

The Ultimate **TOX-FREE** Home Guide



The Ultimate Tox-Free Home Guide

*Create the chemical-free haven you deserve by
identifying harmful toxins & finding natural solutions.*

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INTRODUCTION

There has never been a more important time to go toxin-free than right now.

Did you know that Americans spend between 80-90% of their time inside, and that the average American home contains over 63 hazardous products? From antiperspirants to toilet bowl cleaner, skin care products and “air fresheners,” the past few generations **have become the guinea pigs** of the modern chemical revolution; burdening ourselves with unprecedented amounts of nutrition-lacking foods, lifestyle hazards, and chemical compounds that our bodies are simply unequipped to deal with.

The experiment has failed.

Disease rates have never been this startling. The National Institutes of Health (NIH) estimates that up to 23.5 million Americans suffer from **autoimmune disease**, and that the rate is climbing. Today, **one in three people are diagnosed with cancer**, with scientists projecting that in the near future, it will be one in two or higher.

The American Cancer Society states that **only 5 to 10 percent of all cancers are caused by gene defects**. In other words, we know that 90-95% of cancers are linked to diet, lifestyle, and environment, much of which is under our control...**and it all starts with what we allow into our homes!**

This checklist is your starting place for taking back your health! It's time to be the gatekeeper of your home & your body again. Let's ditch those toxins lurking around your home for healthier, natural, and (oftentimes) cheaper alternatives.

And hey — do me a favor by taking things one step at a time. Slow change is better than no change, and **being overwhelmed helps no one!** So tackle things one room or one product at a time, and refer back to this list as often as needed until you've transformed your home from top to bottom into the tox-free oasis you deserve!

Because my friend — you are worth it.

xoxo,

Samantha Lee Wright



How to Become a Toxin Detective

(Without driving yourself and the people around you bonkers)

“Too much of anything will kill ya—even water,” my momma would say to me — my seven year old self sitting in the back seat of our minivan, wearing a plush orange shirt and red plaid bell-bottom pants that I swore would make me an instant success in the fashion world.

“All things in moderation” quickly became my life compass for understanding complicated issues like sleepovers, halloween candy, and Paula Abdul music. Later in life I aimed to apply this motto to things like health, hobbies, education, and indulgences —which I found much harder to do without a parent setting the boundaries — amma right?!

“All things in moderation” is still the approach I adopt in everything I do, and toxin-free living is no exception.

Note, for example, the chlorine treated hot-tub I like to indulge in, or the conventional sunscreen I’ll use in a pinch. Now, don’t get me wrong — I love my toxin-free sunscreen, but in a pinch I’m not going to sacrifice a day in the sun for the all-natural sunscreen I accidentally left at home. Life’s just too short for that!

Treat your body like a temple — yes. But what’s the point of trying to live forever if you’re not enjoying the life you’re living?

So, while I hope this book inspires you to make some much-needed shifts around your home, my wish is that you also keep your sanity (and the sanity of those around you) in mind during the process. **Toxins are everywhere. No one denies that.** They’re in our food, our water, our air, our soaps, our makeup, our building materials, our mattresses, and our clothes...unless you live in a bubble, you are going to be exposed.

So let’s focus on the things we CAN control, and not beat ourselves up in the process.

And above all else, let’s have some fun with it!

Part 1: Uncovering Chemical Culprits

Accessing the products you use day-to-day is one of the most straight-forward ways you can begin creating a toxin-free oasis in your home. Did you know that **the average woman applies over 168 chemicals a day** to her body through things like soap, makeup, shampoo, and hair products? 168 chemicals a day! (*Source*)

And if you think these chemical-filled products are safe for us just because they're sold to us in stores and labeled with words like "natural," "pure," or "FDA approved," think again.

In America especially, consumers need to be aware of the toxins being used in common products. Did you know that the European Union has banned over 1300 substances from use in cosmetics? But can you guess how many of these proven-to-be-harmful ingredients have been banned for use in the US to date? — only 11!

Not only is product swapping an easy first step toward lowering your toxic load, but it's also a powerful act of decision-making. **Voting with your dollars is the best way to encourage change** in corporate driven policies and eventually lead to the availability of cheaper & healthier solutions for all.

So what ingredients should you be avoiding?

The following is a list of 15 common and well-researched ingredients which may be linked to infertility, obesity, cancer, thyroid problems, birth defects, migraines, allergies, or more.

This is by no means an exhaustive list, but take it with you while shopping and avoid them where possible.

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The Nasty 15 List

- **Aluminum (or aluminum derivatives):** *commonly found in antiperspirants and deodorants*
- **Boric acid:** *commonly found in cosmetics, laundry detergent, pesticides, and medications*
- **Butylated Hydroxyanisole (BHA, or anything with “butyl” listed):** *commonly found in makeup, cosmetics, and creams*
- **Coal Tar Dyes (Sometimes labeled as “CI” followed by numbers):** *banned in food products, but is still commonly found in cosmetics, hair dyes, lipsticks & more.*
- **Dibutyl phthalate (DBP):** *commonly found in nail polish & cosmetics (although they aren't always listed)*
- **Formaldehyde or formalin:** *commonly found in nail polish, hair treatments, air fresheners, candles, and repellants*
- **Fragrance (or “parfum”):** *commonly found in just about everything. In anything that has a scent!*
- **Oxybenzone:** *commonly found in sunscreens*
- **Parabens (anything that ends with “paraben,” like ethylparaben, methylparaben, propylparaben, etc.):** *commonly found in cosmetics, shower products, lotions, and more.*
- **Petroleum (Mineral Oil):** *commonly found in cosmetics, lotions, creams, lip balms, & skin care products.*
- **Propyl or Propylene Glycol (aka antifreeze!):** *commonly found in cosmetics and food products*
- **Retinyl palmitate or retinol:** *commonly found in lotions, moisturizers, chapsticks, lipsticks, sunscreens, and lip balms*
- **Sodium Lauryl Sulfate:** *commonly found in most skincare and cosmetics and skincare products. It's also used in car cleaners and engine degreasers.*
- **Talc:** *commonly found in baby powders, cosmetics, deodorants, and powdered makeup*
- **Triclosan (or Triclocarban):** *commonly found in liquid soaps, toothpaste, laundry detergents, shampoos, etc.*

Download the Environmental Working Group App

The EWG (Environmental Working Group) Healthy Living App puts knowledge into your fingertips. With their free mobile app you can scan the barcodes of more than 120,000 food and personal care products to see how they rate on the toxicity scale.

What I love and trust about the EWG, is that they are a non-profit, non-partisan organization. Their website reads “Our mission is to empower people to live healthier lives in a healthier environment. With breakthrough research and education, we drive consumer choice and civic action.”

Download the EWG Healthy Living app for free: <https://www.ewg.org/apps/>

Take this app with you while shopping in stores. You can scan the barcodes of products you are considering buying to discover if they contain safe or harmful ingredients. If a product is not in their system, look at the ingredients list and compare them to the Nasty 15 list above, or search for the ingredient names in the Made Safe Database.

Part 2: Home Assessment

Now that you are familiar with some of the common ingredients to avoid in your household products and have the EWG app on your phone, you can now start detecting the hidden toxins around your home!

Using the following checklist, begin gathering up the most common products being used around your home, then rate them using the EWG scale (1 being the least harmful, 10 being most harmful).

Don't assume anything!

Marketing companies are catching on to the “green” movement and using it against consumers. Don't be fooled by claims like “All-Natural,” “Gentle,” “Clean,” “Simple,” or “Green.” These terms mean less than nothing when it comes to the safety of a product. Companies know people are willing to pay more for what they *assume* is a safer product (even if it isn't) and will use clever marketing tactics to their advantage.

What if I can't find my product in the EWG app?

If you can't find a specific product through the EWG app, try searching for some of its ingredients in the Made Safe Database and give it a rating based on common sense. You can also use the Nasty 15 list in the previous section to look for top chemical culprits in the product's ingredient list. If a product lists one or more of any of the top culprits found in the above list, give that product a high rating.

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Product	Toxicity (0-10 being the highest). 0 = no product, or an all-natural homemade product
Dish Soap	
Dishwasher detergent	
Laundry Detergent	
Laundry Softener	
Linen Spray	
Stain Remover/Brightener	
Dryer Sheets	
Air Fresheners/Potpurri	
Incense	
Candles	
Household Cleaner	
Glass Cleaner	
Toilet Cleaner	
Floor cleaner	
Shower/Bath Cleaner	
Shower Soap/Body Wash	
Shampoo	
Conditioner	
Bath Bomb	
Bubble Bath	
Bath Salts	
Kid's Bath Soap	
Face Wash	
Face Cream/Moisturizer	
Other Face Care Products	
Body Lotion	
Lipstick	

Product	Toxicity (0-10 being the highest). 0 = no product, or an all-natural homemade product
Foundation	
Concealer	
Mascara	
Eyeshadow	
Nail Polish	
Shaving Cream	
Hair Spray	
Hair Gel or other product	
Toothpaste	
Mouthwash	
Deoderant/Antiperspirant	
Sunscreen	
Insect Repellent	
Baby Wipes	
Diaper Cream	
Baby Powder	
Other:	
Other:	
Other:	
Other:	
Other:	
Other:	
Other:	
Other:	
Other:	

Now total up your entire score from each page and compare to the chart below.

Total Score:

Score	Result
1-50	Very low toxic exposure from household products
50-100	Average toxic exposure from household products
100-200	High toxic exposure from household products
200-360	Very high toxic exposure from household products

So how does it look? Where you surprised at all by what you discovered?

Now that you have an idea of some of the biggest culprits contributing to your toxic load in the home, let's focus on what to do about it!

Part 3: Ditch and Switch

There's no end to the amount of amazing clean products that can be bought or made to help you turn your home into a toxin-free oasis. At the root of most of my suggestions for ditching toxic ingredients and switching to cleaner alternatives include the use of essential oils.

Why essential oils?

Essential oils have been used for centuries as natural medicine and in personal care routines. It wasn't until the early 20th Century that society started to use less natural materials for their health and well-being and instead started looking to man-made chemicals. But essential oils are well researched and proven to be highly effective ingredients when used around the home and in personal care products. Millions of people are using essential oils every day to reclaim their health and their homes!

One of the biggest culprits contributing to toxic overload is the oh-so-innocent-sounding ingredient called "fragrance." The term "fragrance," when used in commercial products, is a blanket term that is often used to hide hundreds of undisclosed chemical ingredients that may be contained in that product, many of which are synthetic chemicals designed to mimic the smell of natural scents.

Luckily, when we use pure, authentic essential oils in our products, we can achieve the wonderful smells we are all attracted to without having to sacrifice our health and safety. Note however, that not all essential oils are created equally. The essential oil industry is not very well regulated, so marketing terms like "Therapeutic Grade," "100% Pure Essential Oil," and even "USDA Organic Essential Oils," don't always mean there are no synthetic chemicals or adulterated issues with that oil. Do your research to find a reputable source for your essential oils and household products that list essential oils in their ingredient list.

Essential oils should help you AVOID toxic exposure, NOT attribute to it, so don't be fooled by unregulated labeling tricks. Find a source you can trust.

Essential oils have many therapeutic benefits, and when we use them in our everyday lives they help us to receive those benefits while also helping us avoid toxic exposure through commercial products.

My Top 5 Tips for Ditching Toxins in the Home

1. **Replace Dryer Sheets with Wool Dryer Balls**

Dryer sheets are notorious for being made with strong synthetic fragrances and chemicals. Ditch the expensive and toxic dryer sheets for wool dryer balls. They are reusable, free of any chemicals, and they help your clothes dry faster. Add 4-10 drops of your favorite essential oils to them such as lemon, orange, lavender, nutmeg, or cinnamon to give your clothes a naturally lovely scent.

2. **Replace Air Fresheners & Scented Candles with a Diffuser & Essential Oils**

Burning candles and using generic air fresheners can be worse for your health than smoking! Luckily you can still have your home smelling amazing with the use of a diffuser and essential oils. I recommend experimenting with diffusing peppermint and lemon, or orange and lavender for a start. All you need is an Ultrasonic diffuser (available in stores or online) and 2-6 drops of a quality essential oil you enjoy.

3. **Find a Supplier You Trust & Budget Accordingly:**

The cosmetics and household products industries are rampant with chemicals and known carcinogens. In general, if it's sold at commercial stores it's going to contain toxins. That's because large commercial companies are competing against each other to offer the lowest price on the shelf. When manufacturing products, it's exponentially cheaper to buy a barrel of synthetic chemicals than to invest in ingredients that have been derived from botanical sources. The companies that do care about your health and safety, and who invest their resources into using botanically-derived ingredients, have to charge more for their products in order to have a sustainable business. They simply can't compete with the prices of products that are derived from cheap chemicals. Therefore, many health-conscious companies choose to distribute their safer, healthier products through direct sales versus in stores. Vote with your dollars and be willing to spend the extra money on brands you can trust. Your health is worth it, our environment is worth it, and our future generations are worth it too. Research your options, and be aware of the "greenwashing" happening to store-brand products labeled as "all-natural." Dig deep, and vote with your dollars.

4. **Make it Yourself:**

There's no end to the list of recipes that can walk you through how to make your own products such as toothpaste, deodorant, laundry detergent, bath bombs, lotions, face creams, etc. Not only will you have total control over your ingredients, but you'll save a ton of money too. So, if you can't find a ready made product you can trust or afford, don't hesitate to make it yourself! Trust me, it's not as scary as it sounds. Check out a multitude of recipes in [The DIY Dugout](#), or find easy-to-follow recipes in my ebook; [25+ Essential Oil Recipes for Toxic Free Living](#).

5. **Simplify Your Cleaners:**

One of the biggest concentrations of household toxins may be hiding under your kitchen sink. Many cleaning products are made with cheap and hazardous synthetic chemicals and toxic fragrances. Back in the day, families cleaned using only a handful of basic ingredients: water, vinegar, soap, borax, and baking soda. These are highly effective, cheap, and safe ingredients that can be used in combination with each other as well as in conjunction with powerful essential oils to handle any mess life throws at you. [Listen to Ep 12 of The Essential Oil Revolution Podcast](#) to learn tips and recipes for DIY cleaning.

About Samantha Lee Wright

Samantha Lee Wright believes that health is simple, wealth is doable, and happiness takes priority over both.

She is the creator and host of the world's number one essential oil podcast, [The Essential Oil Revolution](#), where she makes healthy living approachable for all and demystifies the world of wellness and essential oils.

Her unwavering battle cry that “yes! you are worth it!” is a call to action for those ready to make a change. Her life's work focuses on keeping things real, cutting through the fluff, and helping you stop living by default, and start living by design.

Most of her time is spent cuddling her husband and two kids and pouring her heart and soul into work as a [doula](#), [entrepreneur](#), and [podcaster](#).

Connect further at www.samanthaleewright.com

Get more amazing tips, recipes, and insights into healthy living on Samantha Lee Wright's top-rated podcast, The Essential Oil Revolution. Tune in at www.revolutionoilspodcast.com

