

Tips for Making Your Home a Healthier Place

- Don't spray your house with pesticides!
- Don't use lawn and garden fertilizers and weed treatments.
- Don't buy hormone-laced meat and dairy products (milk, butter, cheese) or arsenic-laced poultry.
- Don't buy the "dirty dozen" fruits and vegetables unless they are organic.
- Stuff copper mesh in every weep hole around the perimeter of your house (and any other openings you see).
- Keep your home dry and well ventilated (pests need water to survive).
- Seal and/or caulk openings and cracks throughout your home. Especially check the pipes underneath your sinks and the spaces underneath your exterior doors.
- Prevent indoor plants from harvesting pests.
- Use airtight containers for storing non-refrigerated food items.
- Keep counters, sinks, and cupboards clean of food and crumbs.
- Use a spade cultivator to remove weeds from your lawn.
- Try composting or use only organic fertilizers.
- Use Environmental Working Group's Website: www.cosmeticdatabase.com to research ingredients in beauty products.
- Throw out all the toxic products in your home.
- Buy only fragrance-free products.
- Use the right type of sunscreen—nothing with Oxybenzone.
- Don't use spray-on sunscreens.
- Know that not all products labeled "natural" or "organic" are safe; You have to read the labels!
- Make your own household cleaners.
- Filter the water in your home.
- Don't use hot tap water for cooking or drinking.
- Buy your own water bottles and fill them with your own, filtered water.
- Do not microwave with plastics!
- Throw out all your #3, #6, and #7 plastics.
- Use glass containers for food storage.
- Use 18/10 (otherwise known as 316) stainless steel cookware.
- Use Corelle dishware (not the stoneware).
- Use glass coffee mugs instead of ceramic.
- Use either all-natural latex mattresses or spring mattresses that are made of pesticide-free cotton and wool.
- Use a washable, wool mattress covers to protect your children's mattresses from urine.
- Buy beds and cribs that are made from hardwoods...not pressed board with formaldehyde.
- Stop using aerosol sprays.
- Avoid the use of kerosene and gas space heaters, wood-burning stoves, and fireplaces.
- Make your home a tobacco-free zone.
- Wipe your feet on a doormat and remove your shoes before coming inside.
- Vacuum as much as possible...preferably with a CRI (Carpet and Rug Institute) certified machine.
- Open your windows to air out the house for 10 minutes at least once a week.
- Open a window or use an exhaust fan when cooking with a gas stove.
- Keep humidity in your home low because mold and dust mites can't grow if humidity falls below 50 percent.
- Use 3M Filtrete 1000 (or better) air filters and change them every 3 months.
- Use plants to help filter your air.
- Use natural, sustainable products when decorating and remodeling your home.
- Kill odor with naturally deodorizing and disinfecting white vinegar.
- Put two drops of essential oil on a cotton ball and place throughout your home.
- Make your home as energy-efficient as possible.




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