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| **Is your safe haven slowly damaging your health?**  |

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| Taking more care to reduce our exposure to both internal and external toxins, by detoxing our bodies and our living space allows the body’s own detoxification processes to function more efficiently and our immunity to remain resilient. Whilst you cannot completely eliminate toxins from your life, you can greatly reduce your exposure by making conscientious choices - which is why in this four part detox series, I have chosen for us to look at the everyday choices we can make which will lead us to better health. The Environmental Protection Agency states that indoor air pollution is one of our top environmental dangers, and much of this pollution comes from common cleaning products. Indoor air on average is 2 to 5 times more polluted than outdoors and in the Western world we spend up to 90 percent of our time inside. The past two weeks we have examined toxic laundry detergents and fragrances and today, we'll look at ***two more ways*** you can eliminate cancer-causing toxins from your family home. ***ONE: PURIFY THE AIR YOU BREATHE!*** The air we breathe in at home is pretty still and stagnant unless you have a constant flow of natural air coming in from open windows. You can help filter your air, using Salt Lamps and Houseplants. ***Salt Lamps*;** due to their hygroscopic properties can help purify the air, in turn easing symptoms for people who suffer from airborne allergies. This process means that they attract and absorb water molecules from the surrounding environment, as well as any foreign particles they may be carrying – into the salt. The heat produced by the light bulb inside evapourates the water back into the air and the trapped particles of dust, etc remain locked in the salt. ***Houseplants*;** are also great additions to the home not only as they are aesthetically pleasing, calming, and mood improving, but because they are also natural air purifiers which are particularly effective in removing toxic air pollutants like volatile organic compounds. NASA recommends two or three plants in 8 to 10-inch pots for every 100 square feet. Certain plants are better at removing some chemicals than others but amongst the most widely known are Spider plants for removing formaldehyde, xylene and Bamboo palms which eliminates formaldehyde, benzene, carbon monoxide, chloroform, and more. ***TWO: REMOVE THE MOST TOXIC CHEMICALS*** Common household cleaners contain harsh chemicals which are hazardous not only when touched and ingested, but when inhaled also. You can make your own using natural ingredients. Below are three ***all-natural recipes*** you can try! **(1) Multi-purpose cleaner** Combine the ingredients in a spray bottle. 1/4-1/2 cup of white vinegar ( *eliminates grease, soap scum, and grime*). 2 tablespoons of baking soda ( *effectively cleans, deodorises, brightens, cuts through grease and grime*). Several drops of a lemon juice/tea tree oil/eucalyptus essential oil (n *atural, gentle antiseptic and anti-bacterial*) Water **(2) Glass, Mirrors, Windows, Countertops** Mix 50:50 white vinegar and water into a spray bottle **(3) For the toilet** Pour into the toilet and scrub; ½ cup of baking soda 10+ drops of tea tree essential oil ¼ cup of vinegar to the bowl **Successful implementation...how to move forwards!** **1. *Educate*** yourself on commonly used toxic household ingredients and chemicals names and where they are found. **2.** ***Create your own*** homemade, nontoxic alternatives, or ***shop naturally sourced*** products which do not contain the most hazardous carcinogens such as VOC's, Fragrances, and Phthalates. **3.** ***Flag each of my newsletters*** in this four-part detox series so that you can easily refer back to all of the tips, recipes, and solutions provided. I hope you enjoyed and found the first part of this series to be extremely eye-opening and beneficial. The ***most important thing*** is what you choose to do next with this awareness! ***Tell us*** ***three*** ***ways*** that you are going to ***eliminate toxins from your home*** starting from today. You can do so by replying directly back to this email, or even better; - join our ***facebook group*** [***here***](https://qc361.infusionsoft.com/app/linkClick/4202/47238118f65bc659/222198/5ab982e790d736b0) so that you can share your tips and actionable steps with others!!  |

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| Love, Dr. Carli Axford  |

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