

Nurse To
Nature



Natural health for real
families.

Home Detox

A guide to get you started

Introduction

By focusing on these three pillars – Air Quality, Laundry & Cleaning Products, and Personal Care Products – you can significantly reduce the amount of toxins in your home and create a healthier living environment for yourself and your family. Small changes can make a big impact!

The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Pillar 1: Air Quality

Air Fresheners

According to this study ([Phthalates and Their Impacts on H...](#)) by the NIH, phthalates are “an endocrine-disrupting chemicals and SVOCs, which are detrimental to the reproductive, neurological, and developmental systems of human from multiple exposure pathways. Children are at a higher level of exposure and more vulnerable to phthalates. Currently, many phthalates are banned and restricted in multiple countries.”

Carpet Cleaners

2-butoxyethanol, naphthalene, and perchloroethylene are all commonly found in carpet cleaners.

2-butoxyethanol is associated with cardiovascular effects including tachycardia, and low blood pressure
[NIH report](#)

Naphthalene has been associated with cancer and noncancer health effects
[NIH Report](#)

Perchloroethylene is known to have toxic effects, there is little information on the long-term impact of prenatal and early childhood exposure. [NIH Link](#)

Improving your home's air quality is crucial for overall well-being. Many common household products release harmful chemicals into the air. Here's how to make a change:

Plugin Air Freshener Healthier Alternatives:

Essential oil diffusers with pure essential oils, or a resin burner. Beeswax candles (in moderation). You can also add essential oils to your homes HVAC filter.

Open windows for ventilation. **Snake & Spider plants** are both great plants to filter indoor air and remove toxins.

Simmering pots of water with citrus peels and spices.

Carpet Cleaner Healthier Alternatives: Consider using a steam cleaner with water only, or mix in vinegar.

DIY carpet cleaner: Mix equal parts white vinegar and water in a spray bottle. Spray lightly on the carpet, let sit for a few minutes, and blot with a clean cloth.

Baking soda: Sprinkle baking soda on the carpet, let it sit for at least 15 minutes (or overnight), and vacuum thoroughly.

Insect Repellent: Mighty Mint (purchased on Amazon) is that to use in and outside of the house. It is made with essential oils and is very effective at deterring all types of insects, including ants, spiders, and even fleas. I love it because it is safe to use around humans and animals.

Pillar 2: Laundry & Cleaning Products

Toxic Ingredients found in many laundry and dish cleaning products contain the following:

- **Surfactants:** These are cleaning agents, and some, like sodium carboxymethyl cellulose, can be quite toxic.
- **Brighteners:** These chemicals enhance the appearance of whiteness and can be particularly harmful.
- **Fragrances:** Many laundry products contain fragrances, and some can trigger asthma or other sensitivities. Common fragrance ingredients like acetaldehyde, limonene, chloromethane, and acetone can be problematic.
- **Endocrine Disruptors:** Chemicals like PFAS, BPA, and phthalates can interfere with the body's hormones and are found in various cleaning products, including laundry detergents.
- **Other ingredients:** Sodium silicate solution, sodium perborate tetrahydrate are also mentioned as potentially toxic components.

Potential Health Impacts:

Asthma and allergies: Fragrances and certain chemicals can trigger asthma attacks or allergic reactions.

Hormone disruption: Endocrine disruptors can interfere with the body's natural hormone production and function.

General irritation: Some ingredients can cause skin or eye irritation.

Traditional laundry and cleaning products often contain harsh chemicals that can irritate skin and pollute water sources. Switching to healthier options can make a big difference:

Laundry Detergent Healthier Alternatives:

Truly Free, Ecos Free & Clear, Meliora Unscented Powder, and Branch Basics.

- 3 cups Borax
- 3 cups Baking Soda
- 3 cups Washing Soda
- 3 cups Epsom Salt
- 1/8 cup Sea Salt
- Essential oils (optional, add per load)

Fabric Softener Healthier Alternatives:

White vinegar (added to the rinse cycle).

Wool dryer balls (help to soften clothes and reduce static).

Scented dryer sheets made with essential oils.

Dish Detergent & Dishwasher Detergent Healthier Alternatives:

Eco-friendly dish soap (look for plant-based and biodegradable formulas). I use **Palmolive Pure + Clear**. **Seventh Generation** is also a great brand.

DIY dish soap: Mix castile soap, water, and essential oils.

Dishwasher detergent pods: Choose brands with natural ingredients and no chlorine bleach. **Molly's Suds** and **Meyer's Clean Day** can both be purchased through Amazon, both are good options.

Begin with **one small change** from *each pillar* this week. **Avoid attempting to completely overhaul your lifestyle overnight.** Consistency is essential! Track your progress, celebrate your achievements, and practice patience with yourself. Adopting a healthier lifestyle is a journey rather than a destination. Download this guide and personalize it—make it uniquely yours!

Remember to consult with healthcare professionals for personalized advice. Good luck!