

*Get ready to*

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# DITCH & SWITCH

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*A Guide to Detoxifying Your Life*



# *Ditch & Switch: Tips for a Toxin-Free Home*

The average person spends 90% of their time indoors. That means that now more than ever we need to be thinking about the products we use in our homes to ensure that they are safe for our bodies. Health-conscious people seem to be catching on and are latching on to a movement called the Ditch & Switch - ditching those toxic products in favour of non-toxic ones.

This sounds easy enough, right? Well, manufacturers have caught wind of this and are now marketing products as "green" and "non-toxic"... yet they are being sold by the same companies who make the toxic ones. This means we need to educate ourselves and be knowledgeable about what we are reaching for.



# Why it's important

Making this switch to reducing the chemicals and toxins in your life doesn't happen overnight, but with some easy ditching and switching we can start cleaning it up. You can slowly, over time, remove anything nasty from your home and your life. Not only does this save you money, but gives you peace of mind knowing that you are keeping all the chemicals and toxins away! It's important for your health, for your family's health, the safety of your pets and kids, and the environment... not to mention the future of our environment!

There are thousands of untested chemicals in our products. In fact, there are over 85,000 synthetic chemicals that show up in our everyday life and the majority of them have never been tested for safety. Many of these chemicals cause serious issues such as respiratory issues, kidney damage, cancer, memory loss, personality changes, fatigue, aches and pains, and so much more.

*This is not something we should be taking lightly!*

"Each and every second 310 Kg of toxic chemicals are released into our air, land, and water by industrial facilities around the world. This amounts to approximately 10 million tons (over 21 billion pounds) of toxic chemicals released into our environment by industries each year. Of these, over 2 million tons (over 4.5 billion pounds) per year are recognized carcinogens. This amounts to about 65 Kg each second."

-Worldometers ([Read more here](#))

*It's time to take action - for our health, our family's health, and for our planet. The next generation is counting on us.*

# Where to start

## STEP ONE: IDENTIFY THE CHEMICALS HIDING IN YOUR HOME

Let's start. Pick a room in your house (kitchen, bathroom, bedroom, etc.) and gather all of your products. For example, let's start in the kitchen. Grab your cleaning supplies and put them in a box or on the counter - somewhere you can easily sort through them. With some of your products, it will be obvious which ones are loaded with chemicals. Others may be a little trickier. Use the [ThinkDirty app](#) or [EWG Verified](#) to see where your products fall on the rating scale.

## STEP TWO: FIGURE OUT HOW TOXIC THEY ARE

Let's start small and just ditch and switch one product at a time. The easiest way is to take a look at your products, and when they expire or you run out, swap the non-eco-friendly ones with eco-friendly options. Easy peasy, and it won't leave you feeling overwhelmed! However, if you have a product that you use often (say, an all-purpose cleaner that you reach for multiple times a day) or something that rates really high on the ThinkDirty scale, let's just be proactive and get rid of that one right away.



### STEP THREE: DITCH 'EM! (SAFELY)

Whatever you choose to ditch need to be disposed of safely. After all, you're not doing the environment any good if you just chuck it in the garbage! [This website](#) will help you determine the safest way to dispose of your products.

### STEP FOUR: HAVE YOU DITCHED? IT'S TIME TO SWITCH!

After you've gathered your products, determined which ones need to go, and have safely disposed of all the bad seeds, you have a choice to make - BUY or DIY.

Now, making your own natural products can be fun (psst... [subscribe to our newsletter](#) to receive a TON of easy DIY ideas!) but it does take a bit of time to find the recipes, get the ingredients, and so on. If you aren't the DIY type, this guide will also fill you in on some amazing resources where you can purchase all your clean, green, plant-based needs.

*Are you ready?  
Let's get started!*



# Ditch + Switch: A Guide to Green, Clean Living

And we're off! Get ready, because we're about to dive in to new green, clean, toxin-free living habits!



Many lip balms contain artificial fragrance, colours, and flavorings.

Soothe dry or cracked lips with the powerful healing properties of doTERRA SPA Lip Balm. They contain a natural formula of plant oils, botanicals, and essential oils to hydrate and soothe lips while each delivers a unique scent and taste of different essential oil blends.

Providing your skin the proper care and love now allows you to age gracefully and gives you a glowing complexion at all stages of life. Many skin care lines (including those that are considered "salon quality") are still full of synthetics and toxic ingredients.

The doTERRA skin care line integrates CPTG Certified Pure Therapeutic Grade® essential oils with cutting-edge cosmeceutical technologies to provide scientifically proven ingredients and botanicals resulting in radiant, youthful-looking skin. There are many essential oils that have been studied for their beautifying and anti-aging properties. Trust that there are no fragrances while CTPG essential oils help you to put your best face forward.



Many first aid ointments or other skin balms are petroleum based. Canada has deemed petroleum a high health priority and has labeled it as expected to be toxic or harmful for human health. The bigger concern is that most of petroleum is contaminated with Polycyclic Aromatic Hydrocarbons (PAHs) and are often a byproduct of petroleum production. These substances are HIGHLY toxic and very harmful for your health. They bioaccumulate, meaning they are hard for your body to detoxify. Correct-X contains soothing skin ingredients and essential oils known for skin healing and antibacterial properties. The best part...? It is preservative and petroleum free!

Most bug repellents have the chemical DEET in them. While some studies will report DEET as safe and not harmful to humans, many studies show otherwise.

A study conducted in the late 1980s on employees of Everglades National Park looked into the effects of DEET and found that negative effects included: rashes, skin irritation, numb or burning lips, nausea, headaches, dizziness, and difficulty concentrating. In addition to these side effects, long term use of DEET has also been linked to neurological and psychological effects.

TerraShield contains essential oils known to ward off pests and keep you and your family bite free - with no DEET.

Ahhh...the sweet smell of petrochemicals! The Environmental Working Group (EWG) reports that many popular perfumes, colognes, and body sprays typically contain a dozen or more potentially hazardous synthetic chemicals, some of which are derived from petroleum. To protect trade secrets, makers are allowed to withhold fragrance ingredients, so consumers can't rely on labels to know what hazards may lurk inside that new bottle of perfume. I don't know about you but that sounds scary to me! I'd rather stick with 100% natural and REAL floral scents that come straight from plants. I love to use Touch rollers as PURE-fumes. They are already pre-diluted and are safe to roll straight onto the skin.



Topical acne treatments can often be harsh and super drying for your skin. As with many personal care products, they can also contain questionable ingredients and that dreaded fragrance.

The HD Clear line is made with pure plant extracts and the ingredients are gentle and calming to the skin, but powerfully effective. Using HD Clear every day will help reduce the appearance of blemishes, promote a clear, healthy complexion, and soothe the skin. This line provides a natural solution for problem skin of all ages.

There are many pain rubs or balms on the market. The biggest difference you will see with doTERRA's Deep Blue rub is that it doesn't just mask pain receptors. The Deep Blue Rub works at the source of pain to reduce inflammation and provide soothing relief. Many other topical pain relief creams only mask pain by providing a tingling hot and cold sensation. These are called counterirritants - ingredients such as menthol, methyl-salicylate, and camphor - because they create a burning or cooling sensation that distracts your mind from the pain. Deep Blue not only offers the same soothing sensations but actually works at the root cause of your pain and inflammation.



Traditional store bought body lotions, butters, creams, and scrubs often have so many toxic ingredients. One of the most common is synthetic fragrance. Many products list "fragrance" on the label, but very few name the specific ingredients that make up a "fragrance."

This lack of disclosure prevents consumers from knowing the full list of ingredients in their products. While most fragrance chemicals are not disclosed, we do know that some are linked to serious health problems such as cancer, reproductive and developmental toxicity, allergies, and sensitivities. Clearly there is a need for stronger regulations, more research, and greater transparency.

Switching your lotions, body butters, scrubs, and creams to doTERRA non-toxic products gives you the peace of mind knowing that you are only putting products scented with 100% pure CTPG essential oils on your skin and never synthetic fragrance.

You can also buy unscented lotion from doTERRA to customize your own scented lotion. Just add a drop of your favorite essential oil.



This is a big one. The FDA doesn't regulate cosmetics. We, as consumers, have the responsibility to research and vet the products that we are putting on our skin. The skin absorbs up to 60% of what we put on it, and I don't know about you, but I have no interest in dealing with chemicals that are carcinogenic, interfere with hormones, or even toxic to the nervous system.

doTERRA products provide scientifically proven ingredients and botanicals resulting in radiant, youthful-looking skin. Making the switch from make-up removing wipes to coconut oil will make a huge difference in the amount of chemicals you are putting on your skin over a lifetime. If you've followed along, then you know that there are MANY essential oils that help bring out your best skin. doTERRA skin care products deliver results you can see and feel, naturally.





Many hair care products have ingredients that can have a negative impact on hair and scalp health and also impact hair growth.

There are many essential oils that have been studied for their ability to support healthy hair and scalp. Again, fragrance is almost always present in store and salon purchased hair products, so rest assured the refreshing fragrance of these hair care products comes from essential oils and other natural botanical sources only.

The doTERRA Salon Essentials line combines pure botanical extracts with advanced technological ingredients making the Salon Essentials Hair Care System the perfect solution for promoting soft and beautifully shiny hair - without any of the icky stuff.

Throat drops are full of dyes, added sugars, and other questionable ingredients. I know I'll be reaching for this line of products as we head into fall and winter and I find myself getting those dry, scratchy throats. Its time to ditch the store-bought cough drops.

When we're sick and already feeling down and out, how good can it be to add more junk to our bodies? The Breathe respiratory drops soothe dry, irritated throats while opening airways and promoting easy breathing. The On Guard drops soothe and protect while providing that On Guard protective blend to support a healthy immune function.



I'm going to keep this one simple because the On Guard Cleaner Concentrate really does do it all. You know the drill - ditch the fragrances and chemicals. Clean green.

On Guard Cleaner Concentrate is the natural and safe way to clean your living space while leaving a clean and invigorating scent. Because it is non-toxic and biodegradable, it is friendly for the whole family as well as the environment.



Wave goodbye to those pods and allergy-triggering scent boosters. Say no to washing your clothes in petrochemicals. Stop breathing in toxins that may cause health issues. Put an end to polluting our planet with these carcinogenic acetaldehyde filled products. Okay, end of rant. But really. This is SUCH an easy thing to ditch & switch. If your laundry soap is a concern, switch to the On Guard Laundry Detergent. It contains safe, natural ingredients and essential oils and the non-toxic solution lifts stains and cleans clothes without destroying our planet.. neat! A formula free of dyes, synthetic fragrances, and toxins, the doTERRA On Guard Laundry Detergent makes laundry day safer and more enjoyable. You can bet that you'll be saving some pennies too, as this super concentrated formula means you only need a tiny bit per load.



We all know that washing and sanitizing our hands is important, but what we may not know is ingredients like parabens and sodium lauryl sulfate (SLS) are both common chemicals found in household soaps and sanitizers that are harmful to us. And they are not only toxic to us, but to our environment. The products we purchase and their chemicals make their way through our household drains and pollute our environment.

If you want safe, natural soap and sanitizer that are free of toxins, check out doTERRA's On Guard Foaming Hand Wash and Sanitizing Mist. They do not contain any harsh chemicals, toxins, or synthetic fragrance, but uses the powerful On Guard blend to cleanse and sanitize hands naturally. The soothing ingredients that won't dry out or irritate the skin.



While many people think that the terms "deodorant" and "antiperspirant" are interchangeable, the reality is that they are two completely different things. And you know what really stinks? So many of us are still applying toxic chemicals to an extremely sensitive (and often freshly shaven) area. Antiperspirants are designed to keep the body from sweating. It may sound like a great idea, but it's not. They use aluminum to prevent us from sweating, which is a neurotoxin. And what does sweating do? It is one of our body's main functions to release toxins from our system. If these toxins can't be released.... well, it can't be good. Steer clear of the pitfalls of antiperspirants and reach for something that is free of parabens, propylene glycol, petrochemicals, aluminum compounds, and synthetic ingredients including artificial colours and fragrances.



Brushing your teeth and rinsing with mouthwash are part of everyone's daily routine and a key component of basic hygiene. Traditionally, the oral care market has been dominated by the familiar big brands, and it's simply assumed that their products are safe, effective, and healthy for the body. Now ask yourself, when is the last time you researched the ingredients in your toothpaste and mouthwash? The list of nasty stuff lurking in your toothpaste and mouthwash is a mile long, but here are some: Sodium Lauryl Sulfate (SLS), Triclosan, Glycerin, Hydrogen Peroxide, Alcohol, and Artificial Dyes.

That's why I love the doTERRA Whitening Toothpaste and Mouthwash. It cleans my mouth with the powerful On Guard protective blend and provides me and my entire family a chemical-free and fresh mouth.



Have you heard of dryer balls? They are one of the first purchases I made when I ditched dryer sheets and started on my wellness journey. I kept seeing so many mentions of the toxicity of dryer sheets and fabric softeners and started looking into it. Dryer sheets and fabric softeners coat our clothes in a little layer of chemicals, which is why they feel softer. Just like most other scented products, that fresh clean scent is coming from synthetic fragrances. No thanks.

I put about 10 drops of essential oil on 2 or 3 of the balls once a week. I control the smell, without the use of synthetic fragrances.

## Simple Swaps

DITCH YOUR DRYER SHEETS  
AND SWITCH TO WOOL DRYER  
BALLS WITH ESSENTIAL OILS  
CUSTOMIZABLE TO YOUR PREFERENCE



Air fresheners contain synthetic fragrance and a whole slew of other yucky toxins. Wax melts, plug ins, and spray fresheners each come with their own toxic concoction of ingredients that have been shown to have some nasty side effects.

Diffusing essential oils is not only healthy and natural, but you can also enjoy the therapeutic benefits of essential oils in the air of your home, office, or other living spaces.

Oils impact mood, purify the air, and offer respiratory and immune support when diffused. Opting for diffusing CPTG essential oils instead of using fresheners not only is healthier but will make you feel better too!



# One more thing!

This is going to come as no surprise, but essential oils are THE BOMB when it comes to green cleaning. They smell great, they're all-natural and plant-based, and antibacterial.

Here is a list of 10 amazing essential oils for green cleaning!



## 10 BEST ESSENTIAL OILS for Green Cleaning HELLONEST.CO

1

### LEMON

*Antiviral and antibacterial*



2

### TEA TREE

*Fights germs, bacteria & viruses*



3

### ROSEMARY

*Antibacterial and antiseptic*



4

### WILD ORANGE

*Great against grease*



5

### LAVENDER

*Naturally antibacterial*



6

### EUCALYPTUS

*Natural germicide*



7

### PEPPERMINT

*Antibacterial*



8

### CINNAMON

*Antibacterial & antiseptic*



9

### PINE

*Common ingredient in cleaners*



10

### THYME

*One of most powerful against germs*





# *So there you have it!*

As I mentioned at the beginning, removing the toxins from our homes and our lives doesn't have to be big, scary, and complicated. In fact, I hope I made it even easier for you by giving you examples of what you can be tossing today and replacing with something that is great for your health, your family's health, and the environment.

Still have questions? Shoot me an email: [essentialoilparlour@gmail.com](mailto:essentialoilparlour@gmail.com) or visit [essentialoilparlour.com](http://essentialoilparlour.com).

