

AGE GRACEFULLY:



TOP 20 HOME DETOX TIPS FOR WOMEN 45 - 65 TO STAY HEALTHY AND ACTIVE

www.facebook.com/LivingIntentionallyWithKathySkinner

Hello there!


Kathy Skinner here.

I'm delighted to share my guide on reducing home toxins. As a woman in my mid-70s, I understand the desire to age gracefully, maintain health, and stay active doing the things we love.

Over the years, I've discovered that creating a toxin-free home environment plays a crucial role in achieving these goals.

By minimizing exposure to harmful substances, we can support our bodies in aging better, feeling more energetic, and avoiding debilitating health issues.





This guide is designed specifically for women who are looking to enhance their well-being and longevity.

The tips I've compiled are practical and straightforward, aimed at reducing toxins in your home so you can lead a healthier, more vibrant life.

I've personally used and continue to use these strategies, and they have helped me stay younger and more agile than my years.

By following these 20 tips, you'll be taking proactive steps to create a safer, cleaner home environment.

This not only supports your physical health but also contributes to a greater sense of well-being and peace of mind.

Embrace these changes and experience the benefits of living a life less burdened by toxins, allowing you to do more of what you love with vitality and joy.



Rhonda A. - *"The title of this guide caught my attention. "Age Gracefully", I really want to age gracefully I thought, so I kept reading. The colors, the tone, and Kathy's picture make this guide warm and inviting.*


The 20 tips on reducing toxins in your home are not only excellent tips but very doable! The way she delivers the information and gives you the links to resources enables to you to follow all the tips, reduce toxins, and age gracefully!"

I hope you had a chance to look at the book I created to help you keep the toxin from coming back into your home that I was talking about right when you requested this Freebie.

I know that if you're interested in a more vibrant life, I just had to share with you my non-toxic DIY household cleaners.

I love how well they clean and save me so much money! And the fresh smell is something I can never get enough of!

To Learn More Go Here Now <https://bit.ly/3VAuooi>



Aging gracefully while staying healthy and active is achievable by creating as much as possible a toxin-free home environment. Here are 20 practical tips to help you reduce home toxins, allowing you to do more of what you love without debilitating health issues.

1- Enforce a “No Shoe” Rule

This is an easy way to reduce toxins. Simply leave your shoes at the door. This prevents you from bringing in chemicals. Your shoes track in lawn pesticides, coal tar, and even feces. Yuck! So, give your toes some freedom and your health will be better for it too.

2- Sanitize Your Sink

I’m pretty sure you wouldn't wash your dishes in your toilet, would you? If you’re not cleaning your sink regularly, you might be doing worse than that. Did you know a kitchen sink usually contains 100,000x germs as the bathroom or toilet?

(According to the National Health Service.) Pretty yucky, right? Just make sure you’re using a toxic-free cleaning solution and a washable cloth, so you aren't negating your efforts!

3- Choose Natural Cleaning Products

This is a big one. Did you know that most lavender-scented products actually contains no lavender at all? They're just chemicals that have been blended to give you the impression that you are smelling the real deal.

Household cleaning products are among the most chemical-filled and carcinogenic products. We inhale and inadvertently ingest them. Switch to green cleaning products, or even better, make your own! It's so easy. And it doesn't take as much time as you think to make them. Plus, you will save a ton of cash too!

To save you time from scouring the internet for recipes, I've written a book for you plus a couple free gifts to go along with it.

Check it out here - <https://bit.ly/3VAuooi>





4- Ventilate Your Home

Did you know that the air indoors is up to 5 times more toxic than outdoors. Regularly open windows to allow fresh air to circulate, reducing indoor air pollution. Use exhaust fans in kitchens and bathrooms to remove contaminants.

Use pure natural essential oils in your home instead of synthetic scents, perfumes and/or air fresheners which compromise your body's immune system.

5. Avoid Synthetic Fragrances

Synthetic fragrances in air fresheners, candles, personal care products, etc. can release harmful chemicals creating all kinds of health issues.

When a company puts "fragrance" on the label, don't be tricked. This is a catch-all term that can actually stand for thousands of different ingredients, and when you use a product containing "fragrance" or "parfum," all of those mysterious ingredients are absorbed right into your bloodstream.

Choose products scented with high quality natural essential oils instead.

6. Filter Tap Water

Install a water filter to remove contaminants from your drinking water which are potentially harmful to your gut microbiome and overall health. A high-quality filter can reduce exposure to lead, chlorine, and other toxins.

7. Choose Non-Toxic Cookware

Choose your cookware and kitchen items carefully. Avoid typical nonstick cookware, such as Teflon and T-Fal. They contain harmful fluoride compounds that leach into your food.

Le Creuset is ideal for nonstick ceramic cookware but can be out of budget for many people. Another non-stick alternative is SCANPAN. This features a ceramic titanium coating free from toxic PFOA and PFOS. Cast iron and stainless steel are good economical options.





8. Limit Plastic Use

Pass on plastics, even BPA-free plastics. Plastics contain harmful BPA (Bisphenol A) and phthalates that mimic estrogen in your body. This disrupts your hormones. Plastics are everywhere! They're in water, most canned food, and processed beverages. They're also in water bottles, food storage containers, food wrappers, cookware, cups, straws, and utensils. And they're even in other common items such as clothing (polyester), pet toys, and shower curtains.

Once you start diving into it, there are all kinds of great alternatives to other single-use plastics in your kitchen too. You can replace plastic wraps with silicone lids or an alternative natural wrap, plastic straws with stainless steel or another type of reusable straw, and plastic water bottles with metal water bottles.

9. Select Natural Furnishings

Unfortunately, most furniture is manufactured with all sorts of harmful chemicals that off-gas that you don't want inside your home. Choose items made from natural materials such as solid wood, organic cotton, or wool.



10. Avoid VOC Paints

Volatile Organic Compounds (VOCs) in paint can harm indoor air quality, one is formaldehyde. Use low-VOC or zero-VOC paints for your home especially in high-traffic rooms like your kitchen.

11. Use Natural Personal Care Products

Personal care products can contain harmful chemicals that are potential endocrine disruptors, or chemicals that affect your hormones and may increase your risk of cancer or fertility problems. Select products with natural ingredients and avoid those with parabens, phthalates, sulfates, and the word “fragrance”.

12. Reduce Dust

Research from Natural Resources Defense Council (NRDC) and 4 other institutions found that typical household dust contains an average of 45 chemicals. Ten potentially harmful compounds were found in 90 percent of all the samples studied.

Regularly dust with a microfiber cloth or a damp cloth and vacuum with a HEPA filter to keep your home clean. And always wash your hands before preparing food and eating.

13. Wash New Clothes Before Wearing

New clothing can contain chemicals from manufacturing that can cause allergies, skin sensitization, cancer and reproductivity issues.

Wash new clothes before wearing to remove any residual chemicals.

14. Switch to Organic Bedding

Conventional bedding can contain pesticides, flame retardants, or other harsh chemicals. Choose organic cotton or bamboo bedding for a healthier sleep environment.

15. Avoid Pesticides

Use natural pest control methods instead of chemical pesticides which are inherently toxic.

High quality Essential oils, diatomaceous earth, and natural predators can help keep pests at bay.



16. Be Picky about Your Laundry Products

Did you know that manufacturers are not obligated by US laws to include laundry detergent ingredients on their label?

Conventional laundry detergents can leave toxic residues on clothes causing skin irritations. Choose fragrance-free detergents, better yet make your own which is what I usually do. It is easy and cost only pennies in comparison.

17. Avoid Dry Cleaning

Dry cleaning chemicals, such as perchloroethylene, are harmful. Seek out eco-friendly dry cleaners or hand wash delicate items when possible.

18. Grow Indoor Plants

Plants are able to remove harmful toxins (formaldehyde, xylene, benzene and toluene) that enter our spaces through things like household cleaners and synthetic materials. Some of my favorites are Spider plants, Mother-in-law's tongue, English ivy, and Dracaena.

19. Check for Mold

Mold can cause respiratory issues and other health problems. Regularly check for and address any moisture issues in your home to prevent mold growth.

20. Be Mindful of Electronics

Electronics can emit harmful electromagnetic fields (EMFs).

Never sleep with your cell phone or other electronics in your bedroom or at a minimum turn them to airplane mode. For any gadgets or items, you do need to keep in your bedroom, you can use electrical tape as an easy way to cover up any annoying glowing that they may give off which interferes with brain wave activity. This way you get the sleep you need, it improves all aspects of your health, from immune function to mood, to weight management, to cognitive function, to your body's ability to heal, and more.

Turn off the wi-fi in your home during sleep hours. Make this easy by getting a simple timer for the outlet and can automatically turn it off in the evening.



Educate Yourself on Product Ingredients

Stay informed about the ingredients in products you bring into your home. Apps like Yuka and databases such as EWG's Skin Deep can help you make safer choices.

By implementing these tips, you can create a healthier home environment, reducing your toxic load and supporting your overall well-being. Embrace these changes to age better, stay active, and enjoy the activities you love for years to come.



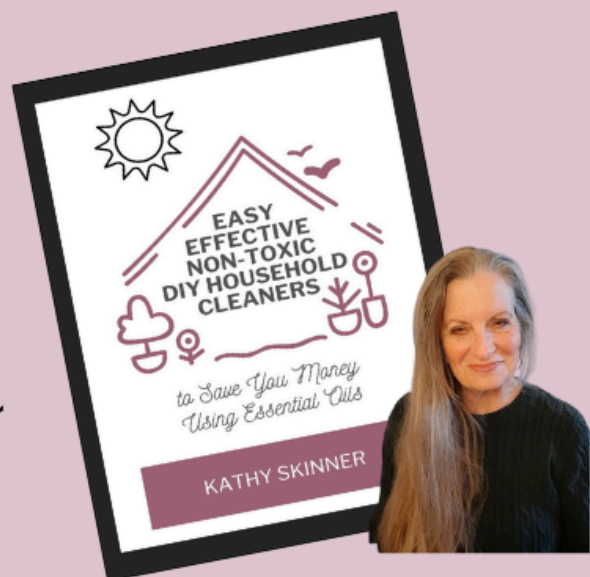
Did you get a chance to check out the book I created to help you keep the toxin from coming back into your home which I mentioned when you requested this freebie?

I hope you did because if you're aiming for a more vibrant life, I had to share my favorite plant-based DIY household cleaners with you and the additional two free gifts.

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*Living Intentionally
to be
Healthier Happier Younger Longer*



More Resources For You



Rid your home of messes and toxins the with the **abode Line** of plant-based cleaning products. They are highly effective and free from phosphates, sulfates, and phthalates. Learn more about the many different cleaner in this abode Line and get a them with a 25% discount and free 12-month wholesale membership.

<https://www.doterra.com/US/en/pl/abode-line>

Check out my ***Favorite Products & DIY Supplies*** page to help you in creating a healthier life for yourself.

<https://www.kathyskinner.com/favorite-products-diy-supplies/>

Learn more about ***What are toxins and how they affect your health*** in this blog post:

<https://www.kathyskinner.com/blog/entry/what-are-toxins-and-how-do-they-affect-my-health/>

Did You Get Some Value?

I'm so excited for us to be connected more. I put out new content about ways to reduce toxins in all areas of your life on my Social Media Feeds and I'd love to connect more there.

Come get connect more and drop me a message. Let me know how you enjoyed

Age Gracefully: Top 20 Home Detox Tips for Women 45-65 to Stay Healthy and Active

See you over there!



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