



# TOXIN-FREE HOME MADE EASY

## MAKE YOUR HOME, YOUR HEALING SANCTUARY

### Welcome to the Upgrade of a Lifetime

Imagine if your home which should be your sanctuary wasn't supporting your health, but silently working against it. Every day, as you breathe, sleep, eat, and relax, your cells are either healing... or they're under siege.

Most people focus on the perfect diet or the best supplement stack, grinding through meal plans and gym routines. But what if the real transformation starts not in your body, but in where you live?

Creating a healthy home isn't about aesthetics (it can look awesome too!). It's about reclaiming your biology. Your home should be a place where healing is effortless, not where your cells battle a constant barrage of toxins, oxidative stress, and hormone disruptors. The truth is, your environment has a deeper, more lasting impact on your health **than your diet ever will**. You can skip a salad here and there. You might miss a workout. But you will always breathe your air, bathe in your water, and sleep in your bed.

*Remember, where you live is more important than the food you eat, the supplements you take or the self care routines that you do.*

And here's the magic: transforming your home takes **zero willpower**. It doesn't demand discipline. You don't have to set an alarm or resist temptation. You just... live.

You're going to sleep on your bed tonight—why not sleep on grounding sheets or a Magnetico mattress pad? You're going to cook—why not use non-toxic cookware? Nothing changes but the materials. And yet over time, everything changes...your energy, your sleep, your mood, your hormones.

This is personal for me. My journey began when my mom was diagnosed with cancer. As I dug into the research, a gut-wrenching truth surfaced: our everyday environment is laced with chemicals that fuel disease. And she had been living in it. So many of the products we trust....our cleaners, our cosmetics, even our water—are contaminated with endocrine disruptors and carcinogens. It broke my heart. But it also ignited a mission.

Detoxifying your home isn't about being perfect, it's about being aware. It's about making choices that align with healing. And the rewards? They're incredible. You'll feel the shift in better sleep, calmer energy, clearer skin, balanced hormones, and a sense of vitality you forgot was possible. You'll reduce your chemical burden and finally give your body the space to thrive. **This cheat sheet is your shortcut.** It's your guide to effortless, lasting change. Your upgrade begins now. Let's build your healing home starting with your kitchen....



FLIP



# KITCHEN

## checklist

### WHY OPTIMIZE YOUR KITCHEN?

#### Why Detoxify Your Kitchen?

Our kitchens should nourish us, not expose us to hidden hazards. But everyday products we use like plastic containers, non-stick cookware, and tap water can introduce toxins into our homes and bodies. Detoxifying your kitchen is an extremely powerful way to protect your health and reduce your exposure to harmful chemicals.

#### Ditching Plastic and Non-Stick Cookware

Plastic containers can leach hormone-disrupting chemicals like BPA and phthalates into your food, especially when heated. These chemicals mimic estrogen and have been linked to reproductive issues, obesity, and cancer. Similarly, non-stick pans often contain PFAS, also known as "forever chemicals," which are linked to liver damage, immune suppression, and cancer. Switching to glass, stainless steel, and cast iron eliminates this risk.

#### Cleaner Water, Cleaner Body

Tap water can contain contaminants like chromium-6, a carcinogen found in water systems across the U.S.. Installing a high-quality water filter can significantly reduce your exposure to toxic metals and chemicals.

#### Safe Food and Surfaces

Chemical cleaning products often contain substances that irritate the lungs, disrupt hormones, or harm our environment. Natural alternatives like vinegar and baking soda are not only effective but also non-toxic. Cleaning your produce with ozonated water helps remove pesticide residues and microbes, which supports your healthy on many levels.

#### A Healthier Light Environment

Light impacts your circadian rhythm & tanks your melatonin levels, which regulate sleep, mood, and metabolism. Replacing toxic overhead lighting with circadian-friendly options and applying filters to fridge lights can improve your overall wellness.

#### Conscious Consumer Choices

Even hand soaps and dishwasher pods can contain harmful ingredients. The EWG VERIFIED™ program screens products for chemicals linked to cancer, hormone disruption, and reproductive toxicity. Choosing verified or natural alternatives supports your health and the planet.



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## KITCHEN UPGRADES!

- ☐ Replace plastic containers with glass or stainless steel
- ☐ Avoid non-stick (Teflon) pans; use ceramic, glass or cast iron
- ☐ Filter tap water (pitcher or under-sink filter)
- ☐ Ditch aluminum foil for chemical free parchment paper
- ☐ Use baking soda + vinegar instead of chemical cleaners
- ☐ Use organic hand soap
- ☐ Replace dishwasher pods with these
- ☐ Apply Junk Light Dots to your refrigerator lights
- ☐ Replace overhead lights with circadian lighting
- ☐ Use mason jars instead of plastic cups
- ☐ Clean produce with ozonated water before consumption





# BATHROOM

## checklist

## WHY DETOXYFY YOUR BATHROOM?

### Why Detoxify Your Bathroom?

Your bathroom is where you go to get clean, but ironically, it's often one of the most toxic rooms in the house. From personal care products to water and lighting, many bathroom essentials can expose you to harmful chemicals every single day.

### Toxic Tap Water and Dental Products

Your skin and gums absorb what they contact. Tap water, often contaminated with heavy metals, chlorine, and even trace pharmaceuticals, enters your body through showers and brushing. Most commercial toothpastes contain artificial sweeteners, fluoride, triclosan, and SLS, chemicals linked to thyroid disruption and skin irritation. Even dental floss may be coated with PFAS for "glide", a class of chemicals associated with cancer and immune system harm.

Who would have thought right?

### The Problem with Soaps, Shampoos, and Cosmetics

Many soaps, shampoos, and lotions are filled with parabens, phthalates, synthetic fragrances, and preservatives—some of which are hormone disruptors or allergens. These chemicals don't just wash off—they're absorbed through the skin and can build up in your body over time. Makeup can be even worse (listen up women!), with some brands still using banned or restricted substances that increase cancer and reproductive risks.

Let's change that.

### Cleaning Products and Mold Risks

Bathroom cleaners often contain ammonia, bleach, or undisclosed "fragrance" chemicals that pollute indoor air and irritate your respiratory system. And in this damp environment, mold can silently grow behind walls or under tiles, releasing toxins that are tied to fatigue, headaches, and even chronic illness. I'm glad more and more people are waking up to the mold issue.

### Lighting That Disrupts Your Sleep

Bright, cool-toned lights in the bathroom can interfere with melatonin production, especially when used at night. Avoid these at all costs! This disruption in your circadian rhythm can affect sleep quality, immunity, and mood. Switching to warm, non-blue light bulbs supports your body's natural rhythm and will not affect melatonin secretion before bed.







- ☐ **Toothpaste** – Switch to fluoride-free, SLS-free toothpaste with natural ingredients like xylitol, clay, or herbal oils
- ☐ **Dental floss** – Use PFAS-free dental floss, such as ones made with silk or biodegradable corn fiber
- ☐ **Shower filter** – Install a shower filter to reduce chlorine, heavy metals, and VOCs from water vapor
- ☐ **Lighting** – Replace bright blue/white bulbs with warm, circadian-friendly lighting to support sleep
- ☐ **Soap and shampoo** – Choose EWG VERIFIED™ products like this that are free of parabens, sulfates, and synthetic fragrance
- ☐ **Cleaners** – Use non-toxic, homemade cleaners like vinegar and baking soda for sinks, tubs, and toilets
- ☐ **Ventilation** – Improve ventilation with a HEPA-filter exhaust fan or open window to reduce humidity and mold
- ☐ **Antibacterial products** – Avoid products with triclosan or quats—gentle soap is enough
- ☐ **Cosmetics** – Upgrade to non-toxic versions and avoid anything labeled “fragrance”
- ☐ **Toilet bowl cleaner** – Use natural or DIY options with borax and lemon juice
- ☐ **Toilet paper** – Switch to unbleached, recycled toilet paper to avoid chlorine residues
- ☐ **Body brush** – Use a dry brush made from natural bristles instead of synthetic materials
- ☐ **Shower curtain** – Replace vinyl shower curtains with ones made of cotton, hemp, or PEVA
- ☐ **Lotion and deodorant** – Choose fragrance-free options or those scented only with essential oils
- ☐ **Houseplants** – Add plants like ferns or spider plants to improve indoor air quality
- ☐ **Aerosol sprays** – Avoid products like dry shampoos or deodorants in aerosol form
- ☐ **Body scrub** – Make a DIY body scrub with sugar, salt, or coffee grounds instead of microbeads
- ☐ **Razors** – Choose razors with stainless steel blades over plastic disposables
- ☐ **Storage containers** – Use glass or stainless steel containers instead of plastic
- ☐ **Mold control** – Check for mold regularly and treat with tea tree oil or ozone.





# WHOLE HOME *checklist*

## WHY DETOXYFY ENTIRE HOME?

### Fresh Air Flow

Indoor air can often be more polluted than outdoor air due to off-gassing from furniture, carpets, and cleaning products. Opening windows daily, even for just 10–15 minutes, helps release trapped pollutants and bring in fresh oxygen. Opening windows also lets in full spectrum light (IR and UV). Also cross-ventilation is especially effective: open windows on opposite sides of the home to flush out stale air and toxins. I do this the minute I get up in the morning.

### Natural Air Purifiers

Houseplants do more than decorate your space, they can absorb volatile organic compounds (VOCs) and improve indoor air quality. Plants like peace lilies, snake plants, and spider plants are low-maintenance and effective at filtering toxins such as benzene and formaldehyde. I have them in both my office and bedroom. Add them to main living areas, bathrooms, and bedrooms for continuous air-cleansing benefits.

### Scent the Safe Way

Scented candles may seem cozy, but many release harmful chemicals like toluene and phthalates when burned. I avoid these like the plague. Instead, diffuse essential oils using a cold-air diffuser. Pure oils like lavender, eucalyptus, or citrus not only add a nice aroma but also offer antibacterial and calming effects, without the hidden toxins. Essential oils also help prevent airborne bacteria from spreading colds and flu in the Winter! Bonus!

### Toxin-Free Laundry

Conventional laundry detergents often contain synthetic fragrances, optical brighteners, and really harsh preservatives. These ingredients can irritate your skin, disrupt hormones, and linger in fabric fibers. Choose a non-toxic detergent that's free from sulfates, dyes, and fragrance. Look for EWG-rated or plant-based products to keep toxins off your clothes and out of your home.

### Declutter for Clean Living

Clutter isn't just visual noise, it collects dust, traps toxins, and limits air circulation. And it stresses your nervous system. Piles of paper, old fabric, and unused items become breeding grounds for mold and dust mites. Decluttering not only simplifies your space, it helps create a cleaner, calmer environment with less need for chemical cleaning. Huge win if you do this!





# WHOLE HOME *checklist*

## WHOLE HOUSE UPGRADES!

- ☐ **Open windows daily** - Improve indoor air quality by flushing out stale air and bringing in fresh oxygen
- ☐ **Add air-purifying plants** - Peace lilies, snake plants, and spider plants help filter out VOCs and improve humidity balance. Put them in your bedroom & office.
- ☐ **Use an essential oil diffuser** - Replace scented candles and air fresheners with pure essential oils for a toxin-free aroma.
- ☐ **Switch to non-toxic laundry detergent** - Avoid synthetic fragrances and optical brighteners that cling to clothing and irritate skin. Use non toxic brands instead or consider upgrading entirely.
- ☐ **Declutter your home** - Reduces dust, mold risk, and chemical buildup while improving airflow and mental clarity
- ☐ **Use a high-quality air purifier** - Choose one with a HEPA filter to remove allergens, smoke particles, and other airborne toxins.
- ☐ **Throw away synthetic air fresheners** - These often contain phthalates and formaldehyde; use baking soda or citrus peels instead
- ☐ **Replace plastic storage containers** - Use glass, stainless steel, or silicone to avoid chemical leaching
- ☐ **Vacuum with a HEPA filter** - Especially important if you have carpet, pets, or allergies; traps dust, dander, and toxins
- ☐ **Switch to natural cleaning products** - Avoid ammonia, bleach, and synthetic fragrances; use vinegar, baking soda, and castile soap
- ☐ **Filter your tap water** - Whole-house or under-sink filters remove chlorine, heavy metals, and VOCs from water used for cooking and bathing
- ☐ **Use wool or organic rugs** - Conventional rugs may off-gas VOCs; natural fibers are safer and biodegradable
- ☐ **Choose low-VOC paints and finishes** - Reduce chemical fumes from walls, furniture, and cabinetry
- ☐ **Eliminate mold sources** - Use dehumidifiers in damp areas, check for leaks, and use non-toxic mold treatments
- ☐ **Reduce EMF exposure** - Unplug electronics when not in use, keep routers away from bedrooms, and turn off Wi-Fi at night (better yet hardwire it) & use Greenwave Dirty Electricity Filters.



# NNEMF *checklist*

## NNEMF, ELECTRONICS & LIGHT

### What Is nnEMF?

Non-native electromagnetic fields (nnEMFs) are man-made frequencies emitted by wireless devices, electrical wiring, and modern appliances. It causes oxidative stress, hypoxia and massive electron loss. Unlike the Earth's natural electromagnetic field, nnEMFs are biologically disruptive. Chronic exposure has been associated with fatigue, poor sleep, headaches, and potential long-term risks like oxidative stress, hormone disruption, cancer, neurological diseases, and heart disease.

### Wi-Fi and Wireless Devices

Wi-Fi routers emit radiofrequency radiation 24/7, saturating your home with invisible signals. Devices like cell phones, tablets, and smart TVs add to this burden. While the research is ongoing, multiple studies suggest wireless radiation may disrupt cellular function, cell membrane voltage potential and sleep cycles. Turning off Wi-Fi at night or using a mechanical timer can significantly reduce exposure. And it's really easy to do.

### Blue Light Disruption

Screens and LED lighting emit high amounts of blue light, especially harmful after sunset. Blue light interferes with melatonin production, your body's natural sleep hormone & anti cancer hormone. This can lead to poor sleep, mood disturbances, and metabolic dysfunction. Use blue light filters, amber glasses, or circadian-friendly lighting in the evenings to minimize disruption.

### Dirty Electricity and Smart Meters

Dirty electricity refers to erratic, high-frequency voltage spikes in your home's wiring caused by modern electronics. These frequencies can radiate off walls and wiring. Smart meters, which wirelessly transmit your utility usage, contribute significantly to EMF load. Dirty electricity filters and smart meter shields can help reduce these emissions.

### Benefits of Hardwiring

Hardwiring your internet—using Ethernet cables instead of Wi-Fi—is one of the most effective ways to eliminate continuous wireless radiation at home. Not only does it improve connection stability and speed, it also drastically reduces EMF exposure, especially in bedrooms or home offices where people spend long periods of time.







## NNEMF UPGRADES!

- ☐ **Turn off Wi-Fi at night** - Use a timer or manually unplug your router to reduce continuous overnight exposure
- ☐ **Hardwire your internet** - Replace Wi-Fi Ethernet cables & adapter to eliminate nnEMF exposure
- ☐ **Use airplane mode** - Keep phones on airplane mode when not in use, especially near the bed
- ☐ **Unplug electronics when not in use** - Prevents low-level EMFs and reduces dirty electricity
- ☐ **Install dirty electricity filters** - Use plug-in filters to reduce electrical noise from wiring and devices
- ☐ **Use a low-EMF router** - Some routers allow you to lower signal strength or schedule off times
- ☐ **Shield your smart meter** - Use a smart meter guard or opt out if possible to reduce frequent RF bursts
- ☐ **Avoid wireless baby monitors** - Choose hardwired monitors or low-EMF alternatives
- ☐ **Replace cordless phones with corded models** - Cordless phones emit constant RF even when idle
- ☐ **Use a wired mouse and keyboard** - Reduces EMF exposure at your desk or workstation
- ☐ **Keep electronics out of the bedroom** - Especially cell phones, tablets, and routers
- ☐ **Install a demand switch for bedrooms** - Automatically cuts power to circuits when not in use
- ☐ **Use blue light blocking glasses at night** - Helps preserve melatonin and sleep cycles. I use these.
- ☐ **Swap LED lights for warmer, low-blue options** - Use incandescent or circadian-compatible bulbs
- ☐ **Measure EMF levels** - Use an EMF meter to identify hot spots and prioritize mitigation efforts
- ☐ **Mitigate "Smart Meters"** - Use shielding paint, and other materials on the inside of the walls where the smart meter is.
- ☐ **Cover refrigerator lights** - Turns your refrigerator lights to red if you open your refrigerator at night.
- ☐ **Upgrade your nightlights** - This goes for your bathroom or bedroom so you don't deplete melatonin after dark.
- ☐ **Mitigate cell phone light** - Turn your blue light to orange light using phone settings.



# BEDROOM

## checklist

### BEDROOMS

#### Air Quality First

Your bedroom should be your sanctuary, yet it can be filled with airborne toxins from dust, mold, off-gassing furniture, and synthetic bedding. Open windows daily, use a HEPA air purifier, and add air-purifying plants like snake plant or English ivy. Avoid synthetic air fresheners and opt for essential oils if scent is desired.

#### Clean and Natural Bedding

Conventional sheets and mattresses are often treated with flame retardants, formaldehyde, and synthetic dyes. Switch to organic cotton, wool, or natural latex bedding to reduce chemical exposure. Wash sheets weekly in non-toxic detergent to eliminate allergens and accumulated toxins.

#### Declutter and Dust

Bedrooms easily collect clutter that traps dust and off-gases over time. Minimize unnecessary items, especially plastic-based decor or electronics. Use a vacuum with a HEPA filter and dust frequently with a damp cloth to reduce airborne particles and allergens.

#### Eliminate EMFs

Avoid charging phones near your bed or using wireless alarm clocks. Turn off Wi-Fi at night and consider hardwiring your internet. Keep electronics at a distance and use grounding or demand switches to cut power to circuits while sleeping. EMFs may interfere with melatonin and sleep quality.

#### Soothing Light Environment

Bright, cool light in the evening disrupts your circadian rhythm and melatonin production. Use warm, amber lighting or dimmable bulbs in the bedroom. Avoid screen time before bed or wear blue light blocking glasses if you must use devices.







## BEDROOM CHECKLIST

- ☐ **Unplug lamps** from the wall sockets or anything if it doesn't need to be plugged in – Prevents subtle EMF fields from circulating near your bed.
- ☐ **Add Greenwave dirty electricity filters** – Plug-in filters help reduce electrical noise radiating from outlets and wiring.
- ☐ **Turn off the circuit & electricity** to your bedroom (if possible) – This eliminates electric fields entirely during sleep, beneficial for all individuals.
- ☐ **Humidity** – Use an air humidifier in Winter and dehumidifier in Summer – Helps maintain healthy humidity levels, which can reduce mold and respiratory irritation.
- ☐ **Use an essential oil diffuser** in Winter – Supports respiratory health and creates a calming bedtime routine without synthetic scents.
- ☐ **Get air purifying plants** – Add snake plants, peace lilies, or bamboo palms to naturally filter indoor air.
- ☐ **Get an air purifier** – Use a HEPA-filter air purifier to trap allergens, VOCs, and airborne pollutants.
- ☐ **Turn off WiFi before bed** – Reduces exposure to radiofrequency radiation that may interfere with melatonin production.
- ☐ **Invest in charcoal pillows** – These help absorb odors, moisture, and impurities from the air while you sleep.
- ☐ **Organic bedding** – Choose sheets and blankets made from untreated, natural fibers like organic cotton or linen.
- ☐ **Cool your bedroom** – Keep the room temperature between 60-67°F to support optimal sleep quality and thermoregulation.
- ☐ **Magnetism** – Sleep in a magnetic field with a Magnetico mattress pad to help shield your body from ambient EMFs.
- ☐ **Sleep grounded** – Use grounding sheets (in place of but not in addition to a Magnetico) or mats to reconnect to Earth's natural electric field while you rest.





## BEDROOM CHECKLIST CONT...

- ☐ **Minimize bedroom electronics** – Remove TVs, smart devices, and unnecessary gadgets to reduce EMF load and mental stimulation.
- ☐ **Use blackout curtains** – Blocks light pollution that can disrupt your circadian rhythm and hormone balance.
- ☐ **Avoid synthetic rugs and fabrics** – Choose wool or natural fiber rugs to avoid off-gassing VOCs from synthetics.
- ☐ **Keep your phone out of the room or on airplane mode** – Reduces EMF exposure and encourages more restful, uninterrupted sleep.
- ☐ **Dust and vacuum regularly** – Reduces allergens and toxic buildup, especially under the bed and behind furniture.
- ☐ **Use low-blue, circadian lighting** – Switch to amber bulbs or candlelight-style LEDs for evening use.







## Your Healthy Home Action Plan

Congratulations! just by reading this guide, you've taken a massive step toward reclaiming your health. Now it's time to take action. The key is momentum, not perfection. Start small. Layer in changes. Before you know it, your home will be a healing sanctuary.

### Here's your 5-step game plan:

**Step 1:** Choose one room to start with—whichever feels easiest or most urgent. I'd recommend your bedroom.

**Step 2:** Swap one product at a time. Focus on daily-use items first (like your water, cookware, or bedding).

**Step 3:** Use this guide as your reference. Keep it visible. Mark your wins.

**Step 4:** Track how you feel...better sleep? More energy? Fewer headaches? Let your body's feedback be your motivation.

**Step 5:** Keep learning, stay curious, and build your toxic-free lifestyle layer by layer.







YOUR HEALTHY HOME CHECKLIST...

Area	Upgrade?	Completed?	Notes
Kitchen	Non-toxic cookware	<input type="checkbox"/> Yes / <input type="checkbox"/> No	
Bathroom	Filtered showerhead	<input type="checkbox"/> Yes / <input type="checkbox"/> No	
Bedroom	Grounding bed sheet	<input type="checkbox"/> Yes / <input type="checkbox"/> No	
Whole House	Air purification system	<input type="checkbox"/> Yes / <input type="checkbox"/> No	
nnEMF	Kill Wi-Fi at night	<input type="checkbox"/> Yes / <input type="checkbox"/> No	







## RECOMMENDED TOOLS & RESOURCES

### Apps:

- [EWG Healthy Living App](#) – Scan products for toxicity ratings.
- [Clearya](#) – Flags toxic ingredients while you shop online.
- [Think Dirty](#) – Great for personal care product reviews.

### Websites:

- [ewg.org](http://ewg.org) – Water filters, product guides, and more.
- [ExtremeHealthRadio.com](http://ExtremeHealthRadio.com) – For future updates and health education.

### Books:

- [Toxic Free](#) by Debra Lynn Dadd
- [The Green Body Cleanse](#) by Dr. Edward Group
- [Nontoxic, Natural & Earthwise](#) by Debra Lynn Dadd



## PERSONAL NOTE FROM ME

If you're holding this guide, it means you care. You care about your health, your future, and your family's well-being. And that makes me super happy.

I started this journey out of desperation—my mom's cancer diagnosis in 1995 forced me to look at the world differently. What I discovered was both horrifying and empowering: the very environments we trust can be filled with silent saboteurs. But when we change our environment, we change our biology and our health. Not only do we stop any progression of dis-ease, but we also restore homeostasis to our bodies, which means more energy, better sleep regulation & balanced hormones.

These 3 things, literally impact how long you'll live and what kind of health you'll have getting there.

So thank you, from the bottom of my heart, for joining me on this mission. You're not just making your home healthier. You're becoming a force for generational change.

Your family will thank you for taking care of.....YOU! :)





Your home is just the beginning. I'll be sharing more tools, product lists, detox routines, and research updates soon.

**To stay in the loop:**

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