



## HOW TO TOXIN PROOF YOUR HOME?

The following checklist will give you a gist of the most toxic products that we have in our homes which also wreaks havoc in hormonal balance. Check the list, toss out each product and replace it with the natural alternative as mentioned against it.

Save your money, hormones and health.

<b>TOXIC Product</b>	<b>Natural Alternative</b>
Air freshener (Car, Bathroom, Living room)	Essential oil – Aromatherapy grade
Fabric conditioner, fabric softener, Floor cleaner, Glass cleaner	Vinegar with essential oil
Insect or mosquito repellent	Citronella or Lemon grass oil
Plastic containers, spoons, ladle, cutting board, nonstick cookware	Glass, bamboo, Iron or stain less steel cookware.
Hair conditioner	Few drops of coconut oil
Mouthwash	A drop or two of mint oil
Body lotion or moisturizer	Coconut or olive or avocado oil (Essential oil optional)
Deodorants, Anti-perspirant and perfume	Pure or a mix of your favorite essential oils.
Lip balms, Lip sticks	Double boil Bees wax or shea butter with coconut oil, honey and beetroot powder.
Chemical Sunscreens / sunblock	Physical sunblock – Hat, umbrella, creams that use titanium dioxide or zinc oxide.
Face, hand, foot scrub	Sugar + lemon juice. (Mint oil optional for foot scrub)