

Complete Home Detox

Live Chemical Free

A complete guide
to giving your
home a detox and
disposing of
chemicals for
good



TOXIC RISK

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Sustain Your Life

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Should any reader choose to make use of the information contained in this book, this is their decision. It is recommended that the reader also obtain his or her own independent advice.

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Introduction

We spend a heap of time in our homes, we eat sleep entertain and just live. Many everyday items can add toxins to our life and has an impact on our health. Chemical and toxin exposure is much higher than what it was for our grandparents which means we are at a much higher risk of health issues.

It is time we take charge of our life and determine what goes in and out of our lifestyle. Big companies have all the sales tactics you can dream of, they fill you with benefits, it will fix this or that, it will enhance this or that and it's for their own good not yours.

Children are more at risk as their body is still growing and chemicals can even have an effect on an unborn child through chemical cleaners, additives in food, pesticides used in food production and basic household materials.

If we were to take a good look at the big picture and add up all the toxins in our life it could be scary but you can reduce this a great deal just by giving your home a detox.

There are many benefits that come from giving your home a detox such as -

- **Saving Money**
- **Better Health**
- **Saving Time**

You may be giving your home a detox for many reasons but be assured you are in the right place at the right time. We can guide you through every step of the way.

Prevention is the best cure, don't wait until it's too late, take action now!



Remember you are doing nature a great honour by reducing your environmental impact.

When you care for yourself, you care for nature.

Visa/Versa

When you care for nature, you care for yourself.

Everything is connected and it's a win/win situation!



Let's begin!

Shannon Laver

"We may not be able to change the world but we can always change our immediate environment"





Your Why

Create your why, it's your solid reason you are detoxing your home and can help you stick it out. At times, you may want to give it up but that is when you use this why.

Why do you want a healthy home?

Once you have a solid reason for taking action, doing the work can be easier.

You may be creating a sustainable lifestyle for many reasons but make sure you write it down, use the worksheet provided or your own book to log in the answers.

My Why





The Food We Eat

We will start with food as this is an everyday requirement. Choosing healthy food is a great option for good health but if it has been sprayed with chemicals or fed hormones and such, in the end works out to be toxic and not healthy. Being more aware and wise in your food choice can make a big difference, here is a general guide -

- Read labels on food packaging
- Buy packaged food that has less than 10 ingredients
Book- Additive code breaker, by Maurice Hanssen & Jill Marsden
nac.allergyforum.com/additives/index.html
- Find out where your fruit and vegetables have been produced, and what with
- Choose free range and chemical free meats and dairy, Australia is still working on the laws and policies with this. All the more reason to get informed.
www.ethical.org.au
www.animalsaustralia.org
www.hsi.org.au
- Choose additive free drinks and organic tea and coffee, visit our water blogs- Part1 & Part 2
- Grow your own and raise your own
- Practice organic garden methods

Some of our articles you may like to read

[Nutrition & Vitamins](#)

[Eating Organic](#)

Cleaning

Cleaning can be the next largest area we introduce chemicals into our life. There are many natural alternatives to use for cleaning which we suggest in our [cleaning blog](#) or download from our website. Children and pets are at more risk when using chemicals for cleaning as they are more closer to the floors we clean and put more things in their mouth. If you choose to purchase commercial products always choose earth friendly products. Here are some extra options –

- Open doors and windows often to let in natural air
- Keep heaters and air conditioners clean and dust free. Have these appliances regularly serviced
- Prevent mould growth with regular cleaning
- Dust often to reduce allergies
- Use a natural air freshener as suggested in [our cleaning blog](#)
- Keep plants in the house to help filter toxic fumes

www.safersolutions.org.au



[Visit our website](#) and download your free copy of our green cleaning guide.

All you need to clean your home or workplace using safe and effective natural ingredients.

Children & Pets

Children and pets do not have a choice as to what they are fed or the toys they play with, it is our responsibility to provide them with these.

Packaged, processed and plastic substances really only provide them toxins, long term health can be enhanced by making some informed choices.

Here is a general guide –

- Feed children good food as suggested above
- There are many pet cooking recipes and information out there to use
- Get toys that are made from natural materials, if toys have a strong plastic smell it is a good sign of toxic chemicals
- Use natural cleaning methods as suggested above
- Use organic garden practice
- Use natural personal care products which we suggest below

One of our articles you may find useful

[Natural Pest Control for Pets](#)



Personal Care Products

Personal care products are used regularly and mainly on a daily basis. Chemicals enter our body through the skin and can stay there for many years. Over time these build up and cause major health problems. This is another area you can choose to go more natural, there are many alternatives which we suggest in our [skincare blogs](#) .

Other products that we can swap for natural are as follows –

- Shampoo and conditioner
- Hair dyes
- Toothpaste
- Soap
- Deodorant
- Bath products
- Makeup
- Nail treatments

Useful Links

www.ethical.org.au

www.animalsaustralia.org

www.safersolutions.org.au

www.ewg.org

Choose plant based natural ingredients, your body will thank you by rewarding you better health.

Some of our articles you may find useful;

[Make Your Own Facial Products](#)

[Make Your Own Body Products](#)





Furniture, Linen & Clothes

When buying furniture find out what it was made from and how it was treated in the process. Choose natural fibres, materials and fabrics, some say this costs more but natural lasts longer and is better for your long term health. Cheap furniture and fabrics are usually made with toxic materials so cheap is not always better.

- Fit current furniture with natural fabrics that you wash often such as couch covers and cushions, curtains, bedding, rugs, table cloths
- Choose natural fabrics for tea towels and bath towels
- Choose natural fabric for clothing
- Natural fabrics include wool, hessian, hemp, cotton

If funds are tight and you need these items quickly look in your local second hand stores or go garage sale shopping, you can save yourself money and keep items out of landfill.

A lot of people think that by buying second hand they are poor or that it is germey but when you save yourself money you can spend it on more healthy options like food, cleaning and personal care products. You can always wash and clean second hand furniture before you use it, visit our cleaning blog for laundry and cleaning suggestions.

By cleaning out your closets, you will reduce your washing loads as well.

www.ebay.com.au
www.gumtree.com.au

www.ozrecycle.com
www.reusemoose.com



Transport

Most of us use our cars every day and it is another place we are exposed to toxic materials. Here are some simple steps you can take to minimise this exposure -

- Fit cars with natural materials such as natural fibre sheets over the seats, make sure you wash them often
- Spray and clean cars with natural products, visit [our cleaning blog](#)
- Make your own natural air freshener balls, with the recipe below

Air Fresh Balls for the Car

6 tbsp of flour
3 tbsp of vodka
10 drops of essential oil

Wear gloves

In a bowl put the essential oil into the vodka then add to the flour, mix well. Tip out onto a floured surface and knead into a dough. Break up dough and roll into tiny balls. Let dry for 3-7 days. Put these in your car wrapped in light fabric or put in an empty ashtray.

If you would like to learn more ways to travel sustainably, read our [sustainable transport](#) article.



Building & Renovating

When building and renovating, build and renovate for the future. By making your home more sustainable, you can save yourself money over time and your home will last longer. When taking up this task follow these simple ideas and educate yourself on sustainable materials.

- Choose lead free, plant base paints
- Choose sustainable materials
- Choose chemical free, plant based sealants
- When buying products only buy enough for the job so you do not have to store it away
- Give extra materials away to friends and family that could use it
- Dispose of waste and chemicals appropriately

For more information visit here

www.nphp.gov.au

www.lead.org.au

or call global lead advice & support service on 188 626 086

Further Education

www.cleanout.com.au

www.recyclingnearyou.com.au

Household Pests

As many of you are aware, household pests are very annoying and can cause health issues. Treating them with chemicals should be a last resort and not the first choice. There are simple actions you can take to prevent pests from entering the home, follow these guidelines –

- Keep your home clean
- Keep meats, cheese and other items out of compost, visit our blog to find out more
- Keep your yard clean and tidy, pests love dark places to hide and breed
- Grow herbs around the home and scatter them in places pests like to live, such as in the shed or roof
- Use essential oils to keep them at bay
- Use natural pest deterrent options

Herbs & Essential Oils for Pest Control

Mint/Peppermint

Eucalyptus

These oils deter mice, ants and various animals such as possums. Possums, and sometimes mice, are beautiful but can pose a risk to the home if they nest in your roof. Essential oils only deter them from nesting they do not kill them.

Make up a household spray using our green [cleaning guide](#).

Your Land

The typical garden shed has enough chemicals to harm yourself, your land and even the neighbours land. A good place to start on cleaning your environment is in your own backyard. If you have pets in your yard you could be exposing them to harmful toxins which can affect their long term health. Here are some simple steps you can take to first assess your land and find what may be harmful, then figure out how to dispose of it thoughtfully.

The three common areas to look at are

1. The Shed/Garage

Get into your shed and clean out any old cans and tins that may be harmful. If you have products that you need, look for safer solutions. We will be doing research on some alternative products for the garden shed in upcoming posts

2.The Yard

Clear out your yard of any unwanted and unused materials, weed out dark corners. Inspect your yard for safety. Get rid of poisonous plants visit here to learn more

3. Disposal

This is where you look for places to drop of your rubbish, or see if it can be recycled

What type of toxins and waste can be found around the home?

Chemicals may be in the form of pesticides, fungicides, paint, wood treatment. Lists of dangerous chemicals in Australia can be found here <http://www.safersolutions.org.au/a-z-of-chemicals>

As the list is quite long many concerned parties ask why, if they are so dangerous, are they are on sale at all- especially when they are banned from other countries. I cannot answer that for you but if you are concerned talk to these guys-

http://www.nicnas.gov.au/chemicals_in_australia.asp

If you are buying chemicals read the labels carefully and request a Material Safety Data Sheet from the manufacturer. Try to just buy enough for the task at hand and give extra away to friends or family that could use it, that way you do not have to store it away.

Wear protective gear when working with chemicals such as gloves and goggles. Always follow instructions on the labels, store chemicals in a safe place away from pets and children.

Dispose of chemicals thoughtfully and appropriately, it may be good that you are clearing your land so do not contaminate the greater land through thoughtless disposal.

Never tip chemicals or solvents down the drain as they can end up in major waterways and can block your pipes.

You do not need to use chemicals when there are healthier options to choose from. You can make your own safe fungicide, pesticides, and other various products, visit our safe pest control blog

Other Thing You May Find Around Your Yard

Furniture, toys, clothes	Donate your unwanted clothes, books, toys, magazines and furniture to charity organisations. These items will be distributed or sold to raise funds for people in need.
Oils, metal, aluminium, car parts, various broken items	Waste facilities http://www.resourcesmart.vic.gov.au/for_households_1962.html http://www.recyclingnearyou.com.au/ This site covers all states in Australia.
Tools, bikes, etc	If still in working order donate your unwanted clothes, books, toys, magazines and furniture to charity organisations.
Garden waste	Look out for your local council pick up, usually every fortnight, hire a gardener.

Televisions

The rate of TV dumping is very high. With plasma, and LCD TV our old favorite is getting dumped on the side of the road, literally. This concerns me the most as TV's do not break down into nature, they contaminate it. There are places out there that will happily accept your TV and they dispose of it thoughtfully. Think twice before dumping and click here http://www.crtrecycling.com.au/where_recycle.html

Green Waste and Gardening

You can put a majority of green waste in your compost or call your local council to find out the dates for curb side collection. Be sure to get rid of poisonous plants from your garden and start to practice organic gardening. Visit our [safe pest control for your garden](#) or download from our website.

Disposal

Mobile collection

http://www.resourcesmart.vic.gov.au/for_households_1965.html

Waste facilities

http://www.resourcesmart.vic.gov.au/for_households_1962.html

These two places you can list your stuff for free for people to take and even barter. Another persons trash can be another person treasure. You do not have to by new when there are places like this.

<http://www.ozrecycle.com/>

<http://www.reusemoose.com/>

www.ebay.com.au

www.gumtree.com.au

Extra Actions to Take

- Borrow, hire or lease items when you can instead of always purchasing new items.
- Put a no junk mail sticker on your letter box, use the internet to look at catalogues and newspapers.

For more information visit here www.cleanout.com.au

Action Plan

Food

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Cleaning

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Children & Pets

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Personal Care Products

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Furniture, Linen & Clothes

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Transport

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>



Building & Renovating

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Household Pests

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Your Land

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>

Resources

www.sustain-your-life.blogspot.com.au



Doing a mini home audit can help you to identify where you can save money through reducing energy, water and waste.

[Visit our website](#) to download your free mini home audit workbook.



[Visit our website](#) and download your free copy of our green cleaning guide.

All you need to clean your home or workplace using safe and effective natural ingredients.

Conclusion

Take as many actions as you can to make your home a healthy place. Once you are done we say you celebrate by having some guests over. You can share your tips and show them what you have done.

Option

Team up with a friend where you help each other create a healthy home.

Friends, family, or associates who share similar sustainable interests can become great partners.

You are 70% more likely to finish what you say you're going to do with a partner.

Through sharing these tips with people, they can live well. You may entice them to practice sustainable habits themselves and reduce even more environmental impact!

We hope you find this useful and good luck with your home detox!

About Us

We are ordinary people wishing to do extraordinary things.



Shannon Laver

**Earth Warrior, Blogger, Avid Gardener,
Mother & Friend**

Shannon's mission is to teach and provide you tools to create a healthy and sustainable lifestyle.

She combines all her knowledge and wisdom then shares it with you to manifest health, wealth, and a greener future.

With [Sustain Your Life](#), she aims to help people learn, create, and lead sustainable lives.



Steven Cross

**(behind the scenes) Earth Warrior, Garden
Guru, Father & Friend**

Steven's mission is to teach you how to create an enjoyable and sustainable garden.

He combines his knowledge and shares it with you and the world so we can all make good use of our land.

Connect with us or [find out more](#)

