. Chlorine is a respiratory irritant and can affect your thyroid functions.

SOLUTION: Clean toilet bowls with vinegar, chlorine-free oxygen bleach powder for whitening, and water filters to your sinks and showers.

diy

GLASS CLEANER RECIPE

2 CUPS WATER

1/2 CUP WHITE VINEGAR

1/4 CUP RUBBING ALCOHOL (70% CONC.)

2 DROPS ORANGE ESSENTIAL OIL



ALL-PURPOSE GREEN CLEANER + DEODORIZER RECIPE

4 TABLESPOONS BAKING SODA

1 QUART WARM WATER

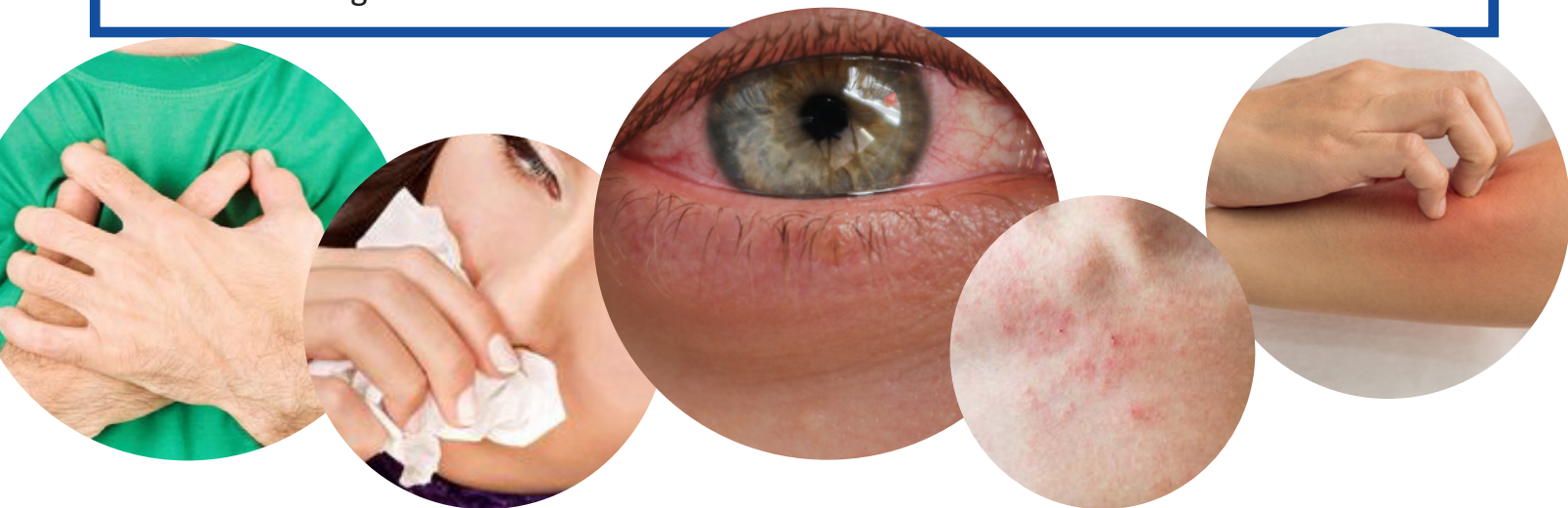


5 Steps to Detox Your Home

3. CONTROL PET DANDER

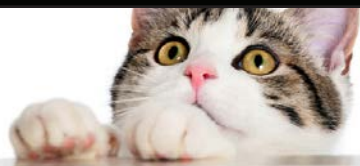
While not overtly dangerous to your health, pet dander (dead skin cells) can have a serious effect on anyone with pet allergies who lives in or enters your home. Cats and dogs naturally shed dander from their skin and coats the same as humans. Unfortunately, some people have over-sensitive immune systems that strongly react to the presence of pet dander.

Pet allergies are more common than you might think, affecting people with other allergies and asthma the most. In the U.S. as many as three in 10 people with other allergies also have pet allergies. Allergic reactions to pet dander can include swelling and itching of membranes in the eyes and nose, sneezing, stuffy nose, and watery eyes. Some pet allergens can even enter the lungs, causing breathing difficulties including coughing, wheezing, and shortness of breath. Those with extreme pet allergies can even develop a rash, and severe cat allergies can lead to chronic asthma.



If you or someone in your family suffers from new or worsening pet allergies, but you want to keep your pet in the home, you need to decrease the number of allergens circulating the house.

WHAT ARE SOME OF YOUR CLEANING OPTIONS?



BASEBOARDS/CEILINGS/WALLS

Use a non-toxic all-purpose cleaner to wipe down the surfaces. For ceilings and walls, wear a pair of safety goggles to protect your eyes, use an extendable sweeping device with a microfiber cloth head to reach the ceiling and the top of the wall and work your way down. Rub back and forth, allowing dust and dander to fall to the floor or become trapped on your microfiber cloth. Wipe down the baseboards last.

BEDROOM

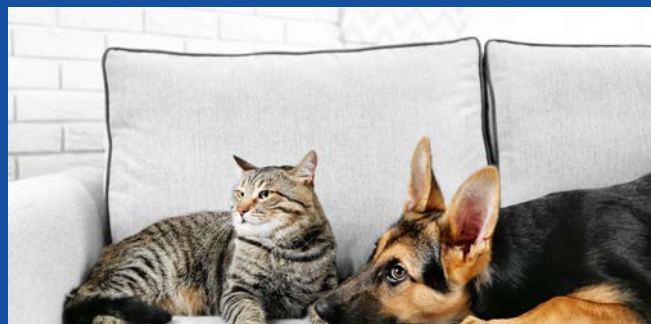


You spend 1/3 to 1/2 of your day in the bedroom and allowing your pet to sleep in the room during the night or while you're gone during the day invites health hazards. While it's easier said than done, try removing your pet from the bedroom. Keep the door always shut and prevent them from sleeping in the room with you. You will also want to thoroughly clean the room in the same fashion outlined above and use allergy-free bedding, pillows, and mattresses.



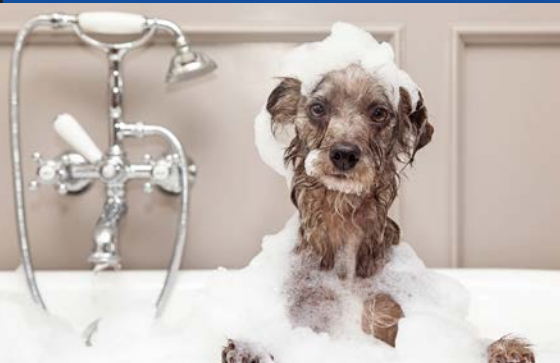
CARPET

Best cleaned with a HEPA-filtered vacuum. HEPA stands for High-Efficiency Particulate Air. These filters retain the dirt and dander you suck up rather than releasing clouds of it back into the room like regular vacuums. They are the most efficient way to clean your floors and can even be used on furniture and baseboards with a brush attachment for a more thorough clean. Try using the HEPA-filtered vacuum to clean pet furniture as well. These are large dander magnets.



UPHOLSTERY

A cheap and useful tool is a lint roller. You can find multi-packs for cheap at dollar stores and other discount retailers. Use as many sheets as necessary to remove dander and hair from the furniture.



YOUR PET

bathe and brush the pet regularly, monthly if possible. Bathing is a perfect solution, but it can help. Regular brushing outside of the home, though, can significantly reduce the amount of dander in circulation.

5 Steps to Detox Your Home

4. HAVE YOUR HOME CHECKED

There are a lot of hidden pollutants you need to rid of your home. Hidden dangers like carbon monoxide, radon, and mold can wreak havoc on your family's health and create a stressful environment. There are simple steps you can take to test for, fix, and prevent these contaminants from destroying your hard-earned investment.

The health of your home is vital to your happiness, so understanding and removing hidden pollutants should be a top priority.



CARBON MONOXIDE:

Not to be confused with carbon dioxide, is colorless, odorless, and tasteless and is toxic to humans and animals in high concentration. Carbon monoxide leaks are the most common type of fatal air poisoning in many countries. Leaks occur from appliances that burn fuel, liquid space heaters, and wood stoves.

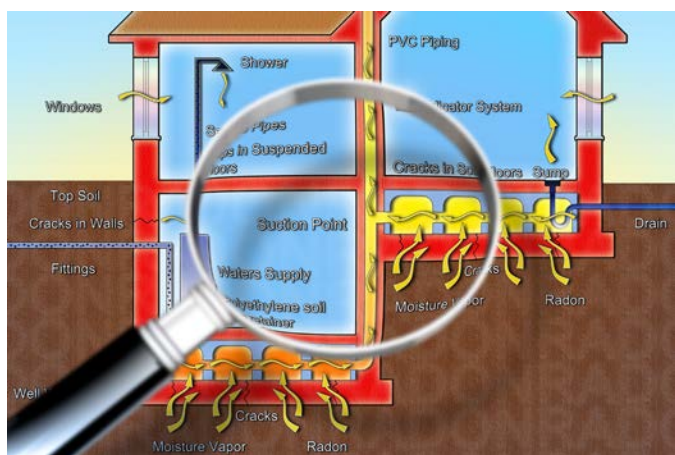
Symptoms of carbon monoxide poisoning include flu-like symptoms, headache, nausea, vomiting, dizziness, fatigue, and weakness.

There is only one way to detect a carbon monoxide leak—carbon monoxide detectors. Available at local hardware stores, carbon monoxide detectors should be installed on each level of the home, especially near bedrooms. If the alarm sounds, move to fresh air and call 911.

Simple steps to prevent a leak include:

- Never leave a car running in an attached garage.
- Do not try a DIY repair on appliances that burn fuel—let the experts do it.
- Do not use a gas range or oven to heat the home.
- Do not use charcoal grills or camp stoves inside the home.
- Do not sleep in a room with a gas appliance unless it's connected to an exterior vent.

RADON:



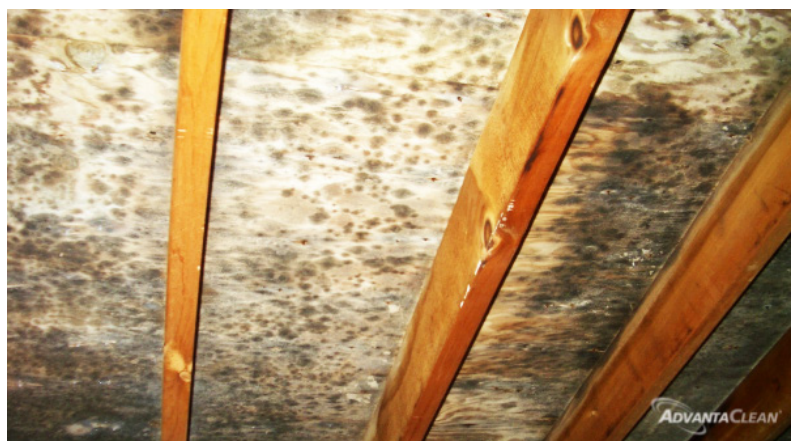
Radon is another colorless, odorless, and tasteless gas that can kill, albeit slower. Radon gas is present in the soil and rocks beneath most homes and can enter your house through cracks and gaps in your foundation and floors.

To prevent the dangers of radon exposure in your home, have the house tested by a certified radon technician. Short-term tests can last as little as 48 hours, and if your house comes back above the recommended action level, consider having a radon mitigation system installed.

MOLD:

Visible mold is easy to spot, evaluate, and remove. If you have hidden mold, you might not know there is a problem until severe damage is done. If you don't see visible areas of mold on your floors, ceiling, or walls, but you or someone in the house is experiencing strange allergy-like symptoms, migraines, congestion, etc., there could be non-visible mold hiding somewhere. You may also notice a musty or mildewy odor before you see mold growing.

Whatever the case may be, if you see or suspect mold, schedule a mold inspection or mold testing appointment. You need to know if there is mold, where it's growing, and how much there is.



5 Steps to Detox Your Home

5. DETOX YOUR MIND

Cleaning environmental toxins and pollutants are one problem in your home, but if emotional toxicity remains, there is no amount of physical detoxification you can do to save your house.

Anger, resentment, jealousy, unhappiness, and lack of love and forgiveness can lead to a highly toxic environment well after you've detoxified the home.



Fortunately, there are steps you can take to detox your mind and return a healthy balance to your life and your home.



- **TRY CREATING CONCRETE SOLUTIONS TO YOUR EMOTIONAL PROBLEMS.** Work on creating real solutions.

- **FIND THE ROOT OF THE PROBLEM.** Avoid over-analyzing the symptoms of your problems and focus on the cause of the problem and the emotions attached to it.

- **TRY PRACTICING FENG SHUI TO REVITALIZE YOUR MIND AND SPIRIT.** Rearranging your furniture is a great way to start a new chapter and view and feel your life differently.

- **DECLUTTER YOUR LIVING SPACE AND DECLUTTER YOUR MIND.** Emptying out a room creates physical and mental space.

- **WRITE YOUR FEELINGS.** No one has to read it, not even yourself. View it as a mental purge.

- **PICK UP A NEW HOBBY.** This is a great way to lose yourself in something new and different, taking your mind off your stressors and worries.

Find other ways to detox your mind, empty it out of negative and stressful emotions and fill it back up with fresh, new, positive feelings and outlook on life. Detox your home in five simple steps, including your mind, and your house will be the perfect haven you've always wanted.

YOU ARE ON YOUR WAY TO

WELLNESS



MOLD



MOISTURE



AIR DUCT



WATER



RADON

**TO ACHIEVE & MAINTAIN A
CLEAN, SAFE, HEALTHY & ENERGY EFFICIENT
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