



Detoxing
Your

H o m e

LARGEST



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What is another term used to describe
“*Spring Cleaning*”?

- A. Throwing out all of your husband’s junk
- B. Forcing your children to clean your home
- C. Having a toxic chemical party
- D. Nothing; lazy is the new green. Let Ryan Gosling clean your home

C



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ESSENTIAL OILS

TRICLOSAN

PESTICIDE

- Used in almost every antibacterial soap and hand sanitizer
- Affects male and female hormones
 - Thyroid
- Contributes to MRSA



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PARABENS

- Used as a preservative and germicide
- Found in most skin-care products, lotions, creams, and deodorants
- Found in breast cancer tumors
- **Banned** in Japan and Sweden and under review in the U.K.



PHTHALATES

- Found in cleaners, lotions, body sprays, deodorants, and plastic packaging
- Carcinogen
 - Linked to birth defects
 - Linked to lowered sperm count
 - Linked to lung, liver, and kidney cancer
- Damage to reproductive organs
 - Hormone disrupting chemicals linked to early puberty in girls
- Already **banned** in Europe



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FRAGRANCES

- Found in soaps, cleaners, perfumes, lotions, shampoos
- May include phthalates, neurotoxins, and synthetic musks
- One of the top 5 allergens in the world
- Toluene
 - ✓ Loss of muscle control
 - ✓ Brain damage
 - ✓ Headaches
 - ✓ Memory loss
 - ✓ Speech, hearing, and vision problems



Sodium Lauryl Sulfate

SLS

- Found in shampoos, soaps, conditioners, cleansers, and toothpastes
- Used to degrease engines and floors
- Used in clinical testing to purposely irritate the skin
- **Banned** in Europe and Canada
- Causes
 - ✓ Hair loss
 - ✓ Cataracts
 - ✓ Rashes
- Affects the brain, heart, liver, and other organs



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TOP 9 REASONS TO AVOID SLS

Corrosive

Even in concentrations as low as 10%, SLS caused skin corrosion in animal studies.

Pollutant

Suspected as a groundwater pollutant that causes harm to aquatic life and reproduction.

Irritant

Prolonged or repeated skin contact may cause allergic dermatitis.

Eye Damage

10% concentration SLS caused corneal damage in rabbits' eyes when not rinsed immediately.

Pesticide

SLS is toxic to plants and insects, and it is used as a pesticide and herbicide in agriculture.

Mouth Ulcers

When used in oral products, it may lead to irritation and desquamation of oral tissue.

Nitrosamines

In the presence of other certain chemicals, it can form carcinogenic nitrosamines.

Penetration Enhancer

It breaks down skin's protective barrier, bringing other chemicals deeper into the body.

Mutagenic

Shown to cause DNA mutations.

PROPYLENE GLYCOL

- Found in cleaners, shampoos, lotions, deodorants, and toothpastes
- Linked to kidney damage
- Liver disease
- Dermatitis
- Can damage cell membranes
 - ✓ Rashes
 - ✓ Dry skin
 - ✓ Surface damage



ALCOHOL

- Most mouthwashes have higher alcohol content than most alcoholic beverages
 - ✓ Linked to cancer of the mouth, tongue, and throat
 - ✓ Acts as a solvent in the mouth, making tissues more vulnerable to carcinogens

- **DEA (Diethanolamine):** Found in over 600 home and care products. Suspected cause of cancer.
- **Nonylphenols:** Used in cleaners and shown to disrupt hormones.
- **Petrolatum:** Found in lotion and lip products. Carcinogen and endocrine disruptor.
- **Metals (lead, aluminum, arsenic, mercury, nickel, iron):** Have estrogenic effects on breast cancer cells. Aluminum is the No. 1 ingredient in most conventional antiperspirants.

Not Required to List ALL Ingredients



Not all “GREEN” products are equal



GREEN WASHING

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Chemical World



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Easy tips to reduce exposure to toxic chemicals



Use a damp rag when dusting.



Let fresh air circulate through your home frequently.



Wash non-organic produce in fruit and vegetable wash.

- Thieves Cleaner and lemon oil



Use natural, plant-based cleaners.

- Young Living has many options available

Making Your Own Natural Cleaners Is

EASY

Using *Essential Oils*!

Some of the best Young Living essential oils for cleaning

- Cinnamon
- Clove
- Eucalyptus
- Thyme
- Spruce
- Lemon
- Lemongrass
- Grapefruit
- Melaleuca

Some of the best Young Living essential oil blends for cleaning

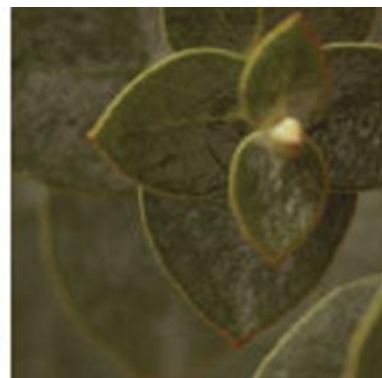
- Thieves
- Purification
- Citrus Fresh

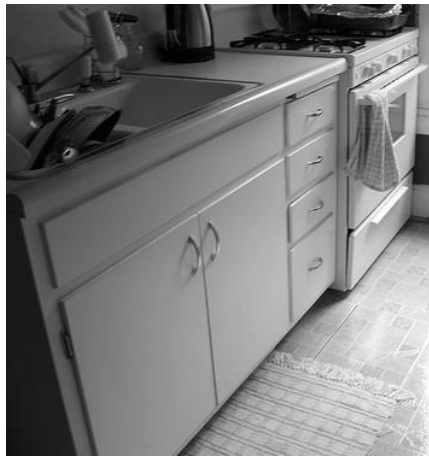




- 100 % plant and mineral based
- Nontoxic household cleaner made with therapeutic-grade oils
- Organic and biodegradable materials
- Natural mold cleaner and killer
- Concentrated form to dilute for various applications
- Fights household germs without harming your health
- Great smell



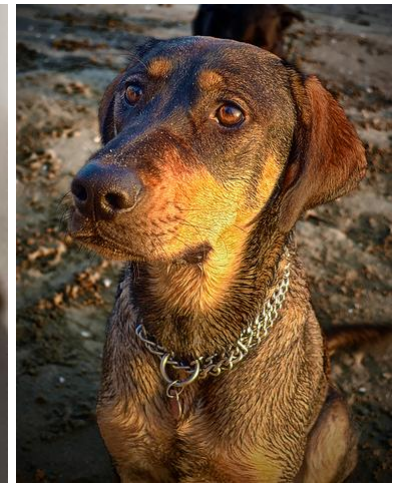




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ESSENTIAL OILS



Thieves

All-purpose Thieves Cleaner

1 capful Thieves Cleaner to 1 quart distilled water in spray bottle

Light Degreasing

1 capful Thieves Cleaner to 3 cups distilled water

Medium Degreasing

1 capful Thieves Cleaner to 2 cups distilled water

Heavy Degreasing

1 capful Thieves Cleaner to 1 cup distilled water

Window and Glass Cleaner

1 capful Thieves Cleaner to 5 quarts distilled water
or
1/4 teaspoon to a quart of distilled water in spray bottle

Hand Cleaner

1 capful Thieves Cleaner to 1/2 cup distilled water

Fruit and Vegetable Spray

1 capful Thieves Cleaner to 3 cups distilled water

Dishwasher

1 capful Thieves Cleaner

Pots and Pans

1 capful Thieves Cleaner to 3 cups distilled water

Floors

1 capful Thieves Cleaner to 6 cups distilled water

Walls

1 capful Thieves Cleaner to 2 cups distilled water

Fabrics

1 capful Thieves Cleaner to 2 cups distilled water

Laundry

1 to 2 capfuls Thieves Cleaner,
depending on size of washer

Carpet

1 capful Thieves Cleaner to
6+ cups distilled water



Thieves.



No **Thieves.** cleaner?



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Essential Oil RECIPES

Cleaning Without Chemicals



Disinfectant

2 tablespoons white vinegar

1 teaspoon Borax

10 drops Eucalyptus, Lemon, or Lavender

Combine in spray bottle and fill with hot, distilled water. Shake vigorously until the Borax is dissolved completely.

Floor Cleaner

1/4 cup white vinegar

1 bucket of hot, distilled water

5–10 drops of Lemon, Melaleuca, or Purification essential oil

Combine in bucket and mop away!

Bed Bug Killer

Add 25 drops Eucalyptus essential oil to each load of laundry

Recent research has shown that eucalyptus essential oil kills bed bugs that live in bedding.

Air Freshener

12 drops Lavender, Lemon, or Eucalyptus (or combination)

1 quart distilled water

Shake well and put into a spray bottle. Shake again before using.

Window Cleaner

1 cup white vinegar

3 cups distilled water

10–15 drops Lemon essential oil

Mix ingredients in a spray bottle and clean!

Stain Removal

Use a drop or two of Lemon essential oil on stains.

Let stand and rub off with a clean cloth or throw into laundry.

or

A dab of Thieves Household Cleaner.

Put a dab of the concentrate on the stain, rub in, let it sit for a minute, and then launder.

Clothes Freshener

Add 10 drops Lavender, Lemon, or Melaleuca to a dampened washcloth.

Toss the dampened washcloth into the dryer to impart a lovely fragrance on the clothes.

Refrigerator Cleaner

2 tablespoons baking soda

1 quart warm water

5 drops Lemon or Thyme essential oil

Mix and wipe all surfaces.

For stubborn spots, make a baking soda paste:

¼ cup baking soda

1 teaspoon vinegar

5–6 drops Thyme or Lemon essential oil

Combine and apply the paste. Scrub with a clean soft cloth and make sure to rinse well with water when done. This works well on other enamel-finished kitchen appliances also.

Pots, Pans, & Dishes

Combine the following in a bottle:

1 cup liquid castile soap

3 tablespoons water

20 drops Lemon, Purification, or Citrus Fresh essential oil

Mix well. Add 1 to 2 tablespoons of the mixture to your dishwater.

Furniture Polish

1 teaspoon olive oil

1 teaspoon water

2 to 3 drops Lemon essential oil

Mix together well and apply with a soft cleaning cloth. This should be made fresh each time used.

Hot Tubs

Add 3 drops per person of Lavender, Cinnamon, Clove, Eucalyptus, Thyme, Lemon, or Grapefruit to water.

This will disinfect and freshen the water.

Saunas

Add several drops Rosemary, Thyme, Pine, or Lavender to a spray bottle with distilled water.

This water can be used to splash onto hot sauna stones and spray surfaces.

SIMPLE COST EFFECTIVE



= 250 drops



“... the harmful chemicals that you apply to your skin are much more toxic and pose greater cancer and other risks than if you eat them.”

-Dr. Samuel Epstein, *Toxic Beauty*, Former Chair of Cancer Prevention Coalition

26 SECONDS

Is all it takes for the
chemicals in your personal
care products to enter
your bloodstream

What's in your products?



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YOU ARE WHAT YOU EAT



**PUT ON
YOUR SKIN
AND IN YOUR
HAIR!**



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Oral care

Skin care

Hair care

Nutritional supplements

Household cleaning
products

100% Safe

100% Toxin Free

Infused with
Essential Oils



Thieves.

Oral Care



26% Ethanol



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OR



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Fluoride Is an **ENDOCRINE DISRUPTER**

EPA Lists Fluoride as a Contaminant



United States Environmental Protection Agency

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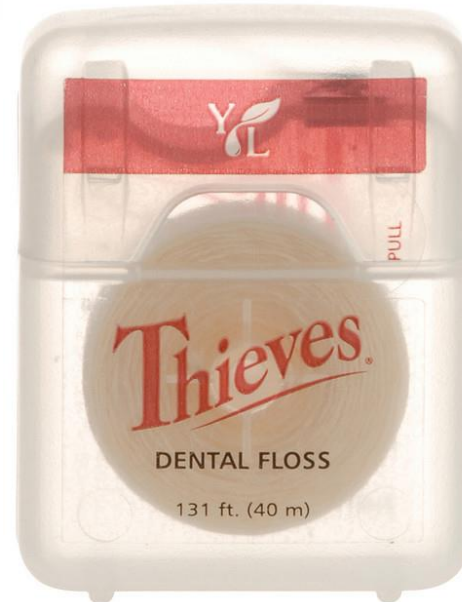
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Drinking Water Contaminants

Inorganic Chemicals

Contaminant	MCLG ¹ (MG/L) ²	MCL or TT ¹ (MG/L) ²	Potential Health Effects from Long-Term Exposure Above the MCL (unless specified as short-term)	Sources of Contaminant in Drinking Water
Fluoride	4.0	4.0	Bone disease (pain and tenderness of the bones); Children may get mottled teeth	Water additive which promotes strong teeth; erosion of natural deposits; discharge from fertilizer and aluminum factories

SLS FREE





MSM

Wolfberry

Essential Oils

SHAMPOO

Ingredients

Quaternium 15

Propylene Glycol

Sodium Lauryl Sulfate

Sodium Laureth Sulfate

Parabens, PEG, Polysorbates

Formaldehyde

Industrial antifreeze & brake fluid

Engine Degreaser

Car wash soap & floor cleaner

Potentially dangerous preservatives, carcinogenic, and endocrine disruptors



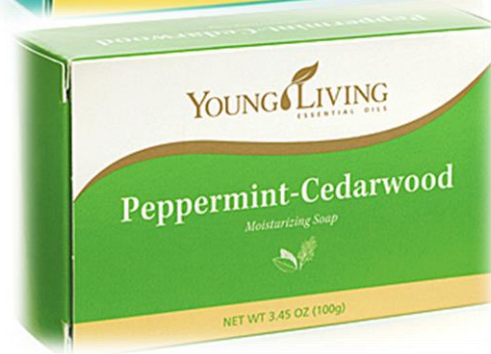
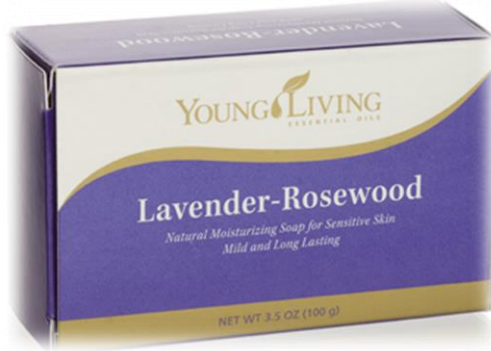
Cleanse
Nourish
Restore Balance

Essential Oils + MSM

Protect skin against:

- ✓ Chemicals
- ✓ Cleaners
- ✓ Harsh weather





Nontoxic

No chemicals

Aromatic

Nourishing

Antimicrobial

Cleansing

INVIGORATING

Smooth skin

SMELL AWESOME





NO

Chemicals

OR

SYNTHETIC PRESERVATIVES

Toxic Ingredients in Deodorant

- ***Aluminum***
- ***Parabens***
- ***Propylene Glycol***
- ***Phthalates***
- ***Triclosan***



“Women with breast cancer who shaved their arm pits and applied deodorant regularly were diagnosed 19 years earlier than those who did neither.”

-European Journal of Cancer

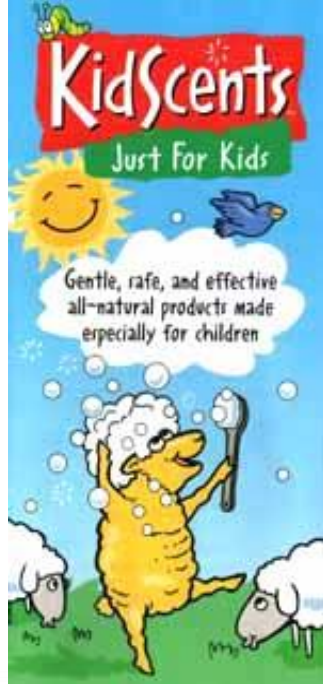


Free of

Propylene Glycol
Aluminum Salts



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What is the average number of personal care products a woman puts on a day?

15

MSM aids in the production of what
antioxidant?

Glutathione

What chemical is a mouth irritant and known to cause canker sores?

SLS

THANK YOU

