



It's important to take notice of what products are being used in the home, take the time to see what toxins might be sneaking into your life. Use this list to help swap out the bad toxins and bring in healthy products for cleaning, personal use and eating.

In your kitchen:

- Eat organic when possible.
- Cook using whole foods not refined or processed, use herbs and spices for taste rather than pre-made sauces.
- Filter your tap water.

In your bathroom:

- Say no to fragrances and switch to using [essential oils](#).
- Use aluminium free deodorants.
- Choose fluoride free toothpaste.
- Use cleaners without toxic chemicals – check out some recipes [here!](#)

In your living room:

- Diffuse pure essentials oils – be careful not to use cheap oils that have toxins and artificial fillers, research your products before you buy!
- Say no to cheap candles and buy pure organic bees wax or soy candles that use essential oils for the perfume – look out for toxic chemicals and artificial fillers.
- Choose formaldehyde-free carpeting.

Plan your week:

- Use a meal planner– check the template out [here!](#)
- Cook larger quantities of food and freeze the left overs for the busy nights when you need a quick meal.
- Prepare your meal in the morning or the night before to save time.

Be aware of what you are using in your home, remember what you breath, put on your skin and in your mouth all have an effect on your health.

Eat Your Way to Happiness