



Go Green at Home

Every Body Wellness



BECAUSE WELLNESS IS FOR EVERYONE



DISCLAIMER

This information is for educational purposes only and is not intended to prescribe, treat, prevent, or diagnose any disease or condition.





First: The Bad News



Fifty-three percent (53%) of cleaning products under review contained lung-harming ingredients. In addition, well-known carcinogens like **formaldehyde** and **chloroform** were found in several cleaners.

The Bad News



Some cleaners that are better for your health and the environment, such as **Green Shield Organic** and **Whole Foods' Green Mission brand**. Don't be fooled by "green" labels though, since other eco-friendly products can be misleading with their claims.

EWG's Hall of Shame*



*Environmental Working Group.



Toxins Hidden in Your Cleaning Products

This is only three of many:

- **Phthalates**
- **2-Butoxyethanol**
- **Triclosan**



1. Phthalates

Found in: Fragranced household products, such as **air fresheners** and **dish soap**.

Because of proprietary laws, companies don't have to disclose what's in their scents, so you won't find phthalates on a label. If you see the word "fragrance" on a label, there's a good chance phthalates are present.



1. Phthalates

Health Risks: Phthalates are known endocrine disruptors. Although exposure to phthalates mainly occurs through inhalation, it can also happen through skin contact with **scented soaps**, which is a significant problem. Unlike the digestive system, the skin has no safeguards against toxins. Absorbed chemicals go straight to organs.



1. Phthalates

Healthier Choice: When possible choose fragrance-free or all-natural organic products. **Do not use aerosol or plug-in air fresheners** and instead using **essential oils** or simply opening windows to freshen the air. Aerosol sprays and air fresheners can be migraine and asthma triggers. Consider adding more **plants** to your home as they're natural air detoxifiers.



2. 2-Butoxyethanol

Found in: Window, kitchen and multipurpose cleaners.





2. 2-Butoxyethanol

Health Risks: 2-butoxyethanol is the key ingredient in many **window cleaners** and gives them their characteristic sweet smell. Law does not require 2-butoxyethanol to be listed on a product's label. According to the EPA's Web site, in addition to causing sore throats when inhaled, at high levels glycol ethers can also contribute to narcosis, pulmonary edema, and severe liver and kidney damage.



2. 2-Butoxyethanol

Healthier Choice: Clean mirrors and windows with newspaper and diluted vinegar. For other kitchen tasks, stick to simple cleaning compounds like Bon Ami powder; it's made from natural ingredients like ground feldspar and baking soda without the added bleach or fragrances found in most commercial cleansers. You can also make your own formulas with baking soda, vinegar and **essential oils**.



3. Triclosan

Found in: Most liquid dishwashing detergents and hand soaps labeled “antibacterial.”





3. Triclosan

Health Risks: Triclosan is an aggressive antibacterial agent that can **promote the growth of drug-resistant bacteria**. The American Medical Association has found no evidence that these antimicrobials make us healthier or safer, and they're particularly concerned because they don't want us overusing antibacterial chemicals — that's how microbes develop resistance, and not just to these [household antibacterials], but also to real antibiotics that we need.



3. Triclosan

Healthier Choice: Use simple detergents and soaps with short ingredient lists, and avoid antibacterial products with triclosan for home use. If you're hooked on hand sanitizer, choose one that is alcohol-based and without triclosan.

What can we do about this?



Can't completely stop using everything in our kitchen cabinet.

- First, be aware! Read labels. Know what you are using.
- Educate yourself. Make educated choices for your health. <http://tinyurl.com/hallshame>
- Use essential oils and simple products you already have in your home (vinegar, baking soda).

What are Essential Oils?

The volatile liquids that are distilled from plants (including their respective parts such as seeds, bark, leaves etc.)



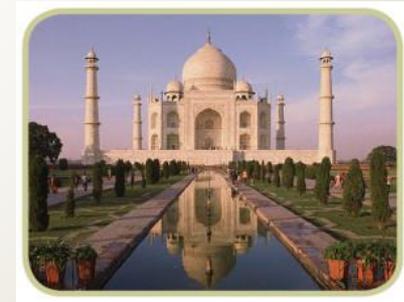


Benefits of EO's

- Contain the regenerating, oxygenating, and immune defense properties of plants.
- Are lipid soluble and capable of penetrating cell walls. Takes about 20 min to penetrate every cell in the body.
- EO's contain oxygen molecules which help to transport nutrients and boost the immune system.
- Powerful antioxidants that create an unfriendly environment for free radicals
- Have been shown to destroy bacteria and viruses.

History of Essential Oils

Essential oils were mankind's first medicine. The Chinese, Egyptians, Greeks, Indians, and Romans used essential oils and herbal remedies for centuries before they were introduced in Europe.



History of Essential Oils

Numerous texts have been written reporting the benefits of essential oils including the Bible which contains dozens of references to both the medicinal uses and spiritual benefits of essential oils.



See *A Brief History of Essential Oils* worksheet for more information.

What Factors Determine the Quality of EOs?

Purity and therapeutic value is determine by the chemical constituents, growing conditions, plant species, extraction techniques, storage, and even type of soil and temperature.



Ways to Use EO'S

- Aromatically
- Topically
- Internally



Aromatically

(Cold-Air Diffusion)



- Olfactory senses are directly connected to the limbic system in the brain that controls heart rate, blood pressure, breathing, memory, stress and emotions.
- Diffused oils don't mask odors; they alter the structure of the molecules that create odors.

Aromatically (Cold-Air Diffusion)



- NEVER burn essential oils as it changes the basic chemical constituency (thus the medicinal benefits) of the oil.
- Rather use a cool mist diffuser. You can get one from Amazon for as little as \$25.

Topically



Applying directly to the body or area of concern. Standard: 1-3 drops for adults using a carrier oil (olive, almond, or coconut oils).*

**Most aromatherapists will recommend at least a 5:1 ratio of carrier oil to essential oil depending on the strength or intensity of the essential oil. Experiment to see what works best for you.*

Internally



There is a great deal of dispute over whether essential oils should be ingested. Most would agree that it should only be done under the supervision of a certified aromatherapist.

Which Oils to Use for Cleaning?

The Top Three:

- Thieves
- Lemon
- Lavender



“Thieves” Blend



Historical Overview:

The formula comes from a legend of four thieves who were captured and charged with stealing from the dead during the bubonic plague outbreaks in Asia and Europe. Offered leniency if they revealed how they avoided contracting the infection, the thieves shared a concoction of herbs and vinegar they rubbed on themselves before committing their crimes.

**Trademarked by Young Living Essential Oils*

“Thieves” Blend



Oils: Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, Rosemary cineol.

Collectively, these oils are: antibacterial, antifungal, anti-infectious, anti-parasitic, antiseptic, antiviral, anti-inflammatory, and anti-microbial. They also act as a powerful immune and circulatory stimulant.

*When used topically, a carrier oil is recommended unless used directly on the bottoms of the feet.

“Thieves” Blend



Household/Travel Uses:

- 1. Add to **laundry** or **dishwasher** prior starting to disinfect.
- 3. To **repel insects**, spray mixture of 8-12 drops and 4 oz water on flowers and plants.
- 4. Dissolve the gummy **adhesive** on price labels.
- 5. Diffuse 15-30 minutes daily in homes/business to resolve **mold** problems.
- 6. When **traveling** and to protect from airborne viruses, spritz mixture of 6 drops and 4 oz water on linens and/or place tissue with 1-2 drops of oil near hotel room AC vent.

“Thieves” Blend



Making Your Own All-Purpose Household Cleaner

In a 32 oz. spray bottle, add 4 oz. of natural liquid soap*, 15-20 drops **Thieves Essential oil**, and enough water to fill bottle. This mixture is great for countertops, floors, stovetops, walls, and windows.

For a little extra kick for bathtubs, use with ½ c. baking soda.

Lemon



Historically recognized as a cleanser. Also,

- Anti-carcinogenic
- Anti-depressent
- Antibacterial
- Anti-fungal
- Antioxidant
- Antiviral
- Astringent

Lemon



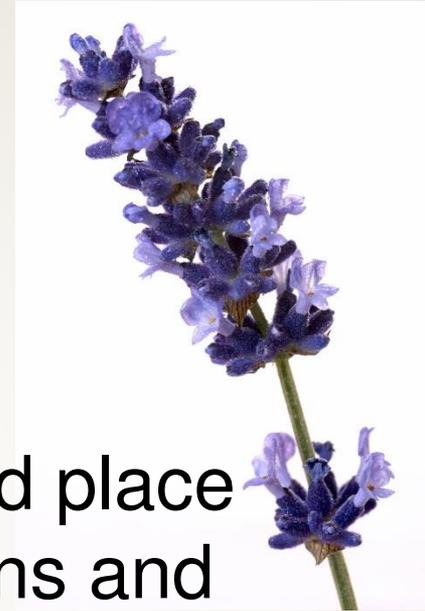
- To keep personal water bottles free from mold
- To degrease stains in laundry.
- To remove residue like glues, adhesives, and candle wax.
- For polishing furniture
- To alleviate odors in trash, diaper pail, and bathroom
- For spot-free dishes in dishwasher.

Lemon



To make your own glass and mirror cleaner, in a 32 oz bottle, add 1/8 oz. of liquid castile soap, 7 drops of **Lemon essential oil**, 1 tsp. of white vinegar, and enough water to fill the bottle.

Lavender



Household Uses:

1. Drop on a cotton ball and place in linen closet to scent linens and **repel moths** and insects.
2. Place on a damp cloth in dryer to deodorize and freshen **laundry**.

Lavender



Make your Own Lavender Air-Freshener:

In an 8 oz spray bottle, add 6-10 drops of Lavender Essential Oil and enough water to fill bottle. Spray throughout your home.

Other Great Oils by EBW

Tea Tree



Peppermint



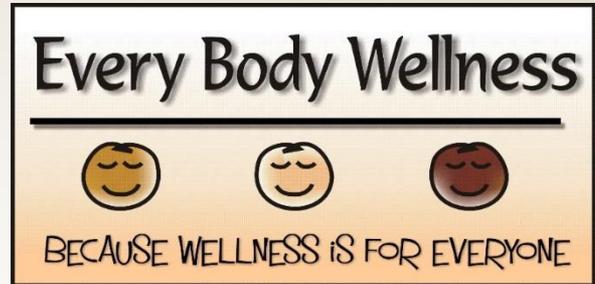
Where to Start?



- Lemon and Thieves
- Start small with 5ml bottles of each.
[Shop with EBW](#): \$4 for Lemon, \$8.50 for Thieves.
- You'll find a variety of uses.
- Do your own research online.
- Share it with others.



What next?



Email us if you have any questions:

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