



# Quintessential Health Care

*An Integrated Health Resource*

## How to Detoxify Your Home in a Snap

### *Message from Milly*

Something that always amazes me is that Chemical Toxins come up as stressors on nearly every initial Bio-Energetic Assessment I have done over the last twenty years (irrespective of age).

What's even more amazing, is many of these harmful Chemical Toxins find their way into our bodies via household products.

I think we will look back at this time in history with regards to our casual use of these dangerous chemicals, and say "What were they thinking?!" Just as we do



now when we hear about healers from days of old, bleeding people with leeches, or burying their patients in a marsh up to their necks.

Expecting the body to heal and carry on normally after receiving those horrific "treatments" of yester-year, is just about as insane as expecting it to heal with the onslaught of toxic chemicals it is exposed to in today's world.

Yes, our bodies have their own detoxification systems in place, but they were not designed to handle this many toxins every single day.

Given this modern daily onslaught, the body still has a profound ability to neutralize many

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### *Heal Thyself and Never Stop Learning*



Know your environment.  
Protect your health.

ewg

### **Your Ultimate Guide to Non-Toxic Cleaning Products**

["EWG's Guide to Healthy Cleaning"](#)

Since cleaning products are pretty much unregulated, *The Environmental Working Group* acts a chemical toxin watch dog for this, and other industries.

You can download their free guide ["EWG's Guide to Healthy Cleaning"](#) to help you make the best choice in natural cleaning products.

They also have guides for skin care, produce, meats, sunscreen, and a whole lot more.

[Download the guide here](#) and be sure to check out their app too.

of these toxins, but it requires a healthy liver. Thankfully much of the ancient herbal knowledge on detoxification is still available to mankind; and a few choice supplements can (in a matter of months) help to revitalize this crucial organ.

Though when we think of household toxins we may first think of cleaning products containing bleach, ammonia and other poisons. It goes far beyond the cleaning tote to include:

- Fire retardants in our furniture, mattresses, and clothing
- Bug repellents loaded with cancer-causing pesticides
- Laundry detergents with multiple chemicals and lung-irritating fragrances
- Air fresheners which have been proven harmful to unborn babies (to say nothing of their mothers)
- Chemically-based soaps and body washes
- Face and body care products with petroleum products, fragrances, and toxic preservatives
- The harmful bacteria we track in on our shoes when we wear them indoors...
- ...and the list goes on and on and on.

### The good news?

Detoxifying your home has never been easier, and it only requires a few small shifts in awareness, products, and habits.

We have dedicated this month's "Attitude of Health" section to offering you a simple "Home Detox" plan you can implement straight away.

With cancers of every kind forever on the rise, it is essential we take a hard look at potential and *proven* causes, because it is our everyday exposure to these toxins that have a profound effect on our long term health and happiness.

Read on to learn more and happy home detoxing!

Blessings to all,  
-Milly

**Your Simple Home Detox Checklist**



### Controversial Documentary: Stink! Sheds Light on America's Chemical Toxin Product Crisis

If you want all the dirt on how these awful toxins wind up in our homes, [Stink!](#) is an excellent resource.

The film was born from director Jon Whelan's experience trying to figure out the source of a strong chemical smell coming from his daughters' new pajamas.

This led him down the rabbit hole of the relationship between clothes manufacturers and the chemical industry, who hide thousands of potentially toxic ingredients in the baby care, household and personal care products you and your family use every day.

Shocking, educational, science-based, and fun to watch, [Stink!](#) will get you inspired to detox your home.



### The Green Queen Holistic Pest Control, Lawn Service and Household Cleaners

If you're too busy to take on detoxing your home single-handed, take a page from Milly's book and get in touch with ["The Green Queen"](#).

They use all non-toxic products for

Though the prospect of detoxing your home can seem daunting, this checklist will help put everything in perspective so you can take it one step at a time.

### **Step #1: Substitute non-toxic cleaning products for traditional ones.**

You can use the aforementioned Environmental Working Group's "[Guide to Healthy Cleaning](#)" to choose new non-toxic cleaners, or make your own using these tips:

- Plain White Vinegar for counter tops, mirrors, and wood floors (dilute 1:1 with water).
- Baking soda mixed with liquid Castile soap (available at natural foods stores and Bed Bath and Beyond) and optional essential oils, makes an excellent "soft scrub" type of product for tubs and sinks ([get the recipe here](#)).
- [E-cloths](#) and other similar products allow you to do clean using only water.
- For serious disinfecting, try rubbing alcohol (which also works wonders on mirrors).

### **Step #2: Switch your pest control and lawn service**

In the South, pest control and good lawn care are important, BUT that doesn't mean you should allow toxic pesticides, herbicides, and fertilizers in and around your home.

Instead, I recommend the following:

- Contact [Green Queen Holistic Pest Control, Lawn service and Household Cleaners](#), email: [info@thegreenqueen.com](mailto:info@thegreenqueen.com).
- Or talk to your current services about switching to non-toxic products.
- Use Diatomaceous Earth as a natural bug repellent in and around your home (available at hardware and garden stores).
- Citronella and Geranium plants around your garden will help keep mosquitoes away.

### **Step #3: Clean up your laundry routine**

- Big box stores like Costco, have amazing deals on non-toxic laundry detergents

pest control, lawn care, and house cleaning, leaving you with a beautiful non-toxic home.

Email: [info@thegreenqueen.com](mailto:info@thegreenqueen.com)  
or check out their website:  
[www.thegreenqueen.com](http://www.thegreenqueen.com)

*Ancient Wisdom Modern  
Medicine  
The Ultimate Liver-Protective  
Herb*



One of the best herbs to help protect your liver from a variety of toxic influences is **Milk Thistle**.

Two of our favorite Milk-Thistle-containing remedies are Energetix' Core Milk Thistle Blend and Pure Body Clear.

Core Milk Thistle can be taken for protection and Pure Body Clear can be taken in conjunction with Colon Clear as a liver cleanser.

To order products call: 770-446-1140, [email us](#), or [stop by](#).

[Or click here to learn more about Milk Thistle's benefits from The University of Maryland Medical Center.](#)

(think \$12.99 for a HUGE bottle).

- Dryer sheets can be omitted entirely, or switch to reusable plastic or wool dryer balls.

#### **Step #4: Stop Buying (and get rid of) Flame-Retardant Clothing**

- Most children's pajamas (and mattresses) are coated with this horrible stuff.
- Get rid of the clothes you have and replace them with close-fitting, non-flame retardant pajamas and bathrobes.
- And in the future, read clothing labels as they must be labeled if they contain flame retardants, and consider an organic, flame-retardant-free mattress

#### **Step #5: Adopt a no-shoe policy indoors**

Studies have shown shoes track in a number of scary toxins including up to 421,000 types of bacteria, viruses, fecal matter, and pesticides(1)(2).

Keep a shoe bench nearby for outdoor shoes, and have everyone choose a pair of "house shoes" to keep the indoors much cleaner (and your family much healthier).

This is, by no means, an exhaustive list of all the things you can do to detoxify your home...but by making shifts in these four areas, you will drastically reduce you exposure to Chemical Toxins and be happier and healthier for it.

Sources:

1: <http://www.wifr.com/content/news/University-of-Arizona-study-reveals-just-how-germy-our-shoes-are-409705695.html>

2:

<http://pubs.acs.org/doi/abs/10.1021/es980580o>

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