

10 tips on becoming **CHEMICAL FREE**

1. ONLY BUY NATURAL PERSONAL-CARE PRODUCTS LABELED "FRAGRANCE FREE".

TRY TO AVOID PRODUCTS WITH INGREDIENTS YOU CAN'T IDENTIFY.

2. BUY CLOTHING MADE WITH ORGANIC NATURAL FIBERS, OR CLOTHING NOT TREATED WITH FORMALDAHYDE AND OTHER TOXIC CHEMICALS.

3. STOP USING DRYER SHEETS!

4. USE FRAGRANCE FREE LAUNDRY SOAP.

5. THROW THAT COLOGNE AND PERFUME OUT. YOU SMELL FINE.

6. . AVOID PETROLEUM PRODUCTS WHENEVER POSSIBLE.

(HINT: PETROLEUM BYPRODUCTS ARE IN A LOT OF PERSONAL-CARE PRODUCTS).

7. CLEAN HOUSE WITH UNSCENTED, NATURAL CLEANERS. BAKING SODA WORKS GREAT!

8. CANCEL YOUR CHEMICAL LAWN TREATMENT PROGRAM.

9. STOP WEARING MAKE-UP, OR BUY NON-TOXIC MAKE-UP.

10. REPLACE AIR-FRESHNERS WITH PLANTS THAT CLEAN THE AIR (LIKE SPIDER PLANTS!).

