



Detoxifying My Living Space:

1.) Pottery barn blankets

- These pottery barn blankets are organic, meaning that they are highly sustainable and don't use toxic fertilizers or chemicals, which is detrimental to the health of the soil and environment (especially with runoff) and is also healthier for us! Since we sleep with blankets, which results in constant exposure, it's best to use products that are not involved or treated with chemicals that have been found to be carcinogens. In addition, supporting and buying organic encourages retailers to make more and switch to organic goods.

2.) Earthsake pillows

- Earthsake pillows are also made with organic cotton, specifically local, organic cotton from the United States. As stated previously, organic cotton agriculture is better for the environment, and well as us. Then, the pillows are made from local cotton, meaning resources won't have to be expended to import the materials, and therefore reducing our carbon footprint. Since our faces are on the material for multiple hours, having a natural cotton fabric is best, as there won't be exposure to harmful chemicals.

3.) Aura Cacia essential oils

- Aura Cacia states that their essential oils are made from organic crops, as well as operate with Frontier Co-Op and Co-op market. In addition, the essential oils are highly regulated to remove impurities. They use gas chromatography mass spectrometry to ensure that the oils are unadulterated and pure. There are no added chemicals or possibly irritants that can cause damage to our health. Essential oils help promote well-being as well!

4.) Pottery barn rugs

- The rugs are made of organic cotton. Like stated in the previous objects, organic cotton is more sustainable, as well as better for the precious soil. The absence of chemical fertilizers and herbicides results in a lack of chemicals in our products and the living spaces we spend hours in. In addition, supporting and buying organic goods creates a demand for organic goods, which encourages companies to produce more organic goods, and hopefully switch to manufactured goods.

5.) Compost Container

- Composting helps reduce food waste, as well as helps revitalize soil. Composting allows you to reduce the amount of food waste you produce, and therefore reduce the massive amounts of Co2 emissions that are released as a result of food waste. Composting also regenerates precious nutrients in soil, meaning more nutritious crops can live in the soil, and if we choose to ingest the crops, more nutritious produce for us!

6.) Natural value toilet paper

- Natural value is highly sustainable, and even made sometimes 100% recycled. The paper is chlorine free, contains no fragrances (which is an umbrella term that can hide many unknown chemicals from showing on the ingredient list), no inks, or dyes, and is also made in the US (which reduces carbon footprints!). Choosing to eliminate all harmful chemicals and toxins from our living spaces means a healthier life, as well as a healthier environment.

7.) Everlane backpack

- Everlane, the brand, makes products of high quality from high quality materials, as well as is produced in ethical factories. This ensure no sweatshops, and cheap labor that capitalizes low wages, and terrible conditions for factory workers. In addition, since the products are made from high quality materials, the products last a lifetime, reducing the vicious cycle of fast fashion.

8.) Koobay cardboard hangers

- We use many many hangers in our closet, the majority which is made of plastic. When broken, we simply throw away the plastic hangers, and since plastic is not biodegradable, is stays in the environment where it pollutes and harm people

and wildlife. In addition, plastic is not a sustainable product to make, and often contains chemicals that are not good for our health. Cardboard hangers however, are made of cardboard and sometimes recycled paper, and are easily able to biodegrade. Koobay hangers also have ISO and FSC certifications, ensuring procedures that result in high-quality products for home use.

9.) Naked binder

- 40-60 million 3-ring binders are sold in the US, which primarily consist of vinyl, which is a type of plastic. Plastic is highly unsustainable to produce, using up petroleum and our limited supply of fossil fuels. In addition, plastic leaches chemicals which is dangerous to our health. Then, plastic doesn't biodegrade or sometimes doesn't recycle. The naked binders are recyclable, as well as non-toxic.

10.) Klean kanteen food container

- Klean Kanteen food containers are a reusable alternative to single-use plastic food containers, as well as an overall more efficient way of storing food. When warmed, plastic can leak toxic chemicals into our food, while metal food containers do not. In addition, a reusable container reduced the amount of single-use plastics consumed yearly, and limits the amount of plastic that end up polluting the ocean.

11.) Dr. Bronner's Castile Soap

- Dr. Bronner's products are not animal tested, GMO free, fair trade certified, vegan, and OTCO certified. In addition, the soaps contain no added chemicals that other household cleaners or face products contain, that often strip the skin, are irritants, or even carcinogens (like synthetic preservatives and foaming agents). Less exposure to harmful chemicals in the house is healthier for us, as well as the environment.

12.) U konserve utensil

- Bamboo is a highly sustainable crop to produce, due to how fast it grows and relatively how little natural resources are consumed to grow the crop. Bamboo also easily biodegrades, unlike single-use plastic utensils. Plastic utensils can contain harmful chemicals, as well as pollute the environment, which is not good when you can easily ingest the chemicals. The U konserve utensil is more sustainable to produce, as well as healthier for us and the environment.

13.) RMS makeup

- RMS makeup is organic, cruelty free, and natural. This means no chemical fertilizers and herbicides used in the products that can come into contact with our skin and become absorbed by our bodies. Especially since makeup stays on our skin for a prolonged period of time, it's important that the product be safe.

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