



Healthy Home Quick Tips

Chemical Free Cleaning

The most effective ways to reduce the amount of chemicals in your home is to change your cleaning and laundry products. I use a 50% mixture of white vinegar that you buy at the grocery store and water to clean my windows, mirrors, sinks, tubs and showers. It is natural and cheap too. However, there are brands of cleaning solutions that are natural and chemical-free including:

Ecover	Earth Friendly Products	Seventh Generation
Ecos	Mrs. Meyers	Bio-Clean

When purchasing cleaning products, look for products that are “biodegradable” and “non-toxic,” avoid phosphates and petroleum derived ingredients, choose products with a pH range of neutral 7, of VOC concentrations of less than 10%, and available in recycled and recyclable containers. Unfortunately, the label “Natural” is not regulated and therefore, does not mean much.

Plants to Clear the Air

The following is a list of plants that are very good at cleaning the air and soaking up indoor pollutants such as formaldehyde, carbon monoxide, alcohols, acetone, trichloroethylene, benzene and ammonia.

Rubber Plant	Dracaena “Janet Craig”*	Ficus Alii
Peace Lily*	Corn Plant	Golden Pothos
Kimberly Queen	Dracaena “Warnecke”*	Dumb Cane
Weeping Fig	Red Emerald Philodendron*	Prayer Plant
King of Hearts	Heart Leaf Philodendron*	Dwarf Banana
Oakleaf Ivy*	Spider Plant*	

Plants marked with an * are toxic when chewed or eaten to domestic animal and humans. These should not be used around children or pets where there is a chance of ingestion.

Clean Air Tips

Keep Carbon Monoxide Detectors in your home
Test for Radon Gas and mitigate when necessary
Use Plants & Indoor Fountains to boost the energy in areas that you feel need it