



The Non-Toxic Home

A QUICK GUIDE TO CREATING A
HEALTHY HOME FOR FERTILITY
PREGNANCY & FAMILY



Hethir Rodriguez

Welcome friend!

If you are reading this guide, I congratulate you! It means that you realize that it is not only important to take care of our bodies but also to protect our bodies from chemicals that may harm our hormonal systems.

This guide will make it really simple to reduce your chemical exposure, gifting everyone in your home with better health, cleaner air and healthier lives. I am here to help you every step of the way!

Let's Get Started!

Many products are being advertised as “safe” and “all-natural”, but are they really all that safe, especially as it pertains to your fertility and family's health?

The packages are pretty and the labels are clever, but the more you dig, the more you find out.

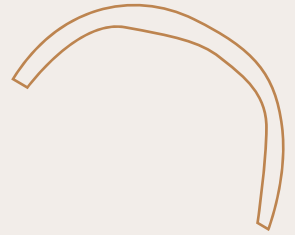
In addition to having a negative impact on hormonal and reproductive health, many common household cleaning products can lead to health problems like eye and throat irritation, headaches, respiratory issues, allergic reactions, worsened asthma, and possibly even cancer!

Yuck!! We don't want that.

This guide will help you decide **what's truly safe and give you the tools you need to start making simple swaps** for a healthier home for you and your family. So let's get started!



THE EFFECTS HOUSEHOLD CHEMICALS CAN HAVE ON YOUR FERTILITY HEALTH



Even though they are invisible, some of the most harmful chemicals for hormonal health can be found in our homes. These chemicals are known as xenohormones. **They mimic hormones in the body and they do it in a strong way.**



xenohormones: artificially created compounds showing hormone-like properties. Xenohormones are frequently implicated in **endocrine disruption**.

Xenohormones contribute to fertility issues by causing excess hormones (usually estrogen) in the body, which can affect hormonal balance.

Hormonal imbalance can show up as a missing period, lack of ovulation, acne, spotting, recurrent miscarriage, heavy periods, ovarian cysts, low testosterone in men and low progesterone in women.





Many common fertility issues share one thing in common: high estrogen in the system - from PCOS, endometriosis, fibroids to heavy periods.

Women who are experiencing PCOS, endometriosis, fibroids and heavy periods would all benefit from reducing their exposure to xenohormones, and xenoestrogens specifically.


Another factor to consider is that these chemicals can also impact the health of anyone who is living in the home. **One of the chemicals listed can also affect the reproductive health of a baby in utero.** Many of these chemicals can impact lung health, headaches or other allergic reactions.

This makes making the change a no brainer. My natural alternatives will actually save you money, have all the cleaning power you need and actually smell good, naturally!

Here are the top chemicals found in the home and how they affect health...

When you are reading through this info, don't get down or freaked out. Get empowered because I always have a solution for you.

We got this, but let's get educated and empowered first...



When choosing products to use in our home, it seems easiest to just grab whatever items are available at the store.

However, those products may not be the safest.

Sadly many of them - even the “green” ones - contain ingredients you do NOT want in your house or anywhere near your family.

When walking through the "cleaning" aisle at the grocery store, do you notice the overwhelming smell as you walk the aisle? I personally have to avoid that aisle because it makes my eyes water and makes me sick to my stomach.

I may be more sensitive than most, but **know that those fragrances and chemicals that you smell will end up in your home and in your body. This should make you concerned.**

But what ARE those ingredients and why do we want to avoid them?

Let's take a look!



Ingredients to Avoid...

1

FORMALDEHYDE

This is a preservative that is often seen in lotions, cosmetics, and baby wipes. It's a known carcinogen and can cause skin and respiratory irritations.

2

PHTHALATES

These are a group of chemicals found in personal care products and many plastics and vinyls. They can affect your endocrine system, reproductive health, and even potentially cause cancer.

3

VOC'S

Volatile organic compounds (VOCs) are gases that are emitted into the air. They're found in some building materials, home and personal products, gasoline, and even things like glue and permanent markers. Breathing VOCs can cause eye, nose and throat irritation as well as difficulty breathing and nausea, even damage to the central nervous system and other organs. Some VOCs can even cause cancer.

4

SODIUM LAURYL SULFATE (SLS) AND SODIUM LAURETH SULFATE (SLES)

These are surfactants commonly used as an emulsifying cleaning agent in household cleaning products (laundry detergents, spray cleaners, and dishwasher detergents). In other words they keep things mixed up and help them create lather. Oftentimes they are synthetically derived and have the potential to cause skin irritation.

Ingredients to avoid...

5

ETHANOLAMINES (MEA, DEA, AND TEA)

These are found in many household and personal care products and have been linked to organ system toxicity, bioaccumulation, and even cancer.

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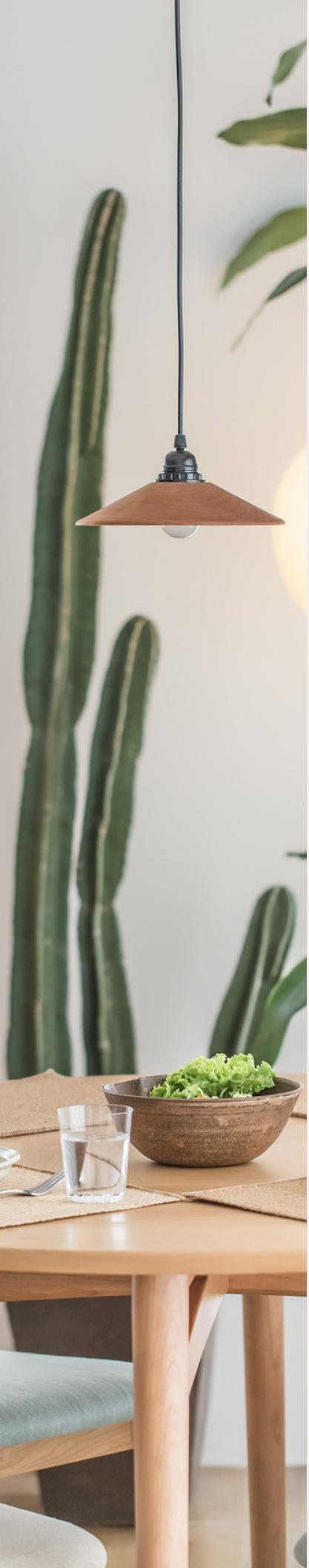
TRICLOSAN

Triclosan is found in many antibacterial soaps, hand sanitizers, and detergents as well as some toothpastes, deodorants, cosmetics, plastics, and more. It can affect the thyroid and endocrine system and was recently banned by the FDA for use in "antiseptic washes" but can still be found in some other products like toothpaste, cosmetics, and even clothing, kitchenware, furniture, and toys.

7

FRAGRANCE

The word "fragrance" can appear on a label and contain an enormous list of ingredients that a company is not required to disclose, as it is considered a "trade secret". That means a product could contain some awful ingredients and the consumer wouldn't even know! These chemicals could be linked to cancer, reproductive and developmental toxicity, allergies and sensitivities. Why take the risk?



Go ahead and take a peek at the products you currently have at home right now.

Do you see any of these ingredients?

What products do you think you are ready to ditch and switch?

Now that you know more about what lurks, let's talk about what you can do about it.

See, I have been into everything natural my entire life and one thing that I have experienced is **not all natural products are super effective.**

Whether it is hair care, skin care, or household cleaners, I have been through them all and finally have found what works for me and what doesn't.

I am going to save you sooo much time, as well as a ton of energy and money, by helping you get the good stuff and get it at a discount. More on that in a minute!

You may be wondering where to start. **It all starts with the ditch & switch.** Don't feel overwhelmed. You can do this in stages or all at once, it depends on your budget.

I think the most important place to start is with...

Step 1: Household cleaners, toothpaste, mouthwash, hand soap

1 Let's jump into household cleaners, toothpaste, mouthwash and hand soap...

These are products we use every day and will cover every surface of our homes.

I tried many brands at my health food store, but I felt that they never really got things clean.

Even though we're using natural products, I still want bacteria and germs to be gone, and I felt like those products weren't cutting it.

I thought for a second, **what in nature is antibacterial that can kill germs and icks on contact while being strong enough to get rid of the gunk and grime?**

Essential oils, friend. Essential oils do all of these things!

Most natural cleaners have great marketing "scents" on them like lavender, lemon, etc. But they don't actually contain the essential oil — just more fragrance.



In my search, I finally found **products that were made from 100% pure essential oils and contained ample amounts to have cleaning and purifying abilities** without the chemicals that we discussed.

They are made with naturally occurring surfactants derived from coconut and sugars, so you get a powerful cleaning action without harmful, abrasive chemicals.

Once I tried them, I got really excited because not only did they work, they also cost much less than what I was getting at the store. Win-win!

My house is clean, smells great, and I am saving money and using less packaging.

The main essential oils that are antibacterial and cut grease are:

- Clove
- Cinnamon Bark
- Eucalyptus
- Rosemary
- Lemon



Something to remember when using essential oils is they must be of high quality and unadulterated to actually work, and there needs to be enough in the product to do the job.

So just any ole' oil won't do.

I personally use and love the Thieves Cleaning product line. They have quality products made with the highest quality essential oils and other naturally-derived ingredients. My home smells divine and gets sparkly clean! 100% naturally.

I am also able to get them at a big discount and shipped to my house with free shipping.



[Click here to start your ditch & switch and get your cleaning products at a discount ...](#)



Step 2: Produce wash and clothes detergent

The next area for a healthy home makeover would be to start the habit of washing pesticides off of your produce and switch your clothes detergent.

Eating organic is important for fertility. This is not only because the growing practices are better, but just as important, organic produce does not have herbicides and pesticides (known chemicals to negatively affect reproductive and hormonal health in yourself and your future babies) sprayed on them.

While eating organic is important for reproductive health, for both yourself and your next generation, not everyone is able to do this or to do it all of the time.

The next best is to make sure you wash your produce.

Pesticides and herbicides, like glyphosate, are sprayed onto the plants and produce, so washing them will help to remove this residue.

Essential oils are great for this, especially at removing the waxes as well. Most pesticide sprays include some time of wax or oil to help them stick onto the plants and not get washed off by the rain or irrigation.

The best oils for this are going to be lemon, lime, cinnamon and clove. **I find the Thieves Fruit & Veggie wash to be very effective.**



What about clothing detergent and static sheets?

Our skin absorbs everything we put on it, including the residue from our washing detergents.

I find that I am very sensitive to most clothes washing detergents, even natural ones, and I have to be careful what I use.

I would break out in rashes and get irritated with anything that had synthetic fragrances.

Little ones are also more sensitive to these chemicals.

The simple solution is to ditch and switch your clothing detergent, softeners and dryer sheets for a product that has effective yet gentle plant based cleansers and the cleaning power of essential oils.

You can do all of this using the Thieves line and essential oils.



The Ditch & Switch Kit

We all want to do what is best for our health and our families' (or future families') health.

So to make it easy, and to help you save money, here is my suggested Ditch & Switch Kit to help you get started in clearing out the chemicals and replacing them with effective, safe and natural products.

The Premium Ditch & Switch Kit



[Click here for all the details on what is included in this kit](#)



Thieves DIY Recipes

Use these DIY recipes to get the most out of your Thieves Starter Kit

1

ALL PURPOSE CLEANER

ALL PURPOSE CLEANER GRANITE • TOYS • STAINLESS

1 CAPFUL THIEVES CLEANER
16 OZ GLASS SPRAY BOTTLE
FILL TO THE TOP WITH WATER



HEAVY DEGREASER

2

HEAVY DEGREASER FRY IT UP & CLEAN IT UP

2 CAPFULS OF THIEVES CLEANER
16 OZ GLASS SPRAY BOTTLE
FILL WITH DISTILLED WATER



3

BATHROOM CLEANER

BATHROOM CLEANER SHOWERS • TUBS • COUNTERS

1 CAPFUL OF THIEVES CLEANER
5 DROPS OF PURIFICATION ESSENTIAL OIL
5 DROPS OF LEMON ESSENTIAL OIL
16 OZ GLASS SPRAY BOTTLE
FILL WITH DISTILLED WATER



DEEP CLEANING SCRUB

4

DEEP CLEANING SCRUB BATH • SINK • GROUT

MIX BAKING SODA WITH THIEVES UNTIL DESIRED CONSISTENCY
APPLY TO SURFACE
WAIT 15 MINUTES
SCRUB & WIPE CLEAN



Thieves DIY Recipes

5

GLASS AND MIRRORS

GLASS AND MIRRORS SQUEAKY LEMONY CLEAN

1 CAPFUL THIEVES CLEANER
5 DROPS OF LEMON ESSENTIAL OIL
1 TSP WHITE VINEGAR
16 OZ GLASS SPRAY BOTTLE
FILL TO THE TOP WITH WATER



SAVINGS WITH THIEVES

THIEVES CLEANER MOOLAH COMPARISON

CLEANER	COST PER 32 OZ	COST PER OZ
CLOROX CLEAN UP	\$2.94	\$0.09
HONEST COMPANY	\$4.91	\$0.15
MRS. MEYERS	\$7.98	\$0.25
REBEL GREEN	\$9.99	\$0.31
BETTER LIFE	\$11.98	\$0.37
THIEVES CLEANER	\$1.57	\$0.05

COST BASED ON SUGGESTED USE FOR GENERAL CLEANING
- DILUTED 1 OZ THIEVES INTO 32 OZ WATER



6

WOOD FURNITURE

WOOD FURNITURE SHINE ON

2 CAPFUL OF THIEVES CLEANER
20 DROPS OF BERGAMOT ESSENTIAL OIL
(OR ESSENTIAL OIL OF YOUR CHOICE)
1 CUP OLIVE OIL
16 OZ GLASS SPRAY BOTTLE
FILL WITH DISTILLED WATER



Healthy Home... Healthy Family...

Congratulations on taking time to learn about how to keep a safe, non-toxic home that will nourish the health of yourself and your family for years to come.

If you want assistance in transitioning your home to a toxin free home, please reach out and we can help get you going!

I look forward to connecting with you!

Hethir Rodriguez

