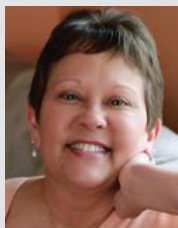


Healthy Homes Produce Healthy Families

By Linda Penkala, LMT



My newly born fifth grand-child

will hopefully have a healthy start as a result of the choices her mom has made over these years. In 2008 I removed all toxic cleaning products from my home, office and wrote about it. Our homes are a sanctuary that can promote wellness and health, and since young children are sensitive to chemicals, it is wise to know the risks.

The Environmental Working Group's Dirty Dozen has done our homework for us by reading labels to be our own best advocate for the health of our homes, reducing cancer risks. What follows are some main stream products that may be improved upon for the health of humans and pets.

CHEMICAL/PRODUCT: FORMALDEHYDE

in pressed wood, carpets, tiles, cosmetics, skin care, hair, cleaning products

WHY NOT: Class A carcinogen (the worst) causing respiratory, eye problems, lung cancer and leukemia

ALTERNATIVE: buy real wood, make natural DIY essential oil based hair and skin recipes, clean with baking soda, clove and lemon oils

CHEMICAL/PRODUCT: PHTHALATES

in shower curtains, cosmetics, plastic bottles, toys, PVC flooring, play mats, with premature babies getting toxic load from medical lines

WHY NOT: A known hormone disrupter

ALTERNATIVE: Glass or aluminum bottles, chemical free skin and hair products, supporting the largest organ, and make coconut/lavender/sandalwood moisturizer

CHEMICAL/PRODUCT: FRAGRANCE

WHY NOT: Complex chemical synthetic mixture is top 5 allergen in the world. In candles, scented air fresheners ~ linked to infant ear aches, diarrhea, an asthmagen

ALTERNATIVE: Diffuse essential oils into the home to purify, with scents of lemongrass, lavender, make DIY dryer balls with essential oils

CHEMICAL/PRODUCT: BLEACH

WHY NOT: Known respiratory irritant causing asthma, wheezing, nose and eye irritant

ALTERNATIVE: Essential oil of lemon in white wash ~ 20 drops. For mold, diffuse Purification

Linda Penkala, a wellness author and educator, is an independent distributor of Young Living Essential Oils.