



Safer Swaps to Reduce Your Toxic Load

Here is a list of a few of my favorite swaps I've made in my own home. If you need a solution or a safer option for something in your own home, please don't hesitate to reach out. I hope this list helps make a swap easier for you. Remember, you can always scan products in ewg.org (or on their Healthy Living app) or in Think Dirty to see how they rate.

I'll continue to update the list as I find products to add. Many of these brands can be found in your local stores, on Amazon, at Vitacost, etc., and others can only be purchased online.

Kitchen

Lodge Cast Iron - Cast Iron and Enameled Cast Iron

HomiChef - Stainless Steel Cookware

Pyrex - Storage Containers and Bakeware

Pampered Chef - Stoneware, Glass Batter Bowls, Bamboo and Stainless Utensils

Stasher Bags - Silicone Storage Bags

Zip Top Bags - Silicone Storage Bags

Home

Avocado Mattress - Mattresses, Pillows, and Bedding

Young Living - Essential Oils to replace candles, disinfectants

Pure Enrichment - My fave, non-Young Living diffuser

Personal Care

Dazzle Dry - Safer Nail Polish System

Dr. Bronner's - Soap, Toothpaste, and more - I use the Liquid Castile soap

Young Living - Thieves Toothpaste

Counter - Safer skin care, makeup, shampoo, deodorant, sunscreen, and more

Innersense Beauty - Hair care

Primally Pure - Face masks, dry shampoo, deodorant

NOBS - Toothpaste tablets

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Cleaning Products

Young Living - Thieves concentrate

Norwex - Chemical-free Cleaning Cloths, Mops, Dusting Solutions, Bath and Kitchen towels, laundry detergent, and more

Better Life - Cleaning products (this is what I first switched to before moving to Thieves and Norwex)

Branch Basics - Dishwasher tablets, cleaning products

Woolzies - Dryer Balls

Dr. Bronner's - Sal Suds for the kitchen

Molly's Suds - Laundry detergent

Other

Hydro Flask - Stainless Steel Water Bottles (double walled to keep drinks cold or hot)

Thermos Foogo - My fave kids stainless water bottle

Planet Box - Lunch Box (best investment ever! Our original is almost 7 years old and looks brand new) Sold with and without the bag.

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