

# 6

## SPRING CLEANING TIPS

To help you create a happier healthier home

1

### IMPROVE INDOOR AIR QUALITY

Open external doors and windows regularly. Clean air conditioning and gas heating vents regularly. To improve air quality use indoor plants and salt lamps, or install a good quality air filter.

2

### THROW AWAY HARMFUL PRODUCTS

Avoid products that contain chemicals like sodium lauryl sulphites, sulphates, parabens, phthalates, petrochemicals, methyl benzoates, bleach, heavy metals etc. Source natural products without all the harmful nasties.

3

### AVOID DRINKING TAP WATER

Purchase spring water from a reputable source or source a good quality water filter which filters bacteria, chlorine, rust and other harmful chemicals, pesticides and heavy metals.

4

### CHOOSE NATURAL FIBRES & FURNISHINGS

Most furnishings are treated with a variety of chemicals which continually release toxins. Choose natural timber furnishings and fabrics made from natural fabrics like organic cotton.

5

### SPEND TIME IN NATURE

Spend time outdoors and try to get your bare feet on the earth for up to 20 minutes daily. This has a natural anti-inflammatory and healing effect on the body. Some form of regular exercise is also essential.

6

### REDUCE EXPOSURE TO WIRELESS DEVICES

To help reduce your exposure to blue light and radiation from wireless devices, where possible, disconnect from electronic devices (eg mobile phones, iPads, computers, wireless routers etc).

