Are Your Cleaning Products Safe For You & Your Family? Transcript

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Rethinking Household Cleaners

Cleaning products. So what do we use to clean our house? I know for the longest time, my impression of a clean house was a house that smelled like pledge and bleach.

And then again, every time I started to think about, well, what am I exposed to? What am putting in my body, on my, oh my gosh, who am cleaning my house with?

Who am breathing? So those products are chemicals, they're toxins that we're breathing in as we are using that to cleaning our houses. The more you remove those things, and then are exposed to it, you really start to realize, well, wow, those are really strong products.

Natural Cleaning Alternatives

What do you use to clean your house? I use mostly white vinegar with water and I used some Norwex products as well. Yeah, I do too. So Norwex is a great company.

We actually use that at home, we use it here in the studio and also of course in Synergy. So, NorWex, is the company that uses all cleaning products, cloths, mops, with no chemicals.

They also make a laundry detergent, they have dishwasher soap, lots of products to use, that are all going to be chemical free and work fantastically to clean your house without chemicals I also use doTERRA concentrated cleaner.

Chemical-Free Products and Fresh Scents

doTerra is an essential oil company and I use their On Guard cleaner, comes concentrated, both a hand wash and a everyday purpose cleaner and that's what we use again at the studio and at Synergy and in our house as well.

It has a nice smell to it without chemicals, not fragrance, but essential oils. Right. And I think they get the job done and you know, chemical free. So yeah, and your house smells good.

I'll put the oils on my vacuum filter. So lots of ways to make your house smell clean without it smelling like toxic chemicals because that is not a representation of clean.

It's a toxic environment.