

10 STEPS TO A HEALTHIER HOME

1. Have a "Shoe's Off" Policy

Institute a "shoes off" policy in your home and leave all those toxins at the door.

2. Eliminate the synthetic "fragrances", "scented" products and air fresheners.

Most synthetic fragrances are solvents and are derived from petroleum products. Opt only for fragrance derived from 100% pure essential oils.

3. "Cleanse" your cleaning supplies

Conventional household cleaners are a mix of toxic compounds that affect many systems of the body. Opt for cleaning products that are non-toxic, this applies to laundry products (soaps, spot cleanser and fabric softeners) as well as general cleaning supplies.

4. Minimize the dry cleaning

Conventional dry cleaning is accomplished with a wide range of toxic solvents that are damaging to the nervous system.

If you must dry clean: do it minimally, opt for a "green" cleaner in your area, remove your dry cleaning from the bag immediately (before bringing it into the home), discard the bag, and air out the clothes for a minimum of 2 weeks before placing in your enclosed closet or wearing.

5. Pass on the cut flowers

Fresh cut flowers have the highest pesticide content of any grocery item! If you must have fresh flowers, plant your own garden or purchase organic cut flowers. You can purchase online at www.organicbouquet.com.

6. Avoid cooking with Teflon-coated products

Teflon (or non-stick coating) releases a family of compounds called PFOA's, deemed by the EPA "a likely human carcinogen". When you can start replacing your non-stick pans, replace with a high-grade stainless steel or enameled cast iron.

7. Address potential mold sources

Check your home for the leading sources of mold problems:

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| Moisture behind bathroom tiles | HVAC Systems |
| Leaky windows | Wet Carpet (anything longer than 48 hrs) |
| Drain pan under your refrigerator | Water Pipe Leaks |
| Roof leaks and wet insulation | Dampness and water leaks under sinks |
| Corners of rooms with external walls | Improperly functioning sprinkler systems |
| High humidity in basements or crawl spaces | Improperly functioning gutters or drain pipes |
- Furniture placed against, or attached to, an exterior wall.
Inadequately vented bathrooms and shower curtains
Drain pan in your air conditioner, or other cooling coils.
Improper venting of dryers or exhaust fans to inside space

8. Check your home for radon

Radon is a naturally occurring, radioactive gas emitted from volcanic rock and is the leading cause of non-smoking induced lung cancer.

Contact the link below for test kits provided by the state for \$5.

<http://www.cdph.ca.gov/HealthInfo/environhealth/Pages/RadonTestKits.aspx>

9. Filter your water

At a minimum, opt for filters that remove chlorine. This applies to your drinking water, and shower/ bath water! Look for NSF-certified filters.

For further information on drinking water quality check out www.ewg.org and their "National Assessment of Tap Water Quality" database to find out any additional concerns for your area.

10. Change your air filters

If you have a forced air system, don't overlook changing your filters regularly. This should be every 3 months, and opt for the high quality pleated filters. Also, having your ducts cleaned professionally every 2 years is highly recommended.