

## Detox Your Home: Natural Cleaning Solutions

Many of us use cleaning products daily in our workplaces and homes.<sup>1</sup> Unfortunately, many household products contain problematic ingredients that can create widespread health risks.<sup>1</sup>

Researchers estimate the average person becomes exposed to anywhere between 25,000 and 84,000 chemicals.<sup>2</sup>

These environmental toxins lurk in cosmetics, the food we eat, the water we drink, the air we breathe, and many commercial cleaning products.

Excess amounts of these toxins contribute to numerous chronic diseases including obesity.<sup>2</sup>

You can't eliminate toxins completely; they are everywhere. But you can reduce their impact. An ideal way to start is with natural cleaning solutions for your home.

Because over 90 percent of us spend most of our time indoors, we are repeatedly exposed to these ingredients.<sup>3</sup>

Manufacturers don't always list the ingredients on their labels that alert consumers of toxins because the United States Consumer Product Safety Commission leaves it up to the manufacturer to do it.<sup>4</sup> Despite evidence of potential health risks, they continue to use these ingredients in common household cleaners.<sup>3</sup>

You have a few solutions to minimize the toxic exposure in these products.

1. Buy less-toxic products. The Environmental Working Group (EWG) provides an excellent Guide to Healthy Cleaning that covers the gamut from bathroom and kitchen cleaners to laundry and dishwashing products and even air fresheners.<sup>5</sup> They grade specific brands and products from A to F.<sup>5</sup> Visit [www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners).
2. Do it yourself. Learn to make your own cleaning products. Basic ingredients like baking soda, hydrogen peroxide, and white vinegar can clean just about anything. You'll save time, money, and—more importantly—your health and the environment when you use these homemade products.

You can find plenty of recipes for your bathroom, kitchen, stain removal, and general cleaning with a Google search or in this article: [maxliving.com/healthy-articles/toxic-cleaning-products](http://maxliving.com/healthy-articles/toxic-cleaning-products).



## References

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### Dr. Name

Clinic Name  
Clinic Address  
Phone Number  
Website  
E-mail

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