

# HEALTHY HOME *Checklist*

## CHANGE YOUR FURNACE FILTER

Look for a high performance filter with MERV ratings of 12 or higher. Alternatively, 3M uses the Microparticle Performance Rating (MPR). Look for an MPR rating between 1200-2200. These will capture large airborne allergens such as mold spores, pollen, and dust mite debris from the air passing through the filter. And, don't forget to change it every season.

## REPLACE YOUR AIR + WATER FILTERS

Most air purifiers have a pre-filter and a HEPA filter which need to be changed according to the manufacturers instructions. Not changing these on a regular basis can cause more harm than good. For example, as water contaminants build up, your home's water filter not only become less effective, but can begin to release harmful bacteria or chemicals back into your filtered water.

## MAKE NONTOXIC CLEANING PRODUCTS

Save your and your family's health and a little extra cash by making your own cleaning products using natural ingredients like: Baking soda, natural dish soap, white distilled vinegar, lemon, olive oil, toothpaste and essential oils.

## DETOX YOUR BEDDING

Wash your bedding in HOT water (at least 120 degrees) to kill dust mites each week. Additionally, when you strip your bed, let the sunlight hit the mattress to absorb moisture and kill dust mites. Finally, throw your pillow in the dryer for at least 30 minutes to kill dust mites. Remember, you should replace your pillow every year; two years max.

NOTE: If you have an allergy to dust mites, add an organic cotton barrier cover to both your pillow and your mattress.

## LEAVE YOUR SHOES AT THE DOOR

Carpets, in particular, harbor allergens and should be cleaned thoroughly with a HEPA vacuum and non-toxic cleaner. Consider replacing the carpeting in the home with hard surface flooring. Finally, designate a shoe drop off location inside the front entrance of your home.

## TAKE A PLASTIC INVENTORY

All plastics are made from petroleum – a non-renewable resource (unless otherwise indicated as #7 other). Studies reveal that all plastics possess some level of estrogenic activity. Don't be fooled by newer plastics labeled BPA-free either. Recent studies reveal these newer plastics containing BPS can cause more harm than BPA and just as dangerous for fetal brain development. Look for glass, Pyrex® or stainless steel free of BPA, PVC, lead and phthalates.

