

EDITION

2022

TOXIC FREE HOME GUIDE

by Annmarie Skin Care

25
Natural
DIY
Recipes

How To
Make Your
Home
Eco-Friendly

Learn
**INDUSTRY
SECRETS**
from the
Experts

 **annmarie**
annmariegianni.com

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 @annmariegianniskincare

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TOXIC FREE HOME GUIDE

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NEVER THOUGHT OF MYSELF AS AN ACTIVIST.

I thought that it was just normal – to care about our health, our bodies, what happens to our planet, and the chemical industry making this caring aspect a little bit more of an effort.

When I first met Kevin and Annmarie I was engulfed as a political organizer campaigning for food transparency here in California. It was the first time in my life that I felt like I could actually make a difference. Food is so essential to everyone, we ALL eat. Food justice is one of my many passions revolving around the topic of people gaining their power back. I believe that we, as people, deserve to be in control of what goes into and on our bodies – food, water, medicine, and skin care alike.



Shortly after I met the Giannis, I started working with them to grow Annmarie Skin Care and truly make an impact in the skin care world. I firmly believe education is power. We all want to do the right thing, but the industry has done such a lovely job covering up and keeping secret the horrific things they do to what we buy.

This Toxic Free Home Guide is something that makes my heart flutter— not in a nervous way, but in a happy, feel-good sort of way.

Of the 80,000 known chemicals, only 200 are tested by the EPA. That's a pretty scary fact. Many of us don't even think about the chemicals that may be in our everyday lives – in our personal care products, our food, and in our home. This guide definitely lays it out. We want you as the consumer to not only have the option to know, but to feel

empowered with all of the changes you can make. We've interviewed experts in the field, connected with companies we trust, and compiled data in a digestible way. We offer alternatives and solutions for every problem we throw your way, and simply guide you to a healthier, cleaner path.

It can be a daunting task, but we can change the industry – it's all in our purchasing power.

Luckily, I have a job that I love where everyday I feel like I am truly making a difference. We are revolutionizing the way we view skin care.

Rachel Pachivas
Chief Operating Officer

editor's note

HOPE FREIJE

@annmarieskincare

#HONESTWILDBEAUTIFUL

EARLY ON I REALIZED THAT THE PRODUCTS

being advertised to me weren't healthy and often didn't work. For every commercial that boasted 'oil free' cleanser or showed animations of what my pores supposedly look like, I researched other options and found myself focusing instead on my diet, and using simple ingredients — like honey and coconut oil — for my beautifying needs.

I find it empowering to know the ingredients in something I buy.

It seems so elementary, but it takes effort and research to get past the marketing — the careful branding, the colorful logos — and take a look at what we're actually putting



in our bodies, on our skin, and around our homes. So many people believe that if something is on the shelves, that means it's been tested and verified for safety. This is not the case with skin care and cosmetics.

Even more empowering is the ability to make our own products, to know which plants and oils do what, and create things rather than rely on a label to tell us if something is cleansing or moisturizing or healthy. So the DIY recipes in this guide are what I found most exciting to research and test.

How did I end up at Annmarie Skin Care working on this guide? A background in biology, a penchant for writing, a love of all that is natural and the feeling that this company was good people is what brought me here. I feel really fortunate to

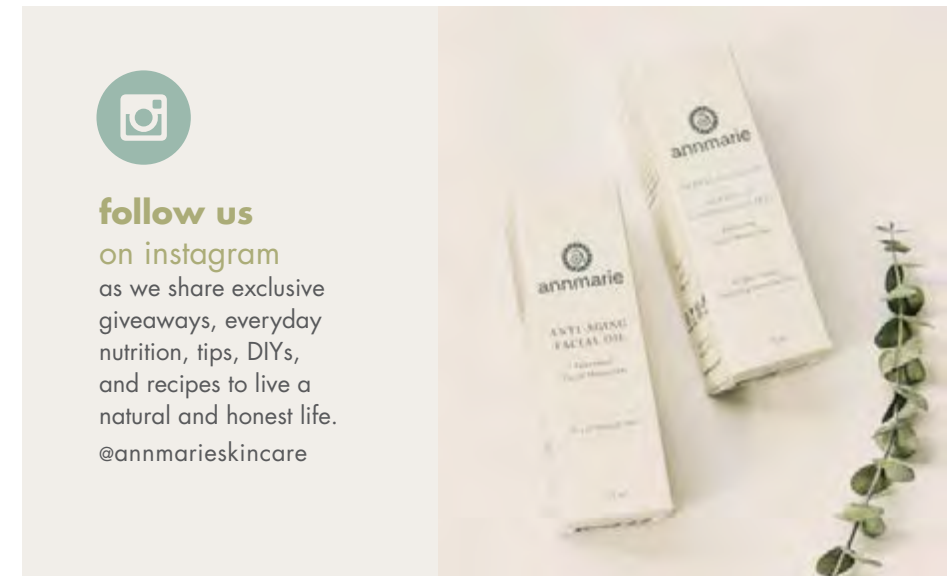
have had the opportunity to contribute to this project.

While you use this guide I hope you feel inspired and empowered — not freaked out. It can be scary to find out about the chemicals that we're exposed to on a daily basis, but I don't spend too much time worrying about it, and you shouldn't either. I'd rather you had fun testing out recipes, discovering natural cleaning methods, and opting for natural products from conscious companies.

Thanks so much for reading this! We really enjoyed putting it together.

Hope AJ.

Hope Freije
Former Creative
Content & Online
Marketing Manager
2014 — 2016



♥ speakers & events

At Annmarie Skin Care, we like to stay in the know with industry expert speakers.



like us
on facebook
@annmarieskincare

**WHAT'S THE BEST
PIECE OF MOTHERLY
ADVICE YOU'VE
EVER BEEN GIVEN
OR HEARD?**

Marie Gates

Be true to yourself, your going to spend a lifetime with the person you create.

Lauralyn Lewis

Don't put the keys to your happiness in someone else's pocket.

Miriam Olive

Learn the power of forgiveness. It will give you the freedom you need to love yourself.



you'll want to pin us
on pinterest
@annmariegianniskincare

foreword

OUR MISSION

AN IMPORTANT PART OF OUR MISSION AT ANNMARIE SKIN CARE IS TO REVOLUTIONIZE THE BEAUTY INDUSTRY. We've created the best, purest organic products to nourish and vitalize your glowing skin. We love our mother earth and want to be responsible citizens on this planet. We value and honor the power of nature's bounty. Our mission goes beyond the products.

Traditional Chinese Medicine sees the skin as the third lung, absorbing its environment and excreting what the body doesn't need. In this big, modern world it can be overwhelming or even scary to realize how many toxic chemicals we are exposed to directly and indirectly.

**"THE MORE I LEARN,
THE MORE I REALIZE
HOW MUCH I DON'T
KNOW."**

ALBERT EINSTEIN

We are surrounded by conflicting messages in the media, advertising, product labels, and even from medical professionals and scientific researchers. We must strive for a healthy balance between accepting what we cannot change and doing what we can to improve what is in our control.

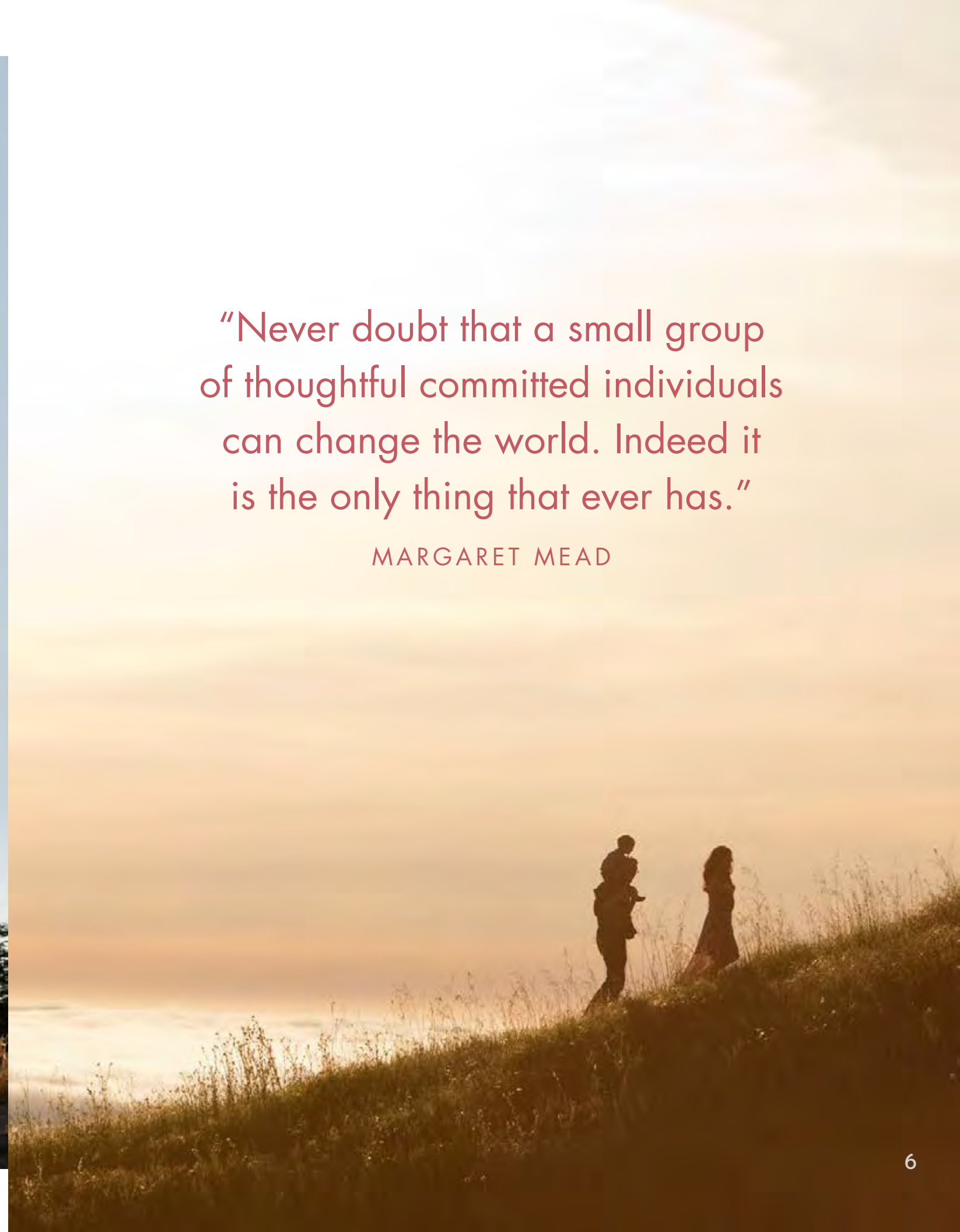
We wanted to create and share this Toxic Free Home Guide not to be alarmists with the intent to build fear, but to empower you to know what to avoid, and that there are better options available. Each section will outline the toxic elements and products commonly found in home environments, then offer advice for alternatives. Look for great DIY recipes as well as links to learn more online.

You care about your skin, which means you probably also care about the greater picture of health and wellness in your home and community. Let's question the status quo and demand improvements. Talk to your friends, neighbors, and elected officials about toxic chemicals. Vote with your dollars. Together we can make a difference.



**"Never doubt that a small group
of thoughtful committed individuals
can change the world. Indeed it
is the only thing that ever has."**

MARGARET MEAD





THRIVE
- MARKET -

25% OFF
your first order
+ FREE
30 day membership,
no code necessary!

This guide
features a variety
of non-toxic
home products,
all available at
Thrive Market.

Thrive Market membership is risk-free! No code necessary,
discount will be applied at checkout.

You can take the first 30 days to determine if Thrive Market is the right fit for you;
if it's not, just cancel within 30 days and get a full refund.

01

LIVING ROOM

"ESSENTIALLY WE EAT OUR BUILDINGS. THEY OFF-GAS. THEY DEGRADE. THEY RUST. ALL OF IT COMES OFF AND SETTLES INTO THE DUST ON THE SURFACES ALL AROUND US AND SOME OF IT INEVITABLY ENTERS OUR BODIES."

CATE LEGER,
Green Architect,
Leger Wanaselja
Architecture

01 LIVING ROOM

CLEANING ITEMS

carpet cleaner



Chemicals to look out for:



perchloroethylene

a carcinogen known to damage the liver, kidneys, and nervous system.



ammonium hydroxide

a corrosive chemical that can be irritating to eyes, skin, and lungs.



naphthalene

The EPA reports that exposure to naphthalene can cause liver, blood, and brain damage.

ALTERNATIVES + SOLUTIONS



Branch Basics
The Concentrate



Meliora Cleaning
Products Soap Stick for
Laundry Stain Removal

DIY Carpet Deodorant

DIRECTIONS:

1. Sprinkle baking soda lightly across your carpet.
2. Let it sit for an hour.
3. Vacuum.

DIY Wine Stain Remover

INGREDIENTS:

- 1 cup **cool water**
- ½ cup **hydrogen peroxide**
(3% solution)
- 1 squirt of **dish soap**

DIRECTIONS:

1. First blot the spill, then sprinkle the area with salt. Leave this overnight.
2. Combine ingredients.
3. Spray this on the area, gently blot with a rag to work the stain out, then put a clean rag on top to wick out the moisture.

DIY Stain Remover

INGREDIENTS:

- equal parts **water** and
distilled vinegar

DIRECTIONS:

1. Combine ingredients.
2. Spray mixture on the area.
3. Blot or rub stain away, depending on surface. Finish by rinsing with water.

NOTE:

This works great for coffee stains!

01 LIVING ROOM

CLEANING ITEMS

wood cleaner/ dusting



Look out for:



fragrance

unknown ingredients and unregulated because it is a proprietary formula. Fragrances are a mixture of several dozen to several hundred chemicals, with many classified as toxic – none of which are required to be disclosed to consumers.



acetone



benzene



lead



carbon monoxide



toluene

ALTERNATIVES + SOLUTIONS



Supernatural
8 oz Wood + Floors

DIY Wood Cleaner

INGREDIENTS:

1 cup **olive oil**
½ cup **lemon juice**
or **vinegar**

DIRECTIONS:

1. Mix ingredients into spray bottle.
2. Shake, then spritz onto a cloth and wipe onto wood furniture.

01 LIVING ROOM

FLOORING, WALLS
+ FURNITURE

couches



Chemicals to watch out for:



halogenated & organophosphorus

flame retardants were added to upholstered fabrics in the 1980s in order to prevent cigarette-fueled fires. It turned out they actually weren't very good at preventing fires, and they're not very good for us.



flame retardant chemicals

are associated with cancer, hormone disruption, and diminished cognitive ability. They are semi-volatile, meaning they off-gas, potentially affecting those who breathe the air around them.



chlorinated tris

was removed from children's clothing because of carcinogenic properties, but remains a flame retardant used in couches, cribs, mattresses, and other products.

facts

California finally changed its regulations in January of 2014, no longer mandating that couches be treated with flame retardants.

If your couch was made before the 80s or AFTER January 2014, congratulations! It may not have been treated with flame retardants.

ALTERNATIVES + SOLUTIONS

1. Since California law no longer mandates the use of flame retardants in furniture, you can now find new couches that are free of these toxic chemicals. Look for a label that shows it is not using polyurethane.
2. Couches covered with **natural fibers** (wool, cotton) are naturally flame retardant.

[Click here](#) for a resource for finding couches free of flame retardants.

01 LIVING ROOM

FLOORING, WALLS
+ FURNITURE

carpet



Chemicals to watch out for:



benzene

Ingredients in adhesives, like benzene, a known carcinogen, have been found to emit from textured carpets and carpet glues.



dyes



antimicrobials

Some are really bad, like triclosan and nanosilver.



stain repellents

are persistent chemicals. Teflon® was commonly used, but then was discontinued, and manufacturers started using a shorter chain molecule: c4 fluorochlorocarbons. Research data is showing this to be hazardous now as well.



styrene

Though naturally occurring, styrene is a known carcinogen and endocrine disruptor. It's used to make lots of plastic products, including the backing of carpet.



flame retardants

tend to be a combination of organohalogens (halogenated carbons). PCBs were used as a flame retardant back in the 1960s. Then they found that it was really toxic, it was persistent and didn't break down, and that it was fat soluble, meaning it bioaccumulates. Your body doesn't flush it out; your body stores it in the fat. Modern day flame retardants are very similar in structure: toxic, bioaccumulative and persistent (they don't break down).

ALTERNATIVES + SOLUTIONS

1. **Wool carpet with a natural jute backing**, though more expensive, is the best way to go.
2. **Minimal adhesives - mechanical fasteners** are better to use.
3. **Use natural dyes.** Look at the dyes that were used on the wools.
4. **Cork flooring** is a sustainable choice without the chemicals associated with carpet.
5. **Rugs or carpets made of hemp** are mold and moisture resistant!
6. **Avoid using carpet**, except as area rugs. You can take care of these more easily. You can clean these, and have them dry cleaned, etc. They tend to be natural as opposed to tack down rugs, which tend to be synthetic.
7. **Earthweave** has a line of organic carpets and also offers non-toxic backing and adhesive materials.

HEALTH EFFECTS of FLAME RETARDANTS

- cancer
- reduced fertility
- depression
- OCD
- cognitive problems
 - reduced IQ
 - learning disabilities
 - emotional problems

01 LIVING ROOM

FLOORING, WALLS
+ FURNITURE

paint



Keep your eye out for these chemicals:



VOCs

Many paints and stains contain VOCs (volatile organic compounds) along with other chemicals that create toxic fumes.



propane sulfone

is a chemical widely used in paints and is a known carcinogen.



fungicides & antimicrobials

Paint
in general is a
petroleum-based
product.

ALTERNATIVES + SOLUTIONS



YOLO Colorhouse



**Old-fashioned
Milk Paint**

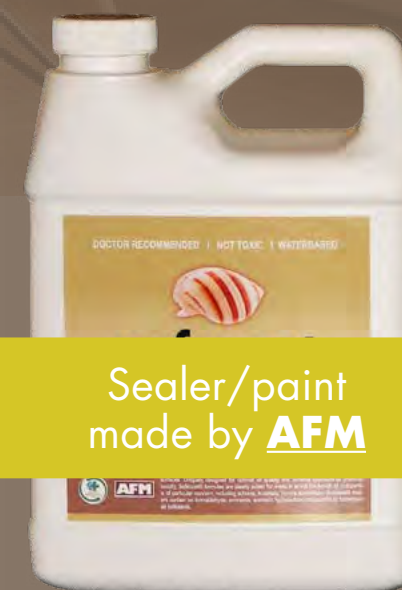
1. **VOC-free.**
2. Paint formulated to be cleaner, without **fungicides** or **antimicrobials**, made with plant-based ingredients.
3. **Natural paints** made from milk or clay.
4. **Clay or plaster finish**, or don't use paint at all.
5. Be sure to keep your painted areas **well-ventilated**, and avoid exposure until all of the smell dissipates.
6. Try these safe alternatives: **Benjamin Moore Natura**, **BioShield Healthy Living Paints**, **Eco-Wise**, **Weather-Bos**, or **Safe Seal by AFM**.

01 LIVING ROOM

FLOORING, WALLS
+ FURNITURE

furniture

ALTERNATIVES + SOLUTIONS



Sealer/paint
made by **AFM**

Seal in the
VOCs so they
don't **off-gas**.



Watch out for chemicals used to treat wood:



chromated copper arsenate

(CCA) is a chemical wood preservative containing arsenic (an insecticide), copper (acting as a fungicide), and chromium (binding the ingredients to the wood).

CCA is used in pressure treated wood to protect it from rotting due to insects and microbial agents.

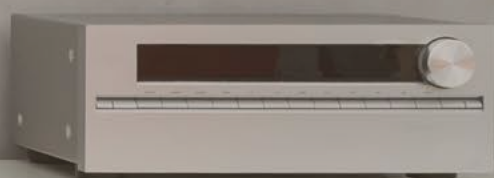


formaldehyde

Avoid particleboard – this is made with formaldehyde.

1. Get **used materials** (then paint with AFM sealer).
2. Use **solid wood**.

electronics & wireless devices



ALTERNATIVES + SOLUTIONS



1
Tune in to
how you can
block EMFs.



2
**Purchase
batteries** that are
rechargeable (be
sure to properly
recycle batteries).



3
Install **solar panels**
when possible.

01 LIVING ROOM

ELECTRONICS

lightbulbs

"We use either full spectrum incandescent or LED lightbulbs. Amber colored bulbs (and glasses) the last two hours before going to bed to block the artificial blue light from lightbulbs and electronics."

see www.jackkruse.com and www.stetzerelectric.com



Sleepy Baby LED Nursery Light **Lighting Science**

ALTERNATIVES + SOLUTIONS

Purchase **energy efficient** lights:

1. **CFL** (compact fluorescent) light bulbs generate light using 70% less electricity than an incandescent bulb.

Some tips on CFLs:

- Because they contain mercury, they must be disposed of properly. Check with your local government about where to recycle them, and see the **EPA's page** for instructions on how to clean one up if it breaks.
- Maximize effectiveness by keeping lights on for at least 15 minutes at a time. If you use a dimmer, make sure your CFL light bulb is designed to be dimmed. For more tips on how to maximize lifetime savings with your CFL light bulbs, see this **tip sheet**.

2. **LED** (light emitting diode) lights are even more energy efficient than CFLs, and don't contain mercury. This relatively new technology is said to be approaching a similar price to CFLs.

- Though not classified as hazardous waste, LED lights have been found to contain arsenic, lead, and other dangerous substances. Like CFLs, they should be dealt with carefully if they break. Use the **same protocol** as outlined by the EPA for CFLs.
- For high quality LED light bulbs, we recommend the **Cree TW series**.

02 KITCHEN

"Most consumers do not know that 90% of meat and animal products come from animals in factory farms. These are essentially animal prisons – where animals are confined, drugged, fed GMOs, and the workers are also treated horribly."

RONNIE CUMMINS
Organic Consumers
Association

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

dish soap



Chemicals to watch out for:

- ☠️ alkyl phenoxy ethanols (APEs)
- ☠️ dichloromethane (DCM)
- ☠️ chlorine ☠️ dioxane
- ☠️ phosphates
- ☠️ diethanolamine (DEA)
- ☠️ sodium lauryl/laureth sulfate
- ☠️ synthetic fragrances

ALTERNATIVES + SOLUTIONS

DIY Dish Soap

INGREDIENTS:

1 cup **liquid castile soap**

1 tbsp **lemon juice**

DIRECTIONS:

Combine ingredients for a safe, chemical-free dish soap.



Planet, Inc. Ultra
Dishwashing Liquid



Sun & Earth
Liquid Dishwashing



Dr. Bronner's
Pure Castile Soap

"Since 1988, we've worked hard to create effective cleaning products you feel good about using. Sun & Earth products clean and shine beautifully – even on the toughest dirt and grime. Our family is focused on bringing nature to you. Safe to use, always protecting and preserving the environment."

SUN & EARTH

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

countertop spray



Chemicals to watch out for:

☠ **sodium hypochlorite** (bleach)

☠ **ammonium chlorides**

☠ **APEs** act as surfactants, meaning they lower the surface tension of liquids and help cleaning solutions spread more easily over the surface to be cleaned and penetrate solids. **APEs** are found in detergents, disinfectants, all-purpose cleaners and laundry cleansers. They are also found in many self-care items including spermicides, sanitary towels and disposable diapers. APEs are known endocrine disruptors.

☠ **formaldehyde** is commonly known as a preservative. Many people do not know that it is also a germicide, bactericide and fungicide, among other functions. **Formaldehyde** is found in household cleaners and disinfectants. Formaldehyde is a carcinogen.

☠ **triethanolamine** (TEA)

☠ **diethanolamine** (DEA)

☠ **dioxane**

ALTERNATIVES + SOLUTIONS



Meliora
All-Purpose Home Cleaner



Common Good & Co
All Purpose Cleaner

DIY All-Purpose Spray Cleaner

INGREDIENTS:

- ½ tsp **washing soda***
- 2 tbsp **distilled white vinegar**
- ¼ tsp **liquid soap**
- 2 cups **hot water**

DIRECTIONS:

1. Combine ingredients and store in a spray bottle.
2. Use to clean kitchen and bathroom counters, sinks, and other surfaces.

NOTE:

Use gloves when working with washing soda. (*See laundry detergent to make your own washing soda.)

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

glass cleaner



Chemicals to look out for:

2-butoxyethanol

Other names for this chemical include: **butoxyethanol; butyl cellosolve; ethanol, 2-butoxy-; ethylene glycol mono-n-butyl ether (EGBE); ethylene glycol monobutyl ether; monobutyl ethylene glycol ether; n-Butoxyethanol.**

This chemical is an organic solvent, and a raw material used in the production of phthalates. (Symptoms of exposure to **2-butoxyethanol** include central nervous depression, nausea, vomiting, diarrhea and prominent headache.)

Try an
all-natural
mirror &
glass cleaner!

ALTERNATIVES
+ SOLUTIONS



Supernatural
Starter Set

Click here to check out a
simple DIY recipe from the
Wellness Mama.

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

floor cleaners



Chemicals to watch out for:



APEs

act as surfactants, meaning they lower the surface tension of liquids and help cleaning solutions spread more easily over the surface to be cleaned and penetrate solids. They are found in detergents, disinfectants, all-purpose cleaners and laundry cleansers. **APEs** are known endocrine disruptors.



monoethanolamine

also known as **MEA**. Other names for this chemical include **Ethanolamine; Ethanol, 2-Amino; 2-Aminoethanol; 2-Hydroxyethanamine.**

ALTERNATIVES + SOLUTIONS



Aunt Fannie's
floor cleaner

DIY Floor Cleaner

INGREDIENTS:

Vinegar

Water

a few drops of **essential oils**

DIRECTIONS:

1. Mix equal parts vinegar and water in a bucket or large container.
2. Add a couple drops of a cleansing essential oil, like lemon or eucalyptus (optional).
3. Use to mop floors.

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

hand soap



Chemicals to look out for:



triclosan

an antibacterial compound, is linked to numerous human health problems, and is used in some toothpastes, cosmetics, antibacterial soaps and body washes. Recent studies have found that Triclosan interferes with the body's thyroid gland, metabolism, and may be a potential endocrine disruptor.

"There are also concerns about Triclosan and its link with dioxin, which is highly carcinogenic and can cause health problems as severe as weakening of the immune system, decreased fertility, miscarriage, birth defects, and cancer."

BEYOND PESTICIDES

ALTERNATIVES + SOLUTIONS

Annmarie Skin Care
Rosemary Peppermint
Body Wash

1

news

GOVERNOR MARK DAYTON of Minnesota recently signed a bill legalizing a measure **BANNING** triclosan-containing products in the state. The law went into effect **JANUARY 1, 2017.**



02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

dishwasher soap



Many ingredients in a typical dishwashing soap are toxic. These include:

- ☠ cocamide DEA
- ☠ methylisothiazolinone
- ☠ tetrasodium EDTA
- ☠ fragrance
- ☠ sodium dodecylbenzenesulfonate
- ☠ benzisothiazolinone
- ☠ DEA-dodecylbenzenesulfonate
- ☠ sodium laureth sulfate

☠ sodium borate

poses high concern for developmental, reproductive and endocrine disruption.

☠ DMDM hydantoin

is a formaldehyde-releasing preservative.

☠ FD&C red 40

synthetic coloring agents pose extreme concern for cancer and damage to DNA.

ALTERNATIVES + SOLUTIONS



Biokleen
dishwasher soap



Seventh Generation
dishwasher gel

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

sponges, mops, etc.



Avoid products with these materials:



plastics

Studies show many adverse health effects from phthalates, found in plastics. Di (2-ethylhexyl) Phthalate (DEHP) is used widely in consumer products, including plastics for household items. Types of hazardous plastics include: **Polyvinyl Chloride (PVC)**, **Low Density Polyethylene (LDPE)**, **Polystyrene (PS)**, **styrenic copolymers**, and **polyurethanes**.



non-compostable materials

Materials that do not break down will only end up in the vortex of garbage in the ocean. Eight million tons of plastic is dumped in the ocean every year.

ALTERNATIVES + SOLUTIONS



natural
sponges

Use cleaning
tools that are
**unbleached,
undyed, plant-
based** and
compostable.



Twist
sponges



Natural Value
natural sponges

Quickie Green
mop



"Our mission is to make natural and organic foods and environmentally friendly nonfood products more affordable, without sacrificing quality. We are passionate about this, and we're going to keep doing it because we love it and we believe it is important."

NATURAL VALUE INC.

02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

oven cleaner



Chemicals to look out for:

☠️ **organochlorines** (OCs)
result from the combination of hydrogen and carbon. Some types, such as **DDT**, are highly deadly. **OCs** are bioaccumulative and also highly persistent in the environment, while also being carcinogens and endocrine disruptors. **OCs** are present in pesticides, detergents, de-greasers, dry cleaning fluids and bleaches.

☠️ **DMDM hydantoin**
formaldehyde-releasing

☠️ **monoethanolamine**
also known as **MEA**. Other names for this chemical are **ethanolamine**; **ethanol, 2-amino-**; **2-Aminoethanol**; **2-Hydroxyethanamine**.

☠️ **chlorine, ammonia and lye** chloramine gases

ALTERNATIVES
+ SOLUTIONS

Bon Ami
Powder Cleanser



[Click here](#) to check out
some of our favorite **DIY**
recipes on our ASC Blog.

Meliora Gentle Home
Cleaning Scrub



02 KITCHEN

CLEANING ITEMS
+ PRODUCTS

drain opener



Chemicals to watch out for:

bleach

sodium hydroxide

lye

DMDM hydantoin
a formaldehyde-releasing
preservative

facts

Drain cleaners and openers can be very toxic. Some can cause damage beyond repair if ingested, sometimes even death. The abilities to speak, hear, see and smell can be impaired by released gases.

ALTERNATIVES + SOLUTIONS

Drainbo® Natural
Drain Cleaner



Biokleen Bac-Out
Drain Cleaner



DIY Drain Solution

INGREDIENTS:

1 cup **baking soda**

½ cup **vinegar**

DIRECTIONS:

1. Pour 1 cup of baking soda in the drain.
2. Pour ½ cup vinegar in the drain and immediately cover the drain.
3. Let sit and work its magic for about 30 mins (make sure to not use your sink during this time).
4. After 30 mins, run hot water through the pipes for about 2 minutes.

NOTE:

For really tough clogs you may need to repeat – but if you do this regularly (about once a month) you'll find clean and fresh drains all the time.

02 KITCHEN

FOODS



monoculture

- **commercial chemicals** are needed to eliminate pests and insects.
- **large amounts of fuel** are large amounts of fuel are needed for heavy machinery.

distance

- **larger quantities of gas and fuel** are used for transporting goods from point A to point B.

produce



Avoid pesticides:



glyphosate

the active ingredient in Monsanto's popular weed killer, Roundup, is mainly used on crops such as corn and soybeans, which are genetically modified to survive it. Glyphosate depletes the **amino acids tyrosine, tryptophan, and phenylalanine**, which can then contribute to obesity, depression, autism, inflammatory bowel disease, Alzheimer's, and Parkinson's.



atrazine

manufactured by Syngenta, is the most commonly used weed killer in U.S. agriculture.



methyl iodide

from Pesticide Action Network we've learned that this pesticide is quite concerning – **Humans exposed to methyl iodide experience dizziness, sleepiness, nausea, diarrhea, slurred speech, lack of coordination, muscle convulsions, and in some cases, pulmonary edema.**

Listed as an EPA Hazardous Air Pollutant, **methyliodide** also affects the the lungs, liver, and kidneys.

ALTERNATIVES + SOLUTIONS

1. **Organic** - no toxic pesticides.
2. Support local agriculture!
 - minimal amounts of fuel
 - get to know your farmers - more people, less machinery
3. Support **farms** using practices like permaculture.



packaged goods



Many preservatives are found in your common processed foods:

☠ **artificial coloring**

☠ **MSG** (monosodium glutamate)

☠ **sodium benzoate**

☠ **sodium nitrate & nitrite**

are used to keep flavor oils in soft drinks in suspension.

☠ **bromate**

is the main ingredient of **BVO** (brominated vegetable oil), and is a poison. Just two ounces of a 2% solution of BVO can severely poison a child. In adults, this additive reduces immune defenses and depletes histamine, which can lead to allergic reactions.

☠ **GMOs**

- corn syrup
- soy
- sugar (from sugar beets)
- canola oil
- cotton seed oil
- aspartame

☠ **packaging with plastics**

BPA and **BPS**

ALTERNATIVES + SOLUTIONS

1. Buy foods that are **fresh**.
2. **Prepare** your own snacks!
3. Choose companies that are making an effort to **be sustainably responsible**.
4. Purchase supplements from companies that use nature to heal - like **Urban Moonshine**.

02 KITCHEN

FOODS

factory farming

"We should reduce our consumption of meat from factory farmed animal products by 100%. Don't eat it. Look for food that is organic or 100% grass fed. If you're in a restaurant, tell the waitress or waiter that you are allergic to factory farmed food. Simply ask where your food comes from!"

RONNIE CUMMINS
Organic Consumers Association

**FIND OUT MORE ABOUT
FACTORY FARMING [HERE](#).**

facts

There are **24.6 million pounds** of **antibiotics** administered to livestock in the US annually for purposes other than treating disease.

Water needed to produce 1 pound of meat = **2,500 gallons**.

About **70% of the water** used in the 11 western states is dedicated to the raising of animals for food.

GMOs are used heavily.

ALTERNATIVES + SOLUTIONS

1. Select meat and dairy products from farms that practice principles of **organic farming**.
2. Find out how the **animals are raised**, what they are fed, and how it is impacting the environment.

heavy metals



What to watch out for:



metals

like aluminum, cadmium, lead and mercury are commonly found in thousands of different food products. Strong evidence is now linking metal toxicity to many different behavioral problems:

- **aggressive** or **antisocial behavior** (due to nutrient depletion)
- **delinquency** and **lowered IQ** in children
- **elevated lead levels** can cause convulsions, coma, and even death. When lead is introduced into your body in sufficient quantities it displaces zinc, which also disrupts brain cell growth.

ALTERNATIVES + SOLUTIONS

1. Eat foods **rich in organic minerals** and nutrients.
2. Consume foods that will help you detox – (cilantro acts as a chelator) and vegetables in the brassicas family.
3. **Use supplements** to help you detoxify. Some that many clinicians are recommending are chlorella, green or red clay, and Zeolite.
4. **Know your brands.** Ask questions. Research the products to see if they contain heavy metals.

[Click here](#) to check out this blog post, **How to Detox from Heavy Metals, Naturally**

02 KITCHEN

WATER

water



What to watch out for in tap water:

tap water

can contain many organic or inorganic toxic chemicals:

 **fluoride** is a known toxin, is still added to many public water supplies.

 **fertilizers, pesticides, paints, fuels, plastics & dyes** are often detected in public water supplies.

 **bacteria, parasites and viruses** can be present.

 **cadmium, lead, mercury, aluminum, arsenic, asbestos, barium, chromium, fluoride & nitrate** – although naturally occurring – the

amount of inorganic minerals may be increased to harmful levels due to pollution.

 **uranium & radioactive gases (like radon)**. Due to dumping, hospitals and other research or manufacturing facilities may increase this amount to potentially harmful levels.

 **pharmaceuticals** are also detected in water supplies.

“Nearly a quarter of the nation’s water treatment plants have violated the Safe Water Drinking Act over the last five years.”

THE NY TIMES

facts

Water contamination

of some sort is bound to happen — whether from **industrial waste, agricultural chemicals, or sewage**.

Disinfectants are used during public water purification processes. These can react with **chlorine**, creating harmful compounds and byproducts.

Many public water supplies are contaminated with **pesticides, fertilizers, industrial solvents** and other chemicals that can be **toxic to humans**, even in small amounts.

02 KITCHEN

WATER

water (continued)



What to watch out for in bottled water:



bottled water

involves land grabbing by major beverage companies.

- chemicals leaching into the water from being bottled in plastic.
- migration of formaldehyde in water with **polyethylene terephthalate** (PET) bottles.

ALTERNATIVES + SOLUTIONS

1. Reverse Osmosis Filtered Water.
2. Use Minerals. We like **Trace Minerals**
3. Filtration systems.
We like **Alkaviva**, **Berkey Filters** and **Omica Organics**
4. Water service using glass containers. We like **Mountain Valley Water**

Click here to check out this blog post, **What's in My Bottled Water?**

02 KITCHEN

APPLIANCES
+ GADGETS

microwave



Concerns:

radiation / food deterioration

Microwaves are a form of non-ionizing electromagnetic radiation — waves of electrical and magnetic energy moving together through space. There have been numerous studies showing how microwaving food may deplete it of its vitamins and nutrients.

A study by Dr. Hans Hertel explored how microwaves change the molecular structure of food and the effects of that food on the human body.

"He found that individuals who consumed the microwaved foods experienced a decrease in

HDL cholesterol, a reduced red blood cell count, and fewer white blood cells."

According to Powerwatch, a non-profit independent organization with a central role in the microwave radiation debate,

"Even when the microwave oven is working correctly, the microwave levels within the kitchen are likely to be significantly higher than those from any nearby cellular phone base-stations. Remember also that microwaves will travel through walls if the microwave oven is against an inside wall."

ALTERNATIVES + SOLUTIONS



1

Toaster Oven



2

Oven



3

Stove

TO FIND OUT MORE ABOUT THE EFFECTS OF MICROWAVES ON YOUR HEALTH AND FOOD, CHECK OUT [THIS ARTICLE](#).

02 KITCHEN

APPLIANCES
+ GADGETS

cookware



Avoid products with these materials:



perfluorinated compounds

(PFCs) are synthetic chemicals used to make non-stick coatings and stain, heat, and water-resistant products. They exist in products like Teflon®, Scotchgard®, Stainmaster®, and nanotech products.

ALTERNATIVES + SOLUTIONS

The best way to avoid exposure is to use stainless steel, glass, cast iron or enamel-covered cast iron cookware. Check out our [Fact Sheet on Perfluorinated Compounds and Non-stick Cookware.](#)



[Miriam's Earthen Cookware](#)

02 KITCHEN

APPLIANCES
+ GADGETS

plastic storage containers & plastic wrap



Chemicals to watch out for:

☠️ **BPA / BPS / plastic waste**

☠️ **styrene** is a naturally-occurring substance derived from the styrax tree. Styrene is most commonly used in the manufacture of numerous plastics including plastic food wrap, insulated cups, carpet backing and PVC piping. Styrene is also found in floor waxes and polishes and metal cleaners. Styrene is a known carcinogen as well as an endocrine disruptor. Exposure may affect the central nervous system, liver, and reproductive system.

☠️ **phthalates** are most commonly used in the manufacture of plastics. Phthalates are also used as carriers for perfumes and air fresheners and as skin penetration enhancers for products such as moisturizers. These chemicals are classified as inert, and as such, no product-labeling requirements exist for phthalates. They are endocrine disruptors and suspected carcinogens. Phthalates are known to cause hormonal abnormalities, thyroid disorders, birth defects, and reproductive problems.

ALTERNATIVES + SOLUTIONS



reusable containers
such as glass or metal

"If You Care kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time, delivering to the consumer, the highest quality and most effective results. If You Care is the leader in pushing the limits of environmental and social responsibility in its categories."

IF YOU CARE



Rawsome Creations
More Than a Nut Milk Bag



If You Care
household products

"The Rawsome Creations "More Than a Nut Milk Bag" is a versatile, re-usable multi-task kitchen utensil for everyone. Part of a Fair Trade charitable project each bag is constructed by loving hands in Bali with a portion of sales supporting woman and children."

RAWSOME CREATIONS

02 KITCHEN

APPLIANCES
+ GADGETS

bags

ALTERNATIVES + SOLUTIONS

reuse **brown paper bags**

1

2 Cycle Wood Solutions **Xylo Bags**

Compostable bags from **BioBag**

3



What to avoid:

plastic garbage bags

are the single most pervasive consumer item on the planet. Their production numbers are in the trillions and they are made from petroleum or natural gas. These facts are not to be taken lightly. Plastic does not biodegrade. In short — all of these plastic bags, unless incinerated (which releases toxic chemicals into the air), will exist in some form or another long after you are gone. Where do they go? They are finding their way into the ocean, affecting wildlife and wreaking havoc on ecosystems. The yearly amount of plastic bags thrown away by Americans alone is equivalent to dumping nearly **12 million barrels of oil**. Instead of contributing to this irreversible and devastating situation, choose to avoid plastics.

facts

According to the **United Nations Environment Programme**, there are **46,000 pieces** of plastic litter floating in every square mile of ocean.

According to the **Blue Ocean Society for Marine Conservation**, more than **1 million birds** and **100,000** marine mammals and sea turtles die every year from eating or getting entangled in plastic.

The **Great Pacific Garbage Patch** is located in the North Pacific Gyre off the coast of California and is the **largest ocean garbage site** in the world. This floating mass of plastic

is twice the size of Texas, with plastic pieces outnumbering sea life six to one. (EcoWatch)

What is the **Gyre**? Find out more [here](#).

Countries around the world are making legislative efforts to ban and eliminate the use of plastic bags.

02 KITCHEN

STRUCTURE

flooring, countertops, & cabinetry

What to do if you have cabinetry that is not up to par? Although this is generally used for sealing formaldehyde in particleboard, add a coat of **AFM safe seal.**



What to watch out for:



concrete

contains impurities and additives that no one can identify or explain.



chemically-treated floors & cabinetry

ALTERNATIVES + SOLUTIONS

1. Use a slab of wood or stone finished with plant oils or plant waxes for countertops.
2. Use solid, unfinished wood for cabinets. Finish with linseed oil (Bioshield).

flooring solutions

4. Unfinished linoleum is a great material (jute fiber with sawdust, limestone and linseed mixed together).
5. Install wood flooring with a plant-based finish.

02 KITCHEN

MISCELLANEOUS

bug repellent



Watch out for:



ant / roach killers

have toxic chemicals that can cause an array of problems. Some of these chemicals are suspected carcinogens and have been linked to other long-term health problems like central nervous system disorders, liver and kidney damage and birth defects. They can also cause short-term health effects like eye and skin irritation, nausea, dizziness and respiratory difficulty.

Use natural
alternatives to
**rid your home
of ants and
insects.**

ALTERNATIVES + SOLUTIONS

1. Set any of the following items at the entry area in a small line that ants will not cross: cayenne pepper, citrus oil (can be soaked into a piece of string), lemon juice, cinnamon or coffee grounds.
2. **Catnip** is a natural repellent for cockroaches.
3. For long-term nontoxic control of fleas, sprinkle **diatomaceous earth** where fleas may occur.

Check out our blog post -
**How to Keep Pests Out
of Your Home, Naturally.**

03

BATH ROOM

"People think that if a product is on the shelf it is safe, but there are no requirements for safety testing. Even products that claim they are organic and/or natural cannot be trusted... Cosmetics laws are from the 1930s and completely fail to protect our health in cosmetics and skin care."

STACY MALKAN
Cofounder Of Campaign
For Safe Cosmetics

03 BATH ROOM

CLEANING ITEMS

bathtub scrubs & scouring powders



Chemicals to watch out for:



bleach



sodium hypochlorite



silica

is harmful when inhaled.



ALTERNATIVES + SOLUTIONS



Meliora Gentle Home
Cleaning Scrub

DIY Cleaning Spray

INGREDIENTS:

- ½ tsp **washing soda**
- 2 tbsp **distilled white vinegar**
- ¼ tsp **liquid soap**
- 2 cups **hot water**

DIRECTIONS:

1. Mix together.
2. Use a spray bottle for application.

NOTE:

Wear gloves when working with washing soda.

DIY Cleaning Scrub

INGREDIENTS:

- 1 cup **baking soda**
- 10 - 15 drops of **lemon** or your favorite essential oil
- a bit of **castile soap**

DIRECTIONS:

1. Mix ingredients together, adding enough castile soap to form a paste.
2. Before using scrub, spray food grade hydrogen peroxide on area first, then use paste mixture to scrub the area clean.



Better Life
Tub & Tile Cleaner

03 BATH ROOM

CLEANING ITEMS

floor soap



Chemicals to look out for:



nonylphenol ethoxylate

breaks down to nonylphenol, which can disrupt the hormone system and is toxic to wildlife.



DEGME (methoxydiglycol)

According to the EU, it is suspected of harming babies in utero.

ALTERNATIVES + SOLUTIONS



Supernatural Starter Set

DIY Floor Cleaner

INGREDIENTS:

equal parts **vinegar** and **water**

DIRECTIONS:

Mix together in a large bucket.

NOTE:

Optionally add lemon essential oil for scent, just a couple drops.

03 BATH ROOM

CLEANING ITEMS

mirror spray



Chemicals to look out for:



2-butoxyethanol

Symptoms of exposure to 2-butoxyethanol include central nervous depression, nausea, vomiting, diarrhea and prominent headache. Other names for this chemical include **butoxyethanol**; **butyl cellosolve**; **ethanol**; **2-butoxy-**; **ethylene glycol mono-n-butyl ether (EGBE)**; **ethylene glycol monobutyl ether**; **monobutyl ethylene glycol ether**; **n-Butoxyethanol**.



2 hexoxyethanol

Hexoxyethanols have a D-F rating on the *EWG Skin Deep* database. They are very harmful if swallowed and are very irritating to the skin.

ALTERNATIVES + SOLUTIONS



Rebel Green
Sparkling Glass Cleaner

DIY Window Cleaner by WholeNewMom.com

INGREDIENTS:

equal parts **vinegar**
(or lemon juice) and **water**

*a few drops of **essential oil**
or **dishsoap**

DIRECTIONS:

Mix together in a spray bottle.

NOTE:

*This is important because you need to break up the hydrogen bonds of the water molecules or they will get stuck in the mirror, which is actually a porous surface, resulting in streaks.

03 BATH ROOM

CLEANING ITEMS

sink & surface spray



Chemicals to watch out for:

APEs

act as surfactants, meaning they lower the surface tension of liquids and help cleaning solutions spread more easily over the surface. APEs have been shown to mimic estrogen.

formaldehyde

Commonly known as a preservative, many people do not know that formaldehyde is also a germicide, bactericide and fungicide. It is also carcinogenic.

 **Also found in:** all-purpose cleaners, counter top and surface sprays, floor soap, nail polish, and disinfectants.

ALTERNATIVES + SOLUTIONS



Branch Basics
The Concentrate



ECOS
Shower Cleaner



DIY Surface Spray by Healthychild.org

INGREDIENTS:

grapefruit seed extract, vinegar, hydrogen peroxide, tea tree oil, neem oil.

[Click here](#) to read more about these **natural disinfectants** written by healthychild.org

03 BATH ROOM

CLEANING ITEMS

sponges & mops



Chemicals to watch out for:



polyurethane

Many sponges are made from polyurethane, a petroleum-derived ingredient.



triclosan

Products advertised as odor-reducing often contain chemicals like triclosan which, as research emerges, is being linked to skin irritation, endocrine disruption, antibiotic resistance, water contamination, and harming aquatic ecosystems.

ALTERNATIVES + SOLUTIONS



Ding and Kennie
sponges



Natural Value
sponges



steam
cleaners

Natural Value
makes sponges
out of 50% recycled
material. They
are committed
to being natural
and non-GMO!

**A steam
cleaner** for
linoleum,
sealed wood,
tile, and stone
floors. Just uses
water!

03 BATH ROOM

CLEANING ITEMS

toilet cleaner



Chemicals to watch out for:

toxic chlorine gas

Common toilet bowl cleaners use a combination of chlorine and acids, which forms toxic **chlorine gas**.

ALTERNATIVES + SOLUTIONS



Ecover
Toilet Cleaner



Earth Friendly Products
Toilet Bowl Cleaner

DIY Toilet Cleaning Method by [TrashIsForTossers.com](https://trashsforsossers.com)

INGREDIENTS:

vinegar
castile soap

DIRECTIONS:

Spray toilet with vinegar (including top of toilet, seat, stand) and let it sit for some time, 20-30 minutes. Put some castile soap in the toilet water and use your toilet brush to clean it out. Next, use a damp, folded towel to wipe top of toilet, then use the other side to wipe down the toilet stand, fold towel and repeat process for the seat.

03 BATH ROOM

PERSONAL CARE
PRODUCTS

hand soap



Chemicals to watch out for:



DMDM hydantoin

a preservative that releases **formaldehyde** and is a known human irritant.



fragrance

Because companies can include anything in “fragrance” without having to label it, “fragrance” carries the risk of ecotoxicity, allergies/immunotoxicity, irritation (skin, eyes, or lungs), and organ system toxicity.



PEG-12

PEG compounds are petroleum-based ingredients often contaminated with **ethylene oxide** (a known human carcinogen) and **1,4-dioxane** (possible carcinogen that takes a really long time to biodegrade), and enhance the penetration of other ingredients into your skin.



triclosan

an antibacterial compound, is linked to numerous human health problems, and is used in some toothpastes, cosmetics, antibacterial soaps and body washes.

ALTERNATIVES
+ SOLUTIONS



Annmarie Skin Care
Rosemary Peppermint
Body Wash

03 BATH ROOM

PERSONAL CARE
PRODUCTS

shampoo & conditioner

ALTERNATIVES + SOLUTIONS



Hairprint
Shampoo + Conditioner

DIY Soapwort Shampoo by [Brigitte Mars](#)

INGREDIENTS:

- 2 ¼ cups **water**
- 2 tsp **soapwort root powder**
- 2 tsp **rosemary** or **chamomile flowers**

DIRECTIONS:

Boil water, then remove from heat. Add soapwort and rosemary, cover and steep for 10 minutes, then strain into a bottle and use as shampoo.



Chemicals to watch out for:



sodium lauryl sulfate This is what makes your shampoo suds up. This chemical is corrosive, and eats away at the protective barrier on your skin. Many studies link using products with **SLS** to contact dermatitis. (In fact, SLS is commonly used on laboratory test subjects to irritate their skin so that products that promote healing can be tested.) Studies suggest that SLS deeply penetrates skin and organs, leaving behind trace amounts in the body and causing inflammation in the skin. SLS seems to mimic the effects of certain hormones in the body, causing hormone disruption and making the body produce more oestrogen (a type of estrogen) than necessary – which could put you at risk of breast and ovarian cancer.



dimethicone doesn't biodegrade and creates a barrier on your skin that prevents it from breathing, regulating temperature, etc.



methylisothiazolinone this commonly used preservative caused brain damage to rats that were exposed to it for 10 minutes in the lab. Given how common it is, chronic human exposure could very well be damaging.



Annmarie Skin Care
Shampoo + Conditioner

DIY Conditioner by [Brigitte Mars](#)

INGREDIENTS:

- ½ **mashed ripe avocado**
- ½ tsp **olive oil**
- 3 drops **rosemary** or **lavender essential oil**

DIRECTIONS:

Mix together. Use normally like you would any conditioner.

03 BATH ROOM

PERSONAL CARE
PRODUCTS

hair color & permanents

ALTERNATIVES + SOLUTIONS



Hairprint Restores Natural Color

Honey

is a natural source of hydrogen peroxide. Apply to hair and leave on overnight (make sure you sleep on a towel) to subtly lighten your hair.

Henna

can be used to naturally darken hair or add redish tones.

Black

walnut powder naturally darkens your hair when applied frequently.

DIY Hair Dye

[Click here](#) for 7 ways to dye your hair naturally

"Hairprint is a natural hair restoration product that changes gray hair to its innate color. Invented by Dr. John Warner, the godfather of Green Chemistry, it is comprised of 8 food grade ingredients. It has no smell, does not sting or burn, and is completely safe for your body, your hair and the environment. Three billion pounds of toxic hair dye are dumped into our waterways and oceans every year. We wanted to change that. "

HAIRPRINT



Chemicals to watch out for:

resorcinol

Classified as a hazardous chemical, animal studies show that resorcinol can cause thyroid dysfunction, affect the central nervous system, and alter the adrenal glands.

P-aminophenol

some evidence of organ toxicity, as well as strong evidence of skin toxicity.

coumarin

also used in products that kill rodents.



body wash



In a 2004 study published by the *Journal of Applied Toxicology*, 18 of 20 malignant breast tumors showed high concentrations of parabens, which are known to mimic estrogen in the body and affect the growth of breast tissue.



can cause biochemical or cellular level changes and endocrine disruption.



This chemical is corrosive, and eats away at the protective barrier on your skin. Studies suggest that **SLS** deeply penetrates skin and organs, leaving behind trace amounts in the body and causing inflammation in the skin. SLS seems to mimic the effects of certain hormones in the body, causing hormone disruption and making the body produce more oestrogen (a type of estrogen) than necessary – which could put you at risk of breast and ovarian cancer.

1



2

Dr. Bronner's
Hemp Pure-
Castile Soap
(note that this may
be drying for some
skin types due to
the alkalinity)

shaving cream/gel



Chemicals to watch out for:



imidazolidinyl urea

Used in combination with **parabens**, **imidazolidinyl urea** is one of the most widely used preservative systems in the world and is commonly found in cosmetics. It releases formaldehyde gas.



propane

Butane, **Isobutane** and **Propane** are compressed gases that are used as aerosol propellants. You should avoid inhaling these toxic gasses!

ALTERNATIVES + SOLUTIONS

DIY Shaving Cream by Mommy Potamus

INGREDIENTS:

- 1/3 cup **coconut oil**
- 1/3 cup **shea butter**
- 2 tbsp **olive, jojoba,**
or **sweet almond oil**
- 2 tbsp liquid **castile soap**

DIRECTIONS:

1. In a small saucepan, melt shea butter and coconut oil over the lowest heat setting on the stove.
2. Transfer mixture to a medium-sized bowl or any size jar and place in the fridge until it's solid.
3. Remove from fridge and get ready to whip it up. If it's in a jar you'll need to transfer it to a medium-sized bowl first. Whip using a hand mixer or stand mixer. Scrape sides down as needed.
4. Whip until fluffy – about 3-4 minutes depending on how cold your mixture is – then add castile soap and whip until fully combined.
5. Spoon shaving cream into an airtight container and store in a cool, dry place.

Look for shaving creams with natural moisturizing ingredients like **shea butter**, and natural and essential oils like **jojoba** and **coconut oil**.

03 BATH ROOM

PERSONAL CARE
PRODUCTS

skincare cleansers, moisturizers, & specialty products



Chemicals to watch out for:



aluminum

Scientists acknowledge that aluminum is capable of causing DNA changes that could play a role in causing cancer.



tetrasodium EDTA

cytotoxic (toxic to living cells) and **genotoxic** (damaging to DNA).



dioxins

According to the **EWG's Skin Deep Cosmetic Database**, dioxins are strongly linked to cancer, and are toxic to organ systems and human development.

ALTERNATIVES + SOLUTIONS



1

Annmarie Skin Care
Coconut Honey Mask



2

Annmarie Skin Care
Herbal Facial Oil



3

Annmarie Skin Care
Coconut Body Oil



4

Annmarie Skin Care
Citrus Mint
Cleanser



5

Annmarie Skin Care
Radiant Skin Silk

03 BATH ROOM

PERSONAL CARE
PRODUCTS

makeup & lipstick



Chemicals to watch out for:



lead

Proven neurotoxin linked to miscarriage, reduced fertility, and delays in the onset of puberty for females.



parabens

The European Commission on Endocrine Disruption lists parabens as Category 1 priority substances because of evidence they interfere with hormone function. Parabens can mimic estrogen, and have been detected in human breast cancer tissue.

ALTERNATIVES + SOLUTIONS

Annmarie Skin Care
Minerals
Multi-Purpose
Foundation

1



2

CocoKind
Macabeet



W3LL
People
makeup

3



Annmarie
Skin Care
Antioxidant
Lip Balm

4



[Click here](#) to discover
how to make your own
DIY Tinted Lip Balm

03 BATH ROOM

PERSONAL CARE
PRODUCTS

perfumes



Watch out for:



alcohols

drying to the skin



synthetic fragrances

potentially carry a wide range of risk, since the ingredients do not have to be disclosed.



phthalates

are used in many cosmetic and personal care products as fragrances, and are considered to be **endocrine disrupting chemicals** (EDCs). They are not required to be listed in the ingredient list, and can often be disguised under the term "fragrance."

SOME HARMFUL EFFECTS *of* PHTHALATES INCLUDE:

- Infertility
- Decreased sperm count
- Breast cancer
- Endometriosis
- Prostate cancer
- Ovarian cancer
- Asthma
- Allergies
- Obesity

ALTERNATIVES + SOLUTIONS



Mountain Rose
Herb Aroma Spray



Annmarie Skin Care
Palo Santo Hair & Body Mist

Essential oil blends are a fun and natural way to smell beautiful. Experiment with different oils and create your own unique blend!

03 BATH ROOM

PERSONAL CARE
PRODUCTS

razors & hair removal products



Chemicals to watch out for:

ceteareth-20

Some hair removal products, like Nair, have chemicals like **Ceteareth-20**, which is high risk because it is often contaminated with other chemicals.

Preserve razor handles are made from 100% recycled yogurt cups™, and are recyclable after use.

ALTERNATIVES + SOLUTIONS



Parissa
organic wax



Preserve razors



metal safety razors

DIY Basic Sugar Paste for Hair Removal a.k.a. "Sugaring"

INGREDIENTS:

2 cups **white cane sugar**

¼ cup **lemon juice**

⅛ cup **water**

1 tsp of **Xanthan Gum**

DIRECTIONS:

1. Mix all ingredients in a saucepan on medium-high. Boil for a short time, until it gets to about 260° F. Measure temperature with a stainless steel candy thermometer. (note: Do not heat mixture slowly or let it simmer as this will promote darkening and caramelizing, ruining the consistency.)
2. The boiling process will take about 9-12 minutes, give or take, to remove all of the water. Let the mixture cool at room temperature or in the fridge. Reheat in a double boiler for few minutes or less, until it warms slightly throughout.
3. Before performing sugaring anywhere on the body, don't forget to clean and pre-treat the skin. Cleansing or toning the area prior helps eliminate bacteria. Post-treating is also necessary — use any natural oil or moisturizer to help soothe, calm, and nourish skin post hair removal.

[Click here](#) to get more
tips on sugaring

03 BATH ROOM

PERSONAL CARE
PRODUCTS

contact lens cleaner



Chemicals to look out for:



chlorhexidine gluconate

use of this chemical is restricted in Japan and Canada due to its potential to cause allergies and irritation.

ALTERNATIVES + SOLUTIONS



Clear Conscience
Multi-Purpose Solution

03 BATH ROOM

PERSONAL CARE
PRODUCTS

toothbrush



Watch out for:



many chemical additives

are used to make plastics softer, more flexible or to stabilize their components. These chemicals may include **bisphenol-A (BPA)**, **phthalates**, **vinyl chloride**, **dioxin**, **styrene**, **lead**, **cadmium** and **fungicides**. There are studies showing that exposure to these chemicals may be linked to many health problems — reduced sperm counts and fertility, damage to the heart, liver, kidneys, immune and endocrine systems, and increases in breast, testicular and prostate cancers.



plastic

is also one of the most pervasive consumer items there is. Over the last ten years we have produced more plastic than we have during the entire last century — most of which will eventually end up in the vortex of trash in the ocean. Let's keep plastic out of our mouth and out of our environment. We can contribute to a solution by using products that are sustainable.

*"Every plastic toothbrush you've ever used in your entire life **STILL EXISTS** somewhere, whether it be in a landfill or an ocean. WooBamboo's beautiful, natural bamboo-handled toothbrush is the eco-friendly alternative! Its organically-grown bamboo biodegrades gently, but lasts just as long (2 months avg.), and works just as well as the typical toothbrush. They're dentist approved, Mother Nature recommended!"*

WOOBAMBOO

ALTERNATIVES
+ SOLUTIONS

WooBamboo
toothbrush



03 BATH ROOM

PERSONAL CARE
PRODUCTS

toothpaste



Watch out for these ingredients:



**sodium
fluoride**

a neurotoxin



triclosan



**sodium lauryl
sulfate**



**hydrated
silica**



sugars

ALTERNATIVES
+ SOLUTIONS

Auromère
toothpaste



The Dirt
toothpaste



[Click here](#) to check
out this blog post,
DIY Dental Care



03 BATH ROOM

PERSONAL CARE
PRODUCTS

mouthwash



Watch out for:



alcohol

Most mouthwashes contain alcohol.



flavor

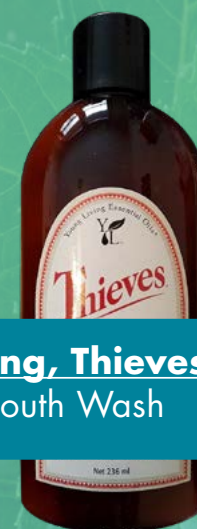
"Flavor" is proprietary, and thus the individual ingredients don't have to be listed.



sodium fluoride

There is evidence that this chemical is toxic to the reproductive system.

ALTERNATIVES + SOLUTIONS



Young Living, Thieves Blend
Mouth Wash



The Dirt
Oil Pulling Mouthwash



Auromère
Mouth Wash

DIY Mouthwash by Rachel

INGREDIENTS:

- 4 cups **water**
- 2 tsp food grade **hydrogen peroxide**
- 15 drops **immunity blend**
- 10 drops **peppermint essential oil**
- 2 drops **neem oil**

DIRECTIONS:

Mix together and store in a bottle with a cap.

03 BATH ROOM

PERSONAL CARE
PRODUCTS

dental floss



Watch out for:



perfluorinated polymer
(PFC) the plastic coating on floss.

ALTERNATIVES + SOLUTIONS



Radius
Natural Silk Floss



"RADIUS products are made on our low-energy machines and we operate in a women-run, solar-powered facility in Pennsylvania. Our sustainable manufacturing process allows us to reduce the amount of waste we create. What little waste we do create is recycled and reused to make new products. Each product is inspected by hand and designed to last."

RADIUS

03 BATH ROOM

PERSONAL CARE
PRODUCTS

nail polish



Chemicals to watch out for:



phthalates

This group of chemicals can mimic hormones and thus possibly cause endocrine disruption. A study by the University of Maryland reported that exposure to phthalates could cause reproductive abnormalities and decreased production of testosterone in males, as well as decreased male fertility.

Also found in: makeup products and deodorant.



toluene



formaldehyde

Zoya makes natural nail polish without these chemicals.

ALTERNATIVES + SOLUTIONS



Dazzle Dry
Nail Polish



Mineral Fushion
Nail Polish



Zoya
Nail Polish

03 BATH ROOM

PERSONAL CARE
PRODUCTS

deodorant

ALTERNATIVES + SOLUTIONS



Primal Paste
Deodorant

Primal Pit Paste
is an all-natural,
organic deodorant
that actually works.
Battling body
odor naturally.



Chemicals to watch out for:



aluminum

also a culprit in your makeup, wearing aluminum on your underarms everyday isn't healthy.



propylene glycol

skin irritating ingredient that some evidence suggests can cause cancer, reproductive complications, developmental abnormalities, neurotoxicity, or endocrine complications.

DIY Deodorant: Herbal De-stink-ant by our team member Aubrey Wallace

INGREDIENTS:

½ cup **coconut oil** - fractionated

3 tbsp **baking soda**

1 tsp finely ground **Himalayan pink salt**

1-2 tbsp **arrowroot** powder

essential oils (optional)*

coconut flour (optional)**

herbs to infuse in oil (optional, see column to right)

DIRECTIONS:

1. Mix together baking soda, salt, and arrowroot powder in the container you will be storing the deodorant in.
2. Melt coconut oil, then slowly pour it into the dry mixture, stir. You will not need nearly the entire ½ cup of coconut oil for this mixture. You want it to be the consistency of a thick paste. Store in glass jar.

* Optional: Add your essential oils and mix them in. You can do this at any point in the recipe.

** Optional: If you want your deodorant to be thicker, slowly add very small amounts of the coconut flour while stirring until you reach the consistency that you like. Coconut flour is absorbent so it doesn't take very much to change the consistency. This little folk method is really important here because it's all about getting the consistency that you feel comfortable with putting on your armpits everyday.

TO USE:

Put a small amount on your finger and give yourself a little lymph massage in your armpits every morning.

How to infuse your oil

Cleavers

is a wonderful tonic herb for your lymphatic system and this recipe is going directly on your lymph, so this is a staple in my deodorant.

Lavender

is an ancient herb used for cleansing. It smells good and soothes the skin.

Eucalyptus

smells fresh and is one of the best herbal anti-bacterials out there. Wonderful for people that need a little bit of extra armpit love.

Mint

is refreshing and has been used in cleansing the whole body. It grows easily and makes a wonderful addition to most cleaning recipes.

03 BATH ROOM

FEMININE CARE
PRODUCTS

tampons



Watch out for:



GMO cotton

Most tampons are made with bleached, **genetically modified organism** (GMO) cotton.



non-organic cotton

"Conventional cotton farming uses approximately 25% of the world's insecticides and more than 10% of the pesticides (including herbicides, insecticides and defoliants). 150 pounds of chemicals per acre are used for non-organic cotton farming."

ECOFRIEND

Using **disposable tampons** and **pads** every month produces a lot of waste.

ALTERNATIVES + SOLUTIONS



Holy Sponge
sponge tampon



Lunette
menstrual cup



Natural, reusable **tampon sponges** are a non-toxic alternative to toxic tampons.

Tampons aren't your friend: fibers can be caught in the vaginal canal, 'over-absorb' precious vaginal fluids, and dry out the mucous membrane.

Pads aren't much better: they create a stifling, moist environment — ground zero for yeast infections, bacteria and odor.

Lunette is your periods' super heroine (and here to protect you): it doesn't disrupt the vagina's lubricating ability, or interfere with the natural process of shedding menstrual blood, dead cells, and bacteria. The upside? There have been no reported cases of Toxic Shock Syndrome (TSS) in connection with the use of menstrual cups.

LUNETTE

03 BATH ROOM

FEMININE CARE
PRODUCTS

pads & panty liners



Watch out for:



disposable pads and panty liners

can contain toxic ingredients that leach into your body and bloodstream when they come into contact with your skin.

“Disposable pads and panty liners are made from bleached wood pulp which requires a series of chemical baths in order to turn the wood into the fluffy fibers found inside pads. This pulp is then further processed with numerous bleaching agents to make them white, and, since this does not make them more absorbent, they are then treated with more chemicals in order to improve their absorbency and scent.”

ORGANICBUENOSAIRE.COM

These feminine care product manufacturers are not required to disclose all of the **ingredients** contained in their products.

facts

Thousands of women experience allergic reactions to pads and tampons. These cases involving these undisclosed ingredients and chemicals are of course undiagnosed.

ALTERNATIVES + SOLUTIONS



Natracare pads and panty liners

Organic Cotton



Lubricant & condoms



Chemicals to watch out for:

APEs

APEs (Alkylphenol Ethoxylates) are synthetic surfactants that disrupt the endocrine system. The most common APEs are nonylphenol ethoxylates found in many self-care items including spermicides, sanitary towels and disposable diapers.

Also found in: detergents, cleaning products, pesticides, hair dyes and other hair care products.

ALTERNATIVES + SOLUTIONS



1 Annmarie Skin Care Coconut Body Oil (can be used as a natural lubricant)



2 Sir Richard's Condoms



"Harmful chemicals don't belong in food and body care products. And they certainly don't belong in condoms. SIR RICHARD'S created the first lubricated, natural latex condom free of spermicide, parabens, glycerin, and dairy. We started the movement towards a "better for you" condom because we believe quality is a necessity in the bedroom."

SIR RICHARD'S

03 BATH ROOM

STRUCTURE

walls, cabinets, etc.



Watch out for:



chemicals

used to treat wood



particle board

contains formaldehyde



toxic paints

containing **Volatile Organic Compounds** (VOCs)

ALTERNATIVES + SOLUTIONS

Using **limestone** tile on bathroom walls is a great alternative.

Another great wall finish in the bathroom is something called **tadelakt**. (Limestone wash with olive oil mixed in; keeps it waterproof.)

04

BEDROOMS, CLOSETS, PERSONAL SPACE

"Throughout the day we surround ourselves with textiles. From the clothes we wear to the bedding we sleep in, these fabrics and fibers affect us and our environment in many ways. By choosing fabrics free of harmful chemical dyes and finishes we don't

subject ourselves to their toxicity. Every purchase has an environmental impact either positive or negative. I feel good about buying used and repurposed clothing, natural fibers such as wool and hemp, and other textiles that are ethically and sustainably sourced."

RACHEL HAIGHT
Textile Specialist

04

BEDROOMS,
CLOSETS,
PERSONAL
SPACE

BEDDING

mattress



Mattresses contain many toxic chemicals:

- ☠️ **petrochemicals**
- ☠️ **polyurethane**
- ☠️ **polyvinyl chloride**
(PVC)
- ☠️ **formaldehyde**
- ☠️ **antimony trioxide**
- ☠️ **phthalates**
- ☠️ **boric acid**

Memory
Foam Mattresses
are found to emit
61 chemicals.

ALTERNATIVES + SOLUTIONS

Take a precautionary principle approach. Buy things that you **KNOW** are safe and not chemically treated. By buying 100% natural materials (**wool, cotton, hemp, bamboo, natural latex, steel coils**), you are supporting a multitude of good things.

We like: Pure Rest, Organic Mattress Shop, Avocado Green Mattress, Happsy, Keetsa, and EarthSake

04

BEDROOMS,
CLOSETS,
PERSONAL
SPACE

BEDDING

pillows



Chemicals to watch out for:

polyurethane foam

Chemical-soaked synthetic fibers such as polyurethane foam will release chemicals into the air for years causing headaches and nausea, and can even lead to multiple chemical sensitivity (MCS). Microscopic dust mites (and their allergenic fecal matter) frequently infest pillows, which can lead to respiratory problems such as coughing and sinus congestion.

flame retardants

have been found in the following pillow filling: polyurethane foam (3,646 parts per million), polyester fibers (107 parts per million), and yes... feathers (6 parts per million).

Look for a pillow that has organic **natural filling** and a pillow case not treated with flame retardants.

ALTERNATIVES + SOLUTIONS

We like pillows filled with **kapok**, a silky fiber from the pods of a **Ceiba pentandra tree**. Because it's so soft, it's often referred to as a humane alternative to down pillows. For those allergic to down or wool, kapok makes a great alternative. It's naturally water resistant, and repels bacteria and dust mites!

There are a lot of great options out there. We really like the kapok pillows made by **Sachi Organics** and **Pure Rest**. Another one we like is from **Holy Lamb Organics**, **Naturepedic**, and **White Lotus Home**, which uses organic cotton and never adds perfumes, formaldehyde, or dyes.

**WOOL IS
NATURALLY
ANTI-FUNGAL,
ANTI-BACTERIAL!**

04

BEDROOMS, CLOSETS, PERSONAL SPACE

BEDDING

sheets



Chemicals to watch out for:



petrochemicals

Polyester percale sheets (and blankets) are actually just soft thermoplastic, which is made from petrochemicals.



formaldehyde

"No-iron" polyester and cotton/polyester sheets are made from petrochemicals, and are treated with a formaldehyde resin finish. Don't be fooled by all cotton "easy care" sheets — these wrinkle-resistant sheets are also treated with formaldehyde.



teflon

Sheets marked as stain or water resistant have most likely been treated with Teflon® (polytetrafluoroethylene).

ALTERNATIVES + SOLUTIONS

Look for **organic natural fiber** sheets with certified eco-friendly manufacturing and dying processes.

Some great brands to try: **Coyuchi**, **Earthsake**, **Yala**, **Plover Organic**, **LOOP**, and **Brentwood Home**



04

BEDROOMS, CLOSETS, PERSONAL SPACE

CLOTHING

clothing



Watch out for these chemicals:



GM cotton

93% of all cotton is genetically modified (USDA). Chemicals can move from clothing into your skin. When you wear clothing made from cotton sprayed with glyphosate (the key ingredient in Monsanto's herbicide, Roundup), this chemical could eventually end up in your bloodstream.



chromium VI

is used on leather and new wool.



formaldehyde

is used to "finish" fabrics. This is what makes shirts "wrinkle-free."



brominated flame retardants

(BFRs) such as Polybrominated diphenyl ethers (PBDEs) are capable of interfering with hormone systems.



dimethylformamide (DMF)



alkylphenols

endocrine disruptor



phthalates

are commonly used to soften PVC. The phthalates DEHP and DBP (dibutyl phthalate) are classified as toxic to reproduction in Europe.

ALTERNATIVES + SOLUTIONS

1. Look for **organic cotton** as well as natural and vegetable dyes. Natural fibers like **linen** or **wool** are also great!
2. Buying **secondhand** is a great way to revamp your wardrobe without contributing to more toxic chemical production.
3. Although washing won't remove certain types of chemicals, wash new clothing **twice** before wearing.
4. Avoid products labeled **wrinkle-free, stain or water-resistant**.
5. Purchase clothing that is manufactured in the **US** or **EU**.

"Cotton crops use the greatest amount of pesticides, unless grown organically. It's estimated that approximately 25% of the pesticides remain in the cotton fibers of finished products."

04 BEDROOMS, CLOSETS, PERSONAL SPACE

CLOTHING

clothing (continued)



Chemicals to watch out for:

nonylphenol ethoxylates (NPEs), although banned in many countries, are still detected in clothing from many clothing manufacturers. NPEs break down into nonylphenol (NP), a toxic hormone disruptor that will persist over time and can be hazardous, even at low levels.

short-chain chlorinated paraffins (SCCPs) are used as a flame retardant in the textile industry.

perfluorinated chemicals (PFCs)

chlorobenzenes are persistent and bioaccumulative chemicals that are used in the dye manufacturing processes as solvents and biocides, and as chemical intermediaries. They commonly affect the liver, thyroid and central nervous system. **Hexachlorobenzene** (HCB), the most toxic and persistent chemical of this group, is also a hormone disruptor.

chlorinated solvents such as **trichloroethane** (TCE), are known to affect the central nervous system, liver and kidneys.

azo dyes

are the main types of dye used in the textile industry. Some may break down during use and release chemicals known as aromatic amines, some of which can cause cancer. (Azo dyes that release cancer-causing amines have been banned by the EU for use in any textiles that come into contact with human skin.)

heavy metals

such as cadmium, lead and mercury, have been used in certain dyes and pigments used for textiles. Heavy metals will accumulate in the body over time and are highly toxic, with irreversible effects. **Lead** and **mercury** cause damage to the nervous system, and **cadmium** causes damage to kidneys while also being known to cause cancer.

ALTERNATIVES + SOLUTIONS

Amour Vert – Amour Vert is a sustainable fashion brand that makes classic staples like striped t-shirts in classic colors like navy, white, black, heather gray and more.

Organic Cotton Clothing from Patagonia – Transparency and sustainability have continued to be cornerstones of Patagonia's business model, even as they have grown. They clearly state the locations of their factories and where other stages of production occur on their website. You can even read **the assessments of their factories**, conducted at random by the Fair Labor Association.

Naja Under Garments – Naja's Underwear for Hope program, in partnership with the Golondrines Foundation in Colombia, trains single or head of household mothers to sew. So everytime you buy one of their exquisite, finely crafted bras or panties, you help empower women to help their families.

04

BEDROOMS,
CLOSETS,
PERSONAL
SPACE

MISCELLANEOUS

facts

Household Hazardous Waste Project says air fresheners don't freshen the air at all... They mask one odor with another, while diminishing one's sense of smell with a nerve-deadening agent.

air fresheners



Chemicals found in air fresheners:

- ☠ **tributyltin maleate**
carcinogenicity, reproductive and developmental toxicity, etc.
- ☠ **bonded quaternary ammonium chloride compounds**
- ☠ **decamethylcyclopentasiloxane**
- ☠ **phenolics**
- ☠ **ozone**
Breathing ozone can trigger a variety of health problems including chest pain, coughing, throat irritation, and congestion.
- ☠ **paradichlorobenzene**
anticipated to be a carcinogen.

ALTERNATIVES + SOLUTIONS

1. **Diffusers with essential oils** are a great option for filling your home with a lovely smell. We like: **Rocky Mountain Oils** - **AromaCloud diffuser** and **Mountain Rose herbs candles**
2. Add essential oils to your favorite **DIY** cleaning product.
3. Make a linen spray with 4 ounces of water and 20 drops of essential oils—this can be sprayed on bed sheets, curtains, upholstery, etc.

04

BEDROOMS,
CLOSETS,
PERSONAL
SPACE

MISCELLANEOUS

candles & incense



Chemicals found in candles and incense:

facts

Something labeled as “fragrance” in a product is really a mixture of several dozen to several hundred chemicals, with many classified as toxic — none of which are required to be disclosed to consumers.

fragrance

is unregulated because it is a proprietary formula. There could be any number of chemicals filling your home when you burn them.

 **acetone**

 **benzene**

 **lead**

 **carbon monoxide**

 **toluene**

petroleum byproducts for wax

ALTERNATIVES + SOLUTIONS

Mountain Rose Herbs

makes candles with 100% beeswax from Oregon (where their headquarters is located), and they don't use any petroleum byproducts. You'd think that the quality ingredients would make these candles really pricey, but they're actually reasonable.

Summer Solace Tallow

makes candles made with a blend of lightly smoky scented organic tallow and 100% local beeswax. The Souchong Debut Candle boasts a dramatic, adventurous, and aromatic blend of smoky Lapsang Souchong black tea and vetiver. Its scent burns for over 40 hours and is evocative of wood fires, spice caravans, and sleeping under stars in the Far East.

04

BEDROOMS, CLOSETS, PERSONAL SPACE

DETERGENT

detergent



Chemicals to look out for:

facts

1,4-dioxane

(or Dioxane) is a byproduct rather than an actual ingredient, and is therefore not listed on any label. However, it has been found to be toxic to your brain, central nervous system, kidneys, liver and respiratory system. Two thirds of laundry detergents contain this toxic chemical byproduct.



sodium lauryl sulfate

(SLS)/**sodium laureth sulfate** (SLES). Yes, SLS originates from coconut, but it is anything but natural. SLS is mixed with sulfur trioxide or chlorosulfuric acid and then neutralized with aqueous sodium hydroxide (lye). The Environmental Working Group (EWG) lets us know that there are 16,000 published studies showing the hazards of SLS, including the following effects: irritation of the skin and eyes, organ toxicity, developmental/reproductive toxicity, neurotoxicity, endocrine disruption, ecotoxicity, and biochemical or cellular changes, and possible mutations and cancer.



nonylphenol ethoxylates

(NPEs) exposure can cause irritation of the lungs, digestive system, skin and eyes. NPEs are also a known hormone disruptor.



APEs

are found in detergents, disinfectants, all-purpose cleaners and laundry soaps. They are also found in many self-care items including spermicides, sanitary towels and disposable diapers. APEs are endocrine disruptors.



monoethanolamine

also known as MEA. Other names for this chemical are ethanolamine; ethanol, 2-amino-; 2-aminoethanol; 2-hydroxyethanamine.



fragrance

Exposure to fragrances has been linked to asthma, migraines, chronic lung disease and other negative impacts like MCS (multiple chemical sensitivities). MCS symptoms commonly include difficulty breathing, sleeping and/or concentrating, memory loss, migraines, nausea, abdominal pain, chronic fatigue, aching joints and muscles, and irritated eyes, nose, ears, throat and/or skin.

04

BEDROOMS, CLOSETS, PERSONAL SPACE

DETERGENT

detergent (continued)

ALTERNATIVES + SOLUTIONS

1 Biokleen Free & Clear Laundry Liquid



2 Nellie's All Natural Laundry Soda

3 Soap nuts contain saponin, a natural detergent. The soap nut shell absorbs water and releases the saponins which circulate as a natural surfactant in the wash water, freeing dirt, grime, and oils from clothing.



"Biokleen is a pioneering brand of non-toxic home cleaning products made in Portland, Oregon. Founded in a garage in 1989, their company has remained family owned and operated. They manufacture all of their products: Laundry, Kitchen, Bac-Out® and Household Cleaners."

DIY Laundry Liquid

INGREDIENTS:

$\frac{3}{4}$ cup **castile soap**

$\frac{1}{2}$ cup **washing soda**

(Want to make your own washing soda? Bake your baking soda at 400° F for one hour. It must reach 400° F to convert to washing soda.)

$\frac{1}{2}$ cup **baking soda**

15-20 drops of your favorite **essential oils**

DIRECTIONS:

1. Pour about an inch of cold to lukewarm water into the bottom of a two-gallon bucket.
2. Add the dry powders (baking soda, washing soda).
3. Add more water to cover the powders if necessary. Using a hand mixer, blend the powders for a few minutes, or until it is fully blended and there are no clumps.
4. Fill the two-gallon bucket up almost all the way with water (no specific temperature required).
5. Add the castile soap (this helps it not to bubble up), and stir with a long-handled spoon.
6. Add in your essential oils, then stir again.
7. Using a funnel, pour into your containers.

Ideas for essential oils:

cedar: adds a clean, woody scent

chamomile: soothing

eucalyptus: excellent for colds and sinus trouble

lavender: relaxing

lemon: stimulating, helps whiten laundry

peppermint: good for colds and sinus trouble

rosemary: calming (but often stimulating on its own)

sweet orange: helps remove stains and whiten laundry

tea tree: antibacterial and anti-fungal



05

BABIES + KIDS

“At this point one in six children are suffering from some sort of neurodevelopmental problem. These are things like autism, ADHD, delayed language development, obsessive compulsive disorder. Scientists are increasingly confident that one of the causes of this health epidemic is linked to exposure to environmental contaminants like heavy metals and organophosphates in the womb and early life. It is heartbreaking to think of so many children and families struggling with these really difficult and emotionally draining health issues and many others when they could be avoided in a cleaner environment.”

CATE LEGER
Green Architect
Leger Wanaselja
Architecture

05 BABIES + KIDS

BABY BASICS

cotton



Environmental concerns:

 **genetically engineered cotton** is grown on over 60 million acres worldwide.

*How does
GMO cotton
affect your baby?*

Chemicals can move from clothing into your skin. When you wear clothing made from cotton sprayed with glyphosate (the key ingredient in Monsanto's herbicide, RoundUp), this chemical could eventually end up in your (or your baby's) bloodstream.

- **cross pollination**
leads to loss of global biodiversity.
- **soil destruction**
due to excessive amounts of pesticides used.
- **harm to animals or insects**
who feed on genetically modified crops (including beneficial insects and key pollinators like ladybugs, parasitic wasps, bees and native animal species).

ALTERNATIVES + SOLUTIONS

Support 100% organic cotton

1. **Grown without pesticides**
— free of residual chemicals that can irritate your skin.
2. **Promote farming practices**
that develop biodiversity and healthy ecosystems.

good news

Organic cotton is produced in more than 24 countries and worldwide production is growing at a rate of more than 50% per year.

**CLICK HERE
TO FIND OUT
MORE FROM
THE ORGANIC
CONSUMERS
ASSOCIATION**

05 BABIES + KIDS

BABY'S ROOM

clothes & bedding



Chemicals to watch out for:



flame retardants

The Consumer Product Safety Commission has mandated since 1972 that children's pajamas be flame resistant (extinguishing small flames after 3 seconds). This is generally achieved through the use of chemicals.



proban

from a chemical called THPC causes genetic abnormalities, as well as damage to the liver and nervous system, and promotes the growth of cancerous tumors.

ALTERNATIVES + SOLUTIONS

1

Snug-fitting organic cotton is nontoxic and less flammable than loose cotton.



2

Polyester fabric is a synthetic fabric that is designed to be flame resistant. This is a good second choice. **But beware of things labeled as intrinsically flame resistant.**



3

Purchase **used** clothing and bedding.

4

Try these companies: **Kissy Kissy**, **Nature Baby**, **Kate Quinn Organics**, and **L'oved Baby**

05 BABIES + KIDS

BABY'S ROOM

toys & furniture



Chemicals to watch out for:



chlorinated tris (1,3-dichloroisopropyl) was banned from use in children's pajamas in the 1970s because it was shown to have mutagenic properties, but it remains in household furniture and baby products. In fact, a study conducted in 2011 found the chemical in 1/3 of the foam baby products that were tested.



PBDEs may cause problems with neurodevelopment and hormone regulation. PBDEs are a class of flame retardant chemicals used in mattresses and foam furniture.



PVC (polyvinyl chloride or vinyl) is a type of plastic that's used in everything from shower curtains to food packing to, yep, baby's toys. Vinyl chloride is a known carcinogen, as are off-gasses from products made from it. While it would be very difficult to avoid buying any products made with this substance, your child's toys might be the best place to start.

Until 2014, Baby products containing polyurethane foam had to meet California state furniture flammability standards, thus they legally had to be treated with fire retardants.

ALTERNATIVES + SOLUTIONS

- 1 We like these companies: Crocodile Creek, Maple Landmark, Re-Play's "Dandelion" line, Green Toys, Holztiger, and Haba

- 2 Look for products labeled "**PVC-free**."



- 3 Look for toys made of **silicon**, which is considered a safe substance.



Wood toys are another healthy alternative. They may be painted or glued together, so buy from a company you trust to make good ingredient choices.

4



05 BABIES + KIDS

BABY ESSENTIALS

diapers

Organic cotton poses less of a threat to your child, and is more comfortable for them to wear!

ALTERNATIVES + SOLUTIONS



chlorine-free diapers from
Seventh Generation
(free of fragrance)



Companies do not have to disclose the ingredients they use to make diapers.



chlorine

Most diapers are bleached with chlorine, which results in them leaching dioxins, a highly toxic, carcinogenic byproduct. Additionally, this chemical builds up in the environment, and since millions of diapers are thrown away yearly this becomes a great environmental concern as well.



scented diapers

may contain toxic chemicals used to create the fragrance.



moisturizing agents

in diapers are often petroleum-derived.

05 BABIES + KIDS

BABY ESSENTIALS

diaper cream & baby toiletries



Chemicals to watch out for:



dimethicone

While this ingredient is considered safe, it is irritating to the skin and forms a barrier, preventing the skin from going through its normal processes, such as temperature regulation.



fragrance

contains undisclosed ingredients — not worth the risk for your tot.



parabens

interfere with reproduction, the nervous system, and the immune system. Babies are especially susceptible to chemical influence!

ALTERNATIVES + SOLUTIONS

DIY Diaper Cream

from Simply Real Moms

INGREDIENTS:

1 cup **organic virgin coconut oil**

1 oz **beeswax**

20 drops each **lavender and melaleuca essential oils**

DIRECTIONS:

1. In a double boiler use medium heat to melt coconut oil and beeswax.
2. Remove from heat and add in essential oils.
3. Store in a glass container, apply with clean hands as needed.



Pleni Naturals
Baby Toiletries

05 BABIES + KIDS

BABY ESSENTIALS

baby powder



Watch out for:



corn starch

GM corn is created to have two traits — either to be resistant to herbicides (copious amounts of the herbicide, glyphosate, is sprayed on the crop without killing it, and it does not wash off), or to produce its own insecticide (where every cell of these crops is manipulated with Bt toxin in such a way that as an insect eats it, its stomach explodes). So whether it's the environmental impact or a residue of chemicals being left on the corn (corn starch), it is not the best choice.



talc

can be contaminated with asbestos, which is very harmful if inhaled. Environment Canada Domestic Substance List classifies talc as “suspected to be toxic or harmful.”

ALTERNATIVES + SOLUTIONS

DIY Baby Powder

from [Wellness Mama](#)

INGREDIENTS:

½ cup **arrowroot powder**
1 tsp **chamomile** or **calendula flowers**, powdered in the blender or food processor, or a few drops of **chamomile essential oil**

DIRECTIONS:

1. Powder the chamomile or calendula if using.
2. Mix with the arrowroot powder and store in a glass jar or sugar shaker for easy use.

06

OUTDOOR + GARDEN

"And now it's also time we amp it up by joining voices, hearts and hands to Affect change in our communities, our nation and the world. I am inviting you to DO more.

Plant a garden. Then join or start a gardening group that teaches others how to do the same. Save seeds. Then join or start a seed library. Feed your kid real food, then talk to your PTA about

serving real food in the school cafeteria. Sign an online petition... then connect with others of a like mind and go establish a relationship with your legislators to show them that we want them to be accountable to us, not corporations. Do a march, then commit to starting conversations about food justice with at least five people every week."

PAMM LARRY,
Founder of LabelGMOs

grasses



Chemicals to watch out for:

artificial turf

is synthetic grass filled with infill, which is "crumb rubber" made from pulverized tires. There are many health concerns with the toxic chemicals from infill, along with numerous environmental impacts such as air pollution and water contamination.

- **High levels of lead** have been found in these crumb rubber turfs – The Center for Environmental Health (CEH)
- In addition to **VOCs** such as **xylene, acetone, styrene, benzene and methylene chloride**, researchers have identified various polycyclic aromatic hydrocarbons (PAHs) drifting in the air above fields of turf.
- **According to Environment and Human Health Inc**, shredded rubber could contain other toxic metals like **arsenic, cadmium, chromium, and selenium**.
- **Breathing in the dust** of these ground-up tires could exacerbate breathing problems for asthmatics.

genetically engineered kentucky bluegrass

has been engineered to withstand copious amounts of Monsanto's Roundup herbicide. An increase in the use of Roundup will be an increase in chemicals on lawns and park grasses where your children play. GMO grasses threaten to contaminate every park, lawn, and field in sight, including the pastures used by organic farmers to graze their cattle.

ALTERNATIVES + SOLUTIONS

Use organic grasses and seeds, or convert your lawn to something suitable to your local climate, or simply grow a food garden with your favorite fruits and veggies.

06 OUTDOOR + GARDEN

LAWN + GRASS

herbicides & chemical fertilizers

facts

Studies show that even low levels of exposure to lawn pesticide products are linked to increased rates of miscarriage, and suppression of the nervous, endocrine, and immune systems.

"Of 30 commonly used lawn pesticides 19 have studies pointing toward carcinogens, 13 are linked with birth defects, 21 with reproductive effects, 15 with neurotoxicity, 26 with liver or kidney damage, 27 are sensitizers and/or irritants, and 11 have the potential to disrupt the endocrine (hormonal) system."

BEYOND PESTICIDES

"Not only have fertilizers proven to be hazardous for human beings to live near, but the water runoff carrying fertilizers has very adverse effects for local and regional ecosystems (see *utrification and harmful algae blooms* for more information)."

LUCAS OSHUN
Global Student Embassy

WHY **GO ORGANIC** WHEN IT COMES TO YOUR LAWN?

→ KEEP YOUR *family* HEALTHY...
KEEP YOUR *planet* HEALTHY.

ALTERNATIVES + SOLUTIONS

Instead of fertilizers try cover crops or locally available **bulk organic compost** to provide nutrients to your soil.

"Mulching is adding a protective covering, usually of organic matter such as leaves, straw, compost, or peat, placed around plants. Mulching has multiple benefits including enriching the soil, preventing erosion, freezing of roots, moisture from evaporating, and the growth of weeds."

PANDORA THOMAS
Earthseed Consulting

"Landscaping with plant species, such as natives, that are well suited for your climate and soil types can eliminate the need for fertilizers or pesticides. They will adapt to the environment of your yard, require less water, and create balance."

LUCAS OSHUN
Global Student Embassy

06 OUTDOOR + GARDEN

LAWN + GRASS

herbicides & chemical fertilizers

(continued)



Hendrikus and Nirav

use decades of hands-on experience and their timeless craft in understanding nature and its relation to health, in collaboration with cutting edge techniques in agriculture, soil science, foodscaping and sustainability. Perhaps most unique are the diverse real world projects that have benefited from their innovations in Hawaii, Alaska, California, Colorado, Virginia, New York and more. Hendrikus Organics is emerging as a true leader in the soil / organic approach to agriculture, erosion control, urban farms and food production. Their methods and products stand the test of time, and the call of challenges in the modern world.

06 OUTDOOR + GARDEN

GARDEN

pesticides



Chemicals to watch out for:



2,4 D

one of the hormone weedkillers, most infamously known as one of the two ingredients in Agent Orange – a dangerous mixture used by the military to defoliate Vietnam's forests during the Vietnam War. Dow Chemical's Enlist Duo herbicide, a new blend of 2,4-D and glyphosate, was approved by the EPA in 2014.



glyphosate

the active ingredient in Monsanto's popular weed killer, Roundup, is mainly used on crops such as corn and soybeans, which are genetically modified to survive it. Glyphosate depletes the amino acids tyrosine, tryptophan, and phenylalanine, which can then contribute to obesity, depression, autism, inflammatory bowel disease, Alzheimer's, and Parkinson's.

The world health organization's research arm declares glyphosate as probable carcinogen.



trifluralin

is a selective, pre-sowing or pre-emergence herbicide used to control many annual grasses and broadleaf weeds in a large variety of arable and horticultural crops. With about 14 million pounds used in the United States in 2001, it is one of the most widely used herbicides (EPA). Trifluralin has been banned in the European Union since March 20, 2008, primarily due to its high toxicity to fish and other aquatic life.



atrazine

manufactured by Syngenta, is the most commonly used weed killer in U.S. agriculture. The European Union removed atrazine from the market in 2004. **"Atrazine is the number one contaminant found in drinking water in the U.S. and probably globally in the world,"** says Tyrone Hayes, Professor of Integrative Biology at University of California, Berkeley.

"Multiple studies have found that exposure to low concentrations of atrazine in water causes deformities in frogs, including hermaphroditism (individuals with both male and female sex organs), underdeveloped testes and a decrease in the number of germ cells (sperm and eggs)."

"It is the 7th largest source of dioxins in the U.S. 2,4 D and other herbicides of its class have been independently associated with deadly immune system cancers, Parkinson's disease, endocrine disruption, and reproductive problems, with children at particular risk."

**CENTER FOR
FOOD SAFETY**

06 OUTDOOR + GARDEN

GARDEN

pesticide (continued)

ALTERNATIVES + SOLUTIONS

"Permaculture is a philosophy of working with, rather than against nature; of protracted & thoughtful observation rather than protracted & thoughtless labour; of looking at plants & animals in all their functions, rather than treating any area as a single-product system."

BILL MOLLISON

1. **Permaculture is a contraction of the words *permanent*, *agriculture*, and *culture*.** It is an integrated system of design through social application that examines and follows nature's patterns based on natural ecosystems. Sustainable food production is what most of us think about when we hear "permaculture," but it can mean so much more — permaculture is a movement in itself that is continuously evolving. It's creating spaces and systems that work with nature, including water resources management, sustainable architecture, environmental and ecological design, and creating habitats meant to be self-sustaining and regenerative.
2. **Crop rotation helps with soil fertility, and with pest and disease management.** For soil nutrients, rotating legumes is one of the more common methods of crop rotation. Plants require particular nutrients to grow and to thrive. They also give off nutrients that will help other plants to thrive in the future season. Crop rotation simply helps plants give and receive what they need without the use of fertilizers.

DIY Pest Controller Garlic fire spray from No Dig Vegetable

INGREDIENTS:

2-3 **garlic bulbs**

6 large or 12 smaller **hot chilli peppers** (any variety will do, or if unavailable try 1-2 tablespoon hot chilli powder)

1 tbsp **vegetable oil**

3 pumps of **eco liquid detergent** (approximately 1 dessert spoonful)

7 cups **water**

(use about 2-3 cups in the blender, and top up with the rest later)

DIRECTIONS:

1. Put all ingredients into a blender until blended well, then strain through muslin cloth, a coffee filter or something similar.
2. Pour what you need into a spray bottle for use and store the rest in well-labeled jars with lids on.
3. Experiment with it if necessary and check for results or any damage to young plants. If it fixes the problem and your plants are happy, you've got the perfect mix.
4. You may need to lower the water dilution rate or change the ingredient quantities slightly if there are still pests lingering.

NOTE:

This garlic fire mixture needs to be sprayed frequently, such as after rain and dew. It's best to spray every few days until there's no sign of pests, then about every week to 10 days for any eggs or larvae that may have hatched out.

Uses for this natural garden pest control are unlimited. Because it has oil and dishwashing liquid in it, sticks to plants as well as suffocating pests such as scale and mealy bug. It will kill ants, aphids, caterpillars, grubs, bugs and just about any little invader.

**BE VERY
SELECTIVE.
MIND THE
LADYBUGS,
LACEWINGS,
BEES AND
OTHER GOOD
GARDEN
FRIENDS.**

06 OUTDOOR + GARDEN

plants & flowers

GARDEN



Avoid plants with this chemical:

neonicotinoids

are a new class of insecticides chemically related to nicotine that can be sprayed directly on garden plants or applied to the soil. Like nicotine, the neonicotinoids act on certain kinds of receptors in the nerve synapse. They are much more toxic to invertebrates, like insects, than they are to

mammals, birds and other organisms. Neonicotinoids are systemic, which means they are absorbed by the plant tissues and expressed in all parts, including nectar and pollen. Unfortunately, bees, butterflies, and other flower-visiting insects are harmed by the residues of neonicotinoids.

ALTERNATIVES + SOLUTIONS

Buy plants and flowers that are free from neonicotinoids.

If you see one of the following names listed, the insecticide includes a neonicotinoid: acetamiprid, clothianidin, dinotefuran, imidacloprid, nitenpyram, thiacloprid, thiamethoxam.



As a gardener you have a unique opportunity to help protect pollinators by avoiding these insecticides, asking your local nursery or garden center if plants have been treated with neonicotinoids, and encouraging your city or park district to use alternatives to neonicotinoids on plants that are visited by bees or that are bee-pollinated.

06 OUTDOOR + GARDEN

GRILLING

charcoal



Watch out for:



non-organic charcoal

includes the use of treated wood and/or chemicals, preservatives and additives to prolong burning, reduce cost or enhance ignitability.

Some of the ingredients in non-organic charcoal can include **anthracite coal, limestone, borax, sand, clay, sodium nitrates**, and even **petroleum**.

ALTERNATIVES + SOLUTIONS

Buy organic charcoal. In order to be ORGANIC, a briquette must be made exclusively from untreated wood sources converted to char, a small amount of water and a vegetable-based starch binder.

Check out our blog post on **Eco-Friendly grilling: 4 Best Natural Charcoals**

06 OUTDOOR + GARDEN

INSECT REPELLENT

repellent

Beware of outdoor "fogger" insecticides. They contain more toxic ingredients than repellents applied to skin.

Avoid aerosol sprays in pressurized containers. You'll inhale chemicals, and potentially could be exposed to chemicals in the eyes and face.



Chemicals to watch out for:



deet

so poisonous that the EPA says you should wash it off your skin when you return indoors, avoid breathing it in and not spray it directly on your face. Effects reported include rashes, skin or mucous membrane irritation, transient numb or burning lips, dizziness, disorientation, difficulty concentrating, and headache and nausea.

ALTERNATIVES + SOLUTIONS



1

Make your own insect repellent using a carrier oil like jojoba and essential oils of citronella, eucalyptus, tea tree, peppermint, cypress, rose geranium, bergamot, lemon. Check out our blog post: [**DIY Natural Insect Repellent**](#)



2

Cover up. Wear pants, socks, shoes and long sleeves, especially when venturing into heavy brush with likely bug infestations.

3



Use nets and/or fans over outdoor eating areas and nets over strollers and baby carriers.

07 GLOSSARY

COMMON
CHEMICALS

common chemicals



Chemicals to watch out for:

acetone

Found in

- carpets

Bad effects

- irritant

ammonium hydroxide

Found in

- carpet cleaner

Bad effects

- eye, skin and lung irritant
- corrosive
- potential organ toxicant

benzene

Found in

- laundry detergents
- carpets
- nail polish

Bad effects

- carcinogenic
- evidence of reproductive/
developmental toxicity

2-butoxyethanol

Found in

- all-purpose cleaner

Bad effects

- damages red blood cells
- irritant

coumarin

Found in

- hair dyes

Bad effects

- immune system toxicant
(EU Banned and Restricted
Fragrances)

DEGME

(methoxydiglycol)

Found in

- floor cleaners

Bad effects

- United Nations Economic
Commission for Europe
reports that it is suspected of
damaging babies in utero

dimethicone

Found in

- shampoo
- diaper cream

Bad effects

- considered safe but irritating
to the skin. Creates a
barrier, preventing skin from
breathing and regulating
temperature.
- non-biodegradable
- traps in other things like dirt,
oil, bacteria, leading to acne

DMDM hydantoin

Found in

- handsoap

Bad effects

- releases formaldehyde
- irritant
- evidence suggests
possibly carcinogenic

methylothia- zolinone

(belongs to a group
of chemicals called
isothiazolinones)

Found in

- shampoo

Bad effects

- ten minutes of exposure
caused brain damage
in lab rats

naphthalene

Found in

- moth balls
- carpet cleaner

Bad effects

- neurotoxin
- liver damage
- blood damage

07 GLOSSARY

COMMON
CHEMICALS

common chemicals

nonylphenol ethoxylate

Found in

- floor/general cleaning products

Bad effects

- breaks down to nonylphenol, which can disrupt the hormone system

P-aminophenol

Found in

- hair dye

Bad effects

- some evidence of organ toxicity (Natural Library of Medicine HazMap, Klaassen, C)
- strong evidence of skin toxicity

parabens

Found in

- make up
- skin care

Bad effects

- interferes with hormone function (listed as Category 1 Priority Substances by The European Commission of Endocrine Disruption)
- can mimic estrogen
- detected in breast cancer tissue
- interferes with reproduction, nervous system, and immune system

PBDEs

(have been phased out of being used as a flame retardant, but take a long time to degrade/could still be used)

Found in

- foam (flame retardant)

Bad effects

- affects brain development, gets stored in fat (thus found in breast milk)

PEG compounds (polyethylene glycols)

Found in

- make up
- hand soap
- skin care

Bad effects

- petroleum-based
- often contaminated with ethylene oxide (a known human carcinogen) and 1,4-dioxane (possible carcinogen that takes a really long time to biodegrade)
- enhances the penetration of other ingredients into your skin

phosphates

Found in

- wood cleaner
- dishwasher detergent
- laundry detergent

Bad effects

- can cause rashes, dizziness, and scratchy throats

phthalates

Found in

- makeup

Bad effects

- can mimic hormones and thus possibly cause endocrine disruption
- A study by the University of Maryland reported that exposure to phthalates could cause reproductive abnormalities and decreased production of testosterone in males, as well as decreased male fertility.
- Other studies show a link between phthalates and premature delivery and endometriosis in women.

07 GLOSSARY

COMMON
CHEMICALS

common chemicals

polyurethane

Found in

- sponges

Bad effects

- petroleum-derived
- Those labeled odor-reducing often contain harmful chemicals like triclosan.

resorcinol (a dihydroxy benzene)

Found in

- hair dye

Bad effects

- classified as a hazardous chemical that should be kept away from flames

- Inhalation can cause abdominal pain, nausea, and unconsciousness.
- Animal studies show that resorcinol caused thyroid dysfunction, effects on the central nervous system, and alterations in the adrenal glands.

sodium laureth sulfate / sodium lauryl sulfate (the former is milder)

Found in

- shampoo

Bad effects

- corrosive, eats away at protective barrier on your skin

- Many studies have found a link between the use of products containing SLS and contact dermatitis. (In fact, SLS is commonly used on laboratory test subjects to irritate their skin so that products that promote healing can be tested.)
- Studies suggest that SLS deeply penetrates skin and organs, leaving behind trace amounts in the body and causing inflammation in the skin.
- Studies indicate that SLS mimics the effects of certain hormones in the body, causing hormone disruption and making the body produce more oestrogen (a type of estrogen) than necessary – wreaking havoc on the endocrine system.
- By affecting the endocrine system, SLS use leaves the user susceptible to cancers that are directly related to oestrogen levels, such as breast and ovarian.
- Nitrates used in the manufacturing of SLS could enter the body and cause harm.

styrene:

Found in

- carpet backing
- PVC piping
- plastic in general: plastic cups, plastic wrap
- floor waxers and polishes

Bad effects

- carcinogen
- endocrine disruptor

triclosan

Found in

- toothpastes
- cosmetics
- antibacterial soaps
- body washes

Bad effects

- carcinogenic
- cause health problems such as:
 - weakening of the immune system
 - decreased fertility
 - miscarriage
 - birth defects

07 GLOSSARY

COMMON
CHEMICALS

common chemicals

tris (1,3-dichloroisopropyl) **phosphate**

Found in

- flame retardants
- pesticides
- plasticizers
- nerve gases

Bad effects

- carcinogenic
- decreased sperm counts
- decreased cell replication and growth
- affects brain development
- muscle weakness
- loss of coordination
- hyperactivity

ALTERNATIVES
+ SOLUTIONS

Want to get rid of
toxic chemicals in
your home?

[Click here](#) to find out
how to dispose of **toxic
chemicals** properly



♥
FOUNDERS
Kevin & Annmarie Gianni
with son Hudson Gianni

Annmarie Skin Care is a pure and natural skin care line using organic and wildcrafted ingredients.

Not only are we 100% chemical free, but our line uses the healing power of herbs, extracts and pure oils. Herb-infused aloe and oils provide the base for these products, instead of fillers like water. We house our products in a special glass called MIRON Violet Glass, which does not allow visible light to pass through. This protects the product from light damage and oxidation, giving it a longer shelf life, and sustains the potency of the ingredients inside.

We are committed to responsibly sourcing high quality plants, with minimal processing and low temperatures, and month-long steeping processes to create active and potent products.

The longer you nourish your

skin with these products, the healthier and more radiant your skin becomes.

In addition to our products being pure and real, our team strives to bring our vision into the eyes of the community.

We believe knowledge is power and we love providing information on organics and wild-crafting, truth in labeling and transparency, and giving back to the community. Our company is truly a growing inspiration for the skin care industry.

Based in Berkeley, California, Annmarie Skin Care ships internationally and has wowed wellness professionals like Kris Carr, Louise Hay, and Dr. Mark Hyman. We continue to transform the world's perception of organic skin care.

Nature provides the secrets to beauty, Annmarie Skin Care just puts it in the bottle.

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MINERALS

Minerals Multi-Purpose Foundation is a non-toxic way to control coverage and customize the shade. Whether applied as a dry powder or blended with other skincare products, our multi-purpose foundation creates a smooth, even-toned complexion. The foundation comes in multiple shades, to use alone or blended to match your skin tone. Endlessly versatile, our mineral makeup can be worn as a foundation, concealer, highlighter, eye shadow, or to contour.

ALL OF OUR PRODUCTS ARE

- Natural
- Non-GMO
- Cruelty-free
- Made with ingredients that are organic, wildcrafted, and have the planet in mind

WE ARE ALSO

- Made Safe™ certified
- Leaping Bunny certified

We are committed to bringing you high quality, pure, organic skin care with a sustainable and conscious approach, because we know those values are just as important to us as they are to you.



non-gmo



**cruelty
free**



HONEST.

Everything that is in our products is on the label.
We only source our ingredients with integrity.
We always have workers, wages, the environment
and outstanding quality on our minds.

WILD.

Our products are as close to nature as you can get.
We use the best organic and wildcrafted
ingredients mother nature can provide, giving you
a pure experience — free of chemicals, colors
and fragrances.

BEAUTIFUL.

This is our promise to you.
Use these products and see the results —
beautiful, youthful, glowing skin.

a special **thank you**

Thank you to all of the inspiring voices in the industry, the amazing and conscious companies that we can trust, and our incredible graphic design team. Each of them played a vital role in helping us make this guide as complete and in depth as we wanted it to be. We appreciate them not only for their contribution to the Toxic Free Home Guide, but also for the work they do everyday.

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COMPANIES WE TRUST

100% Pure
7th Generation
Auromere
Badger Balm
Bambo Nature
Biokleen
BonAmiClear Conscious Brand
Common Good and Co

Cycle Wood Solutions
Dr. Bronners
ECOS
Ecover
Essential Oxygen
French Top Natural Care Products / Henna
Plus
Honest Company
If You Care
Just Natural
Lunette
Mrs. Meyers
Natural Value
Parissa
Preserve
Primal Pit Paste
Radius
Rawsome Creations
Sir Richards
Sun and Earth
Trace Minerals
Urban Moonshine
Wellements Baby
Woo bamboo
Young Living
Zoya

OUR GRAPHIC DESIGN TEAM

Lovely Day Design Team

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And a very loving thanks to **Kevin & Annmarie** for being trendsetters in the skin care world.

WITH LOVE,

Rachel, Hope
& the Annmarie Skin Care Team