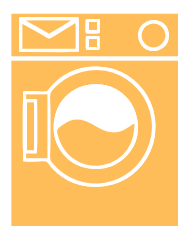


# Healthy Alternatives

## FOR A CLEANER/GREENER HOME



### Dryer Sheets- Phalates

Associated with:  
Fetal development impairment  
Endocrine disruption  
Respiratory distress  
Cancer  
Organ toxicity  
Systemic toxicity  
Nervous system toxicity

**Substitutes: Wool dryer balls with essential oil**



### Cleansers- Ethanoloamines

Associated with:  
Respiratory distress  
Decreased lung function  
Skin irritation  
Skin burns  
Cancer  
Organ toxicity  
Reproductive damage

**Substitutes: Diluted solution of olive oil and vinegar**



### Perfumes- Fragrances

Associated with:  
Migraines  
Respiratory distress  
Skin irritation/rashes  
Cancer  
Nervous system impairment  
Fetal development failure

**Substitutes: Essential oils**



### Soaps/Detergents- Sulfates

Associated with:  
Skin irritation/rashes  
Respiratory distress  
Cancer  
Nervous system impairment  
Liver toxicity  
Hair loss or thinning

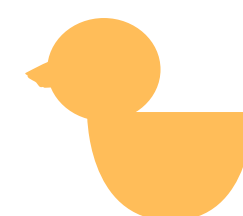
**Substitute with: Castile soap**



### Air Fresheners- Glycol Esters

Associated with:  
Migraines  
Respiratory distress  
Skin irritation/rashes  
Nervous system disruption  
Cancer  
Organ toxicity  
Fetal development failure  
Endocrine disruption

**Substitute with: Diffused essential oils**



### Baby Products- Hydroxides

Associated with:  
Migraines  
Respiratory distress  
Skin irritation/rashes  
Skin burns  
Vision impairment

**Substitute with: Mix of coconut oil, cocoa butter, essential oils**



### Polishes/Degreasers- Solvents

Associated with:  
Respiratory impairment  
Liver and kidney damage  
Nervous system toxicity  
Cancer  
Reproductive damage  
Dermatitis

**Substitute with: Solution of baking soda, water, essential oils**



### Anti-bacterials- Triclosan

Associated with:  
Endocrine/hormone disruption  
Impaired cardiac function  
Organ damage  
Cancer  
Immune system suppression  
Bacterial resistance

**Substitute with: Solution of vinegar, lemon, tea tree oil**



### Beauty Products- Parabens

Associated with:  
Skin irritation/rashes  
Cancer  
Systemic/organ toxicity  
Nervous system impairment  
Endocrine disruption  
Fetal development failure

**Substitute with: Shea or cocoa butter, almond oil**