

7 Easy Swaps

for a toxic-free home



Did you know?

Since cleaning products aren't food, beverages or drugs meant to be ingested, they aren't regulated, per se, by the U.S. Food and Drug Administration. The government only requires companies to list 'chemicals of known concern' on their labels. The key word here is 'known.' Unfortunately, the government has no idea whether most of the chemicals used in everyday cleaning products are safe because it doesn't test them, and it doesn't require manufacturers to test them either. This is part of the reason why we're starting to do our own research, and go back to natural occurring, simple ingredients to remove toxins from our homes to protect our health and well being.

01 | Ditch The Candles

Most candles are made of paraffin wax, which creates highly toxic benzene and toluene when burned - both are known carcinogens. The toxins released from candles are the same as those found in diesel fuel fumes.

Uhh no thanks! **Hello beautiful diffuser and yummy oils.** Plus they're only a fraction of the cost when you consider a drop of oils is just pennies per drop.



02 | One Cleaner

"Imagine just one cleaner for your floors, your counters, your windows, your toilets, you name it! **OnGuard cleaning concentrate** is a safe and MORE effective, natural alternative.

All-purpose" products usually contain detergents, grease-cutting agents, solvents and disinfectants. The chemicals in these ingredients include ammonia, ethylene glycol monobutyl acetate, sodium hypochlorite and/or trisodium phosphate.



03 | Mmm.. Fresh Air

Have you heard fragrance is the new second hand smoke? Yep, fragrances commonly contain phthalates, which are chemicals that help the scents last longer. Health risks for phthalates include cancer, human reproductive and developmental toxicity, endocrine disruption, birth defects & respiratory problems.

Making your own air fresheners is super simple! **Choose your favorite oils and just add distilled water and a spray bottle.** Cleansing and safe!



04 | Clean Hands

Even hand soaps contain fragrance and a number of other chemicals. We all know how important it is to wash our hands, let's do it risk free. **Make your own soap with essential oils or use the OnGuard ready made foaming soap!**



05 | Dirty Laundry

dryer sheets contain harmful chemicals that adhere to clothes, vent into the air, and rub off on your skin. These chemicals can mimic estrogen and trigger asthma.

Grab yourself some wool dryer balls (organic if possible) and put a couple drops of Lavender or Purify essential oil for a fresh scent! Plus they reduce dry time. Eco friendly all around.



06 | On The Go Clean

Yep, we already established we wanted clean hands, without the yuck. And what about the dilemma of traditional hand sanitizer creating super bugs. Solve all the problems while you're on the go with **OnGuard Hand Sanitizer**. Bonus, it doesn't dry your hands out either! Spray for kiddos, use on shopping carts, airplane seats/trays, the perfect out and about companion.



07 | Don't Bug Me

Ants in the house? What about spiders? Or mice? Yep, there are even natural solutions for unwanted critters without bombing your home full of chemicals. Use **Peppermint essential oil**. Safe for you, for kids, for pets. You can also use our repellent blend: TerraShield.

