

10 Simple Steps You Can Take to Create a Healthy Home

Building Wellness can seem a bit overwhelming at first, however having this knowledge should be used to create positive change, and even just a few small changes in some of the above areas can have an enormous impact. Here are my ten very simple things you can do towards building wellness today:

1. **Reduce toxic chemicals** you're breathing and absorbing into your body on a daily basis. Reduce the use of cleaning and personal care products with chemicals, many of which negatively affect our hormonal systems, can cause cancer and even contribute to weight gain. Choose one product at a time such as toothpaste or dishwashing liquid and find a healthier alternative before moving on to the next product. Be mindful of building materials, furnishings, bedding, clothes etc. that you bring inside that may have harmful VOC's that off gas over time causing health problems. For example Formaldehyde is used in many household products from building materials to clothing and is a known carcinogen according to the International Agency for the Research on Cancer (part of the World Health Organisation). Whilst levels of Formaldehyde tend to be low indoor levels can be very high due to the huge number of products it's used in.
2. Taking shoes off inside can **reduce dust** (including the toxic kind) by more than 50%, and as an added bonus will reduce your cleaning time. Vacuum with a HEPA filter vacuum especially if you have carpet or allergies
3. **Create a sleep sanctuary** in your bedroom for restful sleep and recovery. This includes minimising light and noise, good ventilation, non-toxic building materials and furnishings, no electromagnetic field exposure during sleep and minimisation of dust, dust mites and any other allergens.
4. Shop at least weekly for a wide variety of **fresh whole fruit and vegetables**, or even better grow your own. To take it a step further eat locally grown produce, that are seasonal and organic. Prepare and store food without the use of plastic utensils and containers, and other materials that may contain toxic chemicals. Eat slowly, calmly, mindfully.
5. **Clean up and declutter.** If it feels like parts of your home are out of control then you need to declutter certain areas such as your wardrobe, pantry, laundry, office or email. This can have a huge impact on mood, opportunities coming into your life, overall mental wellbeing and will further reduce dust in the home. Make sure you let go of things in an environmentally conscious and ethical way – Don't put anything in landfill and don't flush old cosmetics or cleaning products down the toilet or sink.
6. Possibly the most important thing is to actually **get out of the building** as much as you can in a **natural environment** (extra points if you can get your shoes off), ideally for a minimum of 30 minutes each day. If you can't do this you may need to find other methods of grounding.
7. Get the right **water filter** based on your water source
8. **Reduce exposure to EMF's** particularly in your bedroom and where you spend the most time – turn your mobile off before bed and don't have any appliances near your head.
9. Check that you **don't have damp areas or mould** in your home. If you do organise a Building Biologist to look at the problem, or go straight to a remediation expert. If you think your health has been impacted consult with a health professional as soon as possible.
10. **Don't use plastics** – these are detrimental to our health and the environment so over time aim to completely eliminate them from your life

