

50+

SIMPLE NON-TOXIC HOME SWAPS



LET'S CREATE A HEALTHY HOME



Congrats on downloading Health & Home's, "50+ Non-Toxic Home Swaps". We are so excited for you to begin your healthy home journey!

When thinking about health, your home probably isn't something that immediately comes to mind, but studies have shown that it actually plays a pivotal role in all aspects of human health.

From mitigating toxic chemicals in your home that can damage your health on a cellular level, to optimizing the design and products you use to help you cultivate healthy habits that will benefit your short and long term health, creating a healthy home is one of the best steps you can take toward creating a healthy life.

It all starts with learning and taking small steps each day toward a healthier life. This guide & checklist is a great place to start - so let's jump in!

LET ME

INTRODUCE MYSELF

My name is Haley Bowers. I'm an interior designer, and the CEO and Founder of Health & Home.

Here, we're all about creating beautiful spaces that intentionally and naturally prevent disease, support healthy habits, and boost your overall wellness. I'm so glad you decided to join us, because helping people take care of their health is really personal to me.



Over the last 10 years, I've felt the impact that our home environments can have on our health firsthand. During interior design school, I started feeling sick. It was happening more and more often, until it was all the time. This turned into years of being undiagnosed, misdiagnosed, and altogether dismissed until I finally got answers. Five years later, I found out that I'd been poisoned from my college living environment, which caused me to develop a variety of chronic conditions. While I was grateful to finally know what was going on with my body, I found that I had even more questions than answers.

After becoming chronically ill, I began investigating the factors that could have contributed to such a severe and sudden onset. In the process, I learned something that I hadn't learned in interior design school. The design of a space, and what you put in it, can have a powerful impact on your health - for better or worse.

I was motivated to continue studying this correlation between health and the interior environment during graduate school and through certificate courses. It became abundantly clear that this was an issue, and it wasn't being addressed. I developed the Health & Home approach: Minimize Toxins + Optimize Design = Maximize Health. This approach ensures that chemicals in your home environment are minimized by replacing unsafe products that can cause disease. The next step is optimizing the design of your space so that it intentionally and naturally supports a healthy lifestyle. When these two methods are used cooperatively in your home, it becomes possible to truly maximize your health.

I created Health & Home as a way to share all that I have learned with you as we explore ways to minimize toxins, optimize design in our homes, and maximize health for ourselves and our loved ones. Through this guide, I hope that we are able to help you create the healthy home and life you deserve.

Together, we will learn, grow, and create healthier homes for healthier lives. Let's dive in!



WHAT IS A HEALTHY HOME?

DEFINING

A HEALTHY HOME



WHAT IS A HEALTHY HOME?

A Healthy Home is a home that is built, designed, decorated and filled with non-toxic products that will not cause harm to the client's health. A Healthy Home is cultivated with the client's overall health at the forefront.

WHY DOES IT MATTER?

A Healthy Home matters because you and your health matter.

Whether it's hormonal imbalance, cancer, thyroid disorders, autoimmune conditions, infertility, allergies, eczema, gut issues, food intolerances, obesity, estrogen dominance, headaches, fatigue, or really any type of health ailment, they are ALL linked, triggered, and influenced by environmental toxins.

With that in mind, the other important reason to address environmental toxins is to prevent these from occurring in the first place!

DEFINING

A HEALTHY HOME

WHAT CAN I DO?

You have already taken the first step, which is taking an interest in learning about toxins in relation to your home and the impact it has on your health! Well done!

The next step is to read through this e-book and begin to implement the suggested changes. It may feel overwhelming at first, learning about what is in these products and making these changes, but I promise you, it will be so so worth it and I'm here to guide you and make the transition as easy and smooth as possible!

My goal is to meet you where you are and make it as easy as possible for you. Please, feel free to contact and connect with me on any of my social media platforms or my site. I would love to walk through this journey with you!



OUR 3 STEP

APPROACH



01

MINIMIZE TOXINS

WE WORK TO MINIMIZE THE AMOUNT OF TOXINS IN THE MATERIALS YOUR HOUSE IS BUILT, DESIGNED, DECORATED AND FILLED WITH IN ORDER TO PREVENT SHORT & LONG TERM ILLNESS.



02

OPTIMIZE DESIGN

WE DESIGN, DECORATE AND HELP YOU FILL YOUR HOME WITH PRODUCTS IN A WAY THAT ENCOURAGES HEALTHY HABITS THAT SUPPORT YOUR SHORT AND LONG TERM HEALTH GOALS.



03

MAXIMIZE HEALTH

BY MINIMIZING TOXINS TO PREVENT ILLNESS AND OPTIMIZING DESIGN TO PROMOTE HEALTHY LIVING, WE ARE ABLE TO HELP YOU AND YOUR LOVED ONES MAXIMIZE YOUR HEALTH!

WE BELIEVE THAT

MINDSET MATTERS



LET IT EMPOWER YOU

Learning about the impact our homes can have on our health (from a negative standpoint) can be really overwhelming. It can be paralyzing. That's why we always talk about how it can also positively impact our health when we choose to take action and get back in the drivers seat. We want to encourage you to let this ability to take action be what empowers you as you make these swaps and continue on your journey.



GO AT YOUR OWN PACE

It can be so so so tempting to just throw everything out and replace it all at once. We are totally guilty of that too - but that can be overwhelming, wasteful and leave you with - well not much to get by. So we always recommend going slow and at your own pace. Replace things as you finish them or need new ones . Creating a healthy home is a process and takes time so do what you can when you can and know that every step forward is a step towards health no matter what pace.



BREATHE

This is just a reminder to breathe. It can be really overwhelming to try to think about making all these changes, worrying about how you will afford certain things and thinking about all the worst case situations with your health - so all together - let's just take a deep breath and when you are feeling good and ready - you can start.

THINGS TO *LOOK OUT FOR*

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.



FRAGRANCE

Fragrance is basically a "catch all" label. It can include thousands of chemicals and chemical mixtures that are not on the ingredient list.



BPA

BPA has been associated with many health issues, including immunity, reproductive, and neurological problems.



TRICLOSAN

Triclosan is readily absorbed into human skin and oral mucosa and found in various human tissues and fluids. It is known to cause a variety of health issues and is classified as a carcinogen.



PARABENS

Parabens are a type of endocrine disruptor and are known to cause conditions like cancer, reproductive issues and other chronic conditions.



VOLATILE ORGANIC COMPOUNDS (VOC)

VOCs are commonly found in paints, stains, strippers, finishes, pesticides, personal care products, aerosol sprays, cleaners and room deodorizers as well as many other common items.

A modern dining room scene featuring a light-colored wooden table and white plastic chairs with wooden legs. In the background, a wooden ladder-style shelf holds two potted plants and a string of small, round, white light bulbs. The table is set with white dishes, glasses, and a carafe. The overall aesthetic is clean and minimalist.

*LET'S GO THROUGH OUR FAVORITE
BASIC SIMPLE SWAPS*

SHARING SOME OF OUR

FAVORITE BASIC SWAPS



BRANCH BASICS

One of the best things you can do to start to create a healthier home is replacing toxic cleaners with a non-toxic alternative.

One of our favorite brands is Branch Basics! You get all you need in the full set and don't have to worry about buying a bunch of different brands and doing a bunch of research -it's all so simple! Highly recommend for anyone looking to swap out their cleaning products, save money and create a healthier (and cleaner) home!

GLASS FOOD STORAGE

Storing food in glass storage containers is a great alternative to the plastic containers and tupperware many people use. It looks better (in our opinion) and keeps food in containers free of toxins that could leech into the food in the containers.

We love the Pyrex Glass Storage containers and highly recommend them to anyone looking to live a healthier lifestyle and minimize their toxin exposure.



SHARING SOME OF OUR

FAVORITE BASIC SWAPS



DORAI BATH MAT

This mat is an awesome alternative to a regular bathroom mat as it prevents mildew and mold growth by absorbing water when you step out of the shower!

Not to mention it is a gorgeous design that looks sleek and stylish in any bathroom!

SILICONE STASHER BAGS

These silicone Stasher bags are a gamechanger! You can swap out your plastic baggies for these amazing Stasher silicone bags.

They are super cute, easy to use for storage, freezing, refrigeration etc. They are reusable and most importantly a healthier alternative to plastic bags.

We highly recommend making the swap to Stasher!



SHARING SOME OF OUR

FAVORITE BASIC SWAPS



LUMINEUX ORAL CARE

Oral care products are typically known to have a lot of ingredients in them that can be harmful for our overall health - especially products that whiten our teeth.

That's why we recommend making the swap to Lumineux. This great brand is not only non-toxic and whitening (without hydrogen peroxide) but it can actually help strengthen your oral microbiome!

COOKING UTENSILS

One of the most important things you should realize about cooking is that the materials you use will leach into the food.

Though there are many things you can use to help mitigate that impact, one simple swap is switching out the cooking utensils you typically use to stainless steel or bamboo options.

These are great, affordable alternatives that you can feel good about using when cooking healthy food for you and your loved ones. Check out the favorites page in our shop for some safe options.



SHARING SOME OF OUR

FAVORITE BASIC SWAPS



WOOL DRYER BALLS

Wool dryer balls are a must if you are looking to save money, live more sustainably, and want a non-toxic way to protect yourself and your clothing.

Unlike conventional dryer sheets, wool dryer balls actually dry your clothing faster, are reusable, and are usually good for over 1000 uses before needing to be replaced. They don't contain any chemicals or scents unless you choose the option to have essential oils added to them. They are a super affordable and simple swap that we love. We recommend checking out Our Favorites store for our favorite brands and deals!

PLANT THERAPY OILS

Essential oils have become synonymous with living a wellness lifestyle - and with all the MLM's and claims that sometimes are stated without evidence - there is no wonder it leaves people questioning the validity of these oils.

There is a lot of research backing these health claims - however, one thing that is not stressed enough is getting an oil that is processed properly, not overly diluted or mixed with chemicals.

This is why we recommend Plant Therapy - and specifically encourage their organic collection!



A modern interior scene featuring a teal sofa, a wooden side table with a plant, and a white lamp under a skylight. The room has a minimalist aesthetic with a white wall and a light-colored floor. The text "LET'S MAKE SOME SIMPLE SWAPS" is overlaid on the image in a white, serif font.

LET'S MAKE SOME SIMPLE SWAPS

SIMPLE SWAPS

KITCHEN CHECKLIST









SIMPLY TICK "YES" AS YOU FINISH SWAPPING OUT EACH ITEM

01	PLASTIC STORAGE CONTAINERS		GLASS STORAGE CONTAINERS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	PLASTIC BAGGIES		SILICONE BAGS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	PLASTIC CUTTING BOARDS		WOODEN CUTTING BOARDS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	PLASTIC UTENSILS		STAINLESS STEEL UTENSILS / BAMBOO	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	PAPER PLATES		GLASS OR CERAMIC PLATES	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	NON-STICK PANS		STAINLESS STEEL OR CERAMIC PANS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DISH SOAP		NON-TOXIC DISH SOAP ALTERNATIVE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	BAKING PANS		SILICONE BAKING PANS	YES <input type="checkbox"/>	NO <input type="checkbox"/>

SIMPLE SWAPS

BATHROOM CHECKLIST

SIMPLY TICK "YES" AS YOU FINISH SWAPPING OUT EACH ITEM

01	GENERIC SHAMPOO & CONDITIONER		NON-TOXIC SHAMPOO & CONDITIONER ALTERNATIVES	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	GENERIC RUG		CERTIFIED ORGANIC RUG	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	GENERIC TOWELS		CERTIFIED ORGANIC TOWELS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	PLASTIC / COTTON STORAGE CONTAINERS		METAL STORAGE BASKETS / CONTAINERS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	PLASTIC COUNTERTOP ACCESSORIES		GLASS COUNTERTOP ALTERNATIVES (DISPENSERS ETC.)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	GENERIC SHOWER CURTAIN		ZERO VOC SHOWER CURTAIN	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	AIR FRESHENER / FRAGRANCE		ESSENTIAL OILS (REPUTABLE BRAND)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	BATHROOM CLEANERS		NON-TOXIC CEANING ALTERNATIVES	YES <input type="checkbox"/>	NO <input type="checkbox"/>

SIMPLE SWAPS

LAUNDRY CHECKLIST






SIMPLY TICK "YES" AS YOU FINISH SWAPPING OUT EACH ITEM

01	DRYER SHEETS		WOOL DRYER BALLS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	GENERIC LAUNDRY DETERGENTS		NON-TOXIC DETERGENT ALTERNATIVE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	GENERIC FABRIC SOFTENER		NON-TOXIC FABRIC SOFTENER OR VINEGAR	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	PLASTIC LAUNDRY DETERGENT / PRODUCT CONTAINERS		GLASS CONTAINERS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	PLASTIC HANGERS		STAINLESS STEEL OR WOODEN HANGERS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	PLASTIC BASKETS / STORAGE FOR CLOTHING		METAL STORAGE ALTERNATIVES	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	PLASTIC TRASH CAN		STAINLESS STEEL TRASH CAN	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	CLOTHING FRAGRANCE PRODUCTS		ESSENTIAL OILS	YES <input type="checkbox"/>	NO <input type="checkbox"/>

SIMPLE SWAPS

BEDROOM CHECKLIST

SIMPLY TICK "YES" AS YOU FINISH SWAPPING OUT EACH ITEM

01	GENERIC MATTRESS		NON-TOXIC MATTRESS ALTERNATIVE (LOOK FOR CERTIFICATIONS)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	GENERIC BED SHEETS		NON-TOXIC BED SHEET ALTERNATIVES (GOTS CERTIFIED)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	FOAM PILLOW		CERTIFIED ORGANIC GOTS CERTIFIED PILLOW	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	BED FRAME		WOODEN OR METAL BEDFRAME (BE MINDFUL OF FINISHES ETC.)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	AIR FRESHENER PLUG INS OR SPRAYS		ESSENTIAL OILS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	BEDROOM RUGS		ORGANIC RUG OPTION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	GENERIC BLANKETS		ORGANIC & GOTS CERTIFIED BLANKET OPTION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	MATTRESS PADS & TOPPERS		NON-VINYL THAT IS ORGANIC COTTON OR WOOL	YES <input type="checkbox"/>	NO <input type="checkbox"/>

SIMPLE SWAPS

CLEANING CHECKLIST

SIMPLY TICK "YES" AS YOU FINISH SWAPPING OUT EACH ITEM

01	ALL PURPOSE CLEANER		A PRODUCT LIKE BRANCH BASICS IS A GREAT NON-TOXIC OPTION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	DISHWASHER DETERGENT		SWAP FOR A NON- TOXIC ALTERNATIVE SUCH AS BRANCH BASICS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	DISH SOAP		USE A NON-TOXIC ALTERNATIVE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	FLOOR CLEANER		STEAM OR ANOTHER BASIC NON-TOXIC CLEANER WILL WORK	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	WINDOW CLEANER		CAN USE A WINDOW CLOTH OR CLEANING ALTERNATIVE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	FRUIT & VEGGIE WASH		USE A NON-TOXIC ALTERNATIVE THAT IS SAFE TO INGEST	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DISINFECTANT WIPES		YOU COULD USE AN OPTION LIKE THIEVES OR A SIMILAR NON- TOXIC OPTION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	LAUNDRY DETERGENT		SWITCH TO A NON- TOXIC DETERGENT	YES <input type="checkbox"/>	NO <input type="checkbox"/>

SIMPLE SWAPS

PERSONAL CARE CHECKLIST

SIMPLY TICK "YES" AS YOU FINISH SWAPPING OUT EACH ITEM

01	TOOTHPASTE		WE RECOMMEND TRYING OPTIONS TO FIND WHAT WORKS FOR YOU	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	MAKEUP		LOOK THROUGH ALL MAKEUP AND SWAP WITH SAFER ALTERNATIVES	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	BODY WASH		SEARCH THE EWG OR OUR SHOP FOR AN ALTERNATIVE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	PADS / TAMPONS		SAFE ALTERNATIVE MADE WITH NATURAL MATERIALS	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	LOTION		LOOK FOR A SAFE NON-TOXIC LOTION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	SUNSCREEN		THIS ONE CAN BE HARD TO FIND SO BE SURE TO RESEARCH OR CHECK OUT OUR SHOP	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	NAIL POLISH		RESEARCH THE DIFFERENT OPTIONS AND CHOOSE A SAFE BRAND	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	DEODORANT		RESEARCH & TRY DIFFERENT BRANDS AND FIND A SAFE OPTION THAT WORKS	YES <input type="checkbox"/>	NO <input type="checkbox"/>



LET'S GET SOME SUPPORT

RESOURCES TO SUPPORT YOU



SHOP OUR FAVORITE HEALTHY HOME PRODCUTS

Looking for healthy home products - but just don't know where to start? Get confused with all the certifications and labels and greenwashing?

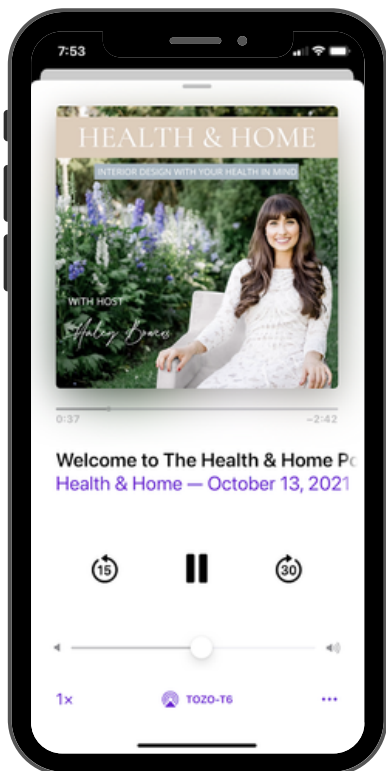
Don't worry, we got you! We have a whole section of our site dedicated to our favorite non-toxic home products! It's a great place to start (or continue) to create your healthy home!

RESOURCES TO SUPPORT YOU



WATCH ON YOUTUBE

Check out our YouTube channel where we share the video version of our podcast episodes as well as a variety of other videos on ways you can create a healthy home, what it's like being an interior designer & so much more!



HEALTH & HOME PODCAST

Join us as we discuss the impact our homes have on health and explore practical, easy-to-implement, science-based ways to create healthy homes.

Tune in each week to hear doctors, designers, architects, practitioners and patients come to the mic to discuss the science, tips, the latest research, real-life stories and answers to your questions to help you on your healthy home journey. Together, we will learn, grow and create healthier homes for healthier lives!

RESOURCES TO SUPPORT YOU

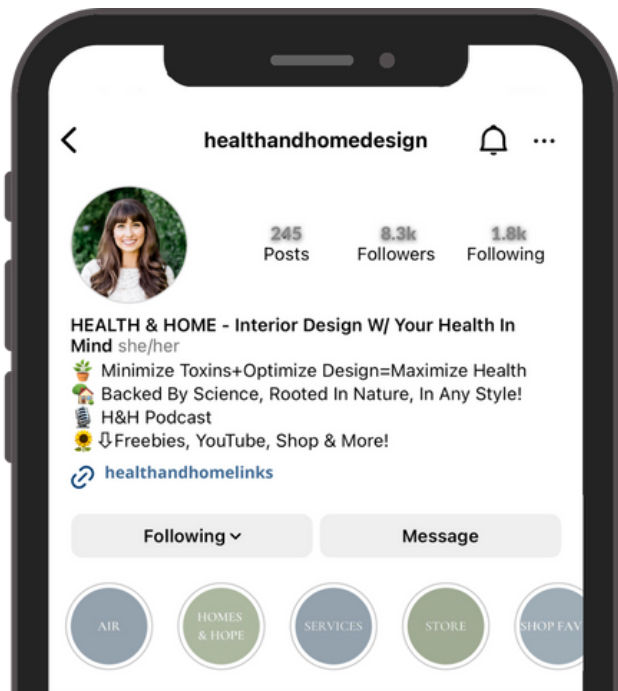


SHOP THE STORE

We know that how we choose to show up in our lives matters – that can include how we dress and choose to express ourselves!

That's why I created some timeless & style-versatile options that can help us start conversations and opportunities to share our stories that I know can truly make a difference in the lives of others.

Become part of a movement rooted in authenticity, vulnerability, empowerment, and love by checking out our intentionally designed options from the shop!



CONNECT ON INSTAGRAM

Be sure to follow and connect with us on instagram where we share my life and chronic illness, the things I am going through and learning!

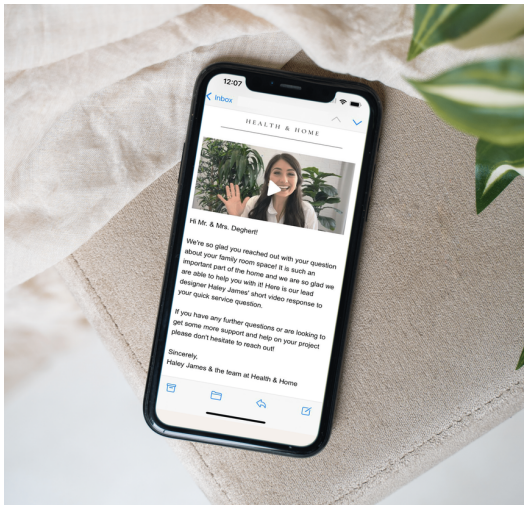
I love meeting people and hearing their stories so please come join me over there and be sure to say hi! @healthandhomedesign

WAYS WE CAN WORK TOGETHER



FREE PACKAGE CONSULT

This is an initial consultation for clients that have an idea or project in mind but aren't sure how much help they may need or which package would be best for them, or are trying to choose between different packages. What's the difference between a Product Recommendation Package and a Mini Design Package, anyway? Not to worry - let's get your questions answered with this free consultation and help you keep moving forward toward the healthy home of your dreams!



QUICK SERVICE

Do you have a design question, but don't feel like you need the whole package just yet? Need a fast, easy, and affordable option while still getting personalized, expert design support? Maybe you have a decision to make and you need another set of eyes, or maybe you just want to try us out before you make the investment on a full design package! If any of these sound like you, Health & Home's Quick Service could be the perfect fit.



PRODUCT RECOMMENDATIONS

The Product Recommendation package is a redecorator's dream. Looking to revamp the decor of your space? Want to switch out your toxic cleaning or cooking products with healthier versions? This package comes complete with dozens of hand-selected healthy home recommendations that have been carefully curated to fit your needs, goals, and style preferences. It is also perfect for anyone in need of a registry or wish list - whether you're moving, getting married, having a baby, or just want other people to buy things for you! This package just might be the healthiest possible way to start the next chapter of your life.

WAYS WE CAN WORK TOGETHER



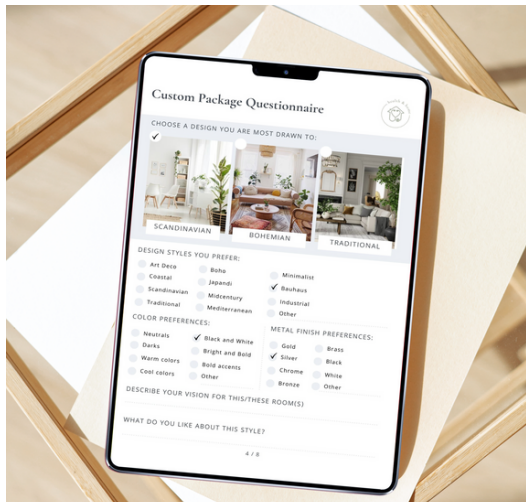
MINI DESIGN PACKAGE

This is a minimalistic version of the complete design package, and though she is small, she is mighty! This package is perfect for you if you're looking to remodel a smaller space. This affordable design service option will get you an incredible healthy home transformation plan for your little room, including aesthetic boards, product recommendations, and a floor plan. Who says small rooms can't be beautiful and promote good health, too?



FULL DESIGN PACKAGE

Let's work together to create the healthy home that you deserve by minimizing toxins, optimizing design, and maximizing health. We'll design the space of your dreams with consideration to your health needs, goals, personality, and aesthetic preferences for a total transformation!



CUSTOM PACKAGE

This is our most open and flexible service, and it is entirely designed around you and what you're looking for. This could be the perfect option for a client that is scrolling through our package options and maybe wants a little bit of everything, or a combination of things. Maybe you have multiple rooms to make over, or a whole home. Whatever your situation is, we'll work together to come up with a plan and pricing that works for you, and create the healthy home transformation of your dreams!

A SINCERE

THANK YOU

Thanks so much for taking the time to check out our site, our content and support all that we do. It really truly means so much to us.

We couldn't do it without the support we get from you, so thank you.

We are incredibly grateful to be able to do what we do and want to be able to continually thank you by creating content that actually helps you!

So with all that being said, we would love to hear any suggestions of things you are looking for or needing on your journey so that we can figure out the best way to continue to make content that supports you!

You can get in touch with us through our contact page, or find us on Instagram @healthandhomedesign and send us a message there.

Thanks again for your support.

Sincerely,

All Of Us Here At Health & Home

