

Clean Living Household Swaps

A room-by-room checklist for lowering your home's chemical load

You don't need to do all of this at once. Pick one category, make the swap when the current thing runs out or wears down, then move to the next. The body responds to steady reduction, not to a full-home detox by Friday.

KITCHEN · THE BIGGEST WINS

- ☐ Replace non-stick pans with cast iron, stainless, glass, or enameled cast iron. **If you do one thing, do this.**
- ☐ Move leftovers into glass, or use stainless pots with their own lids. Let food cool first.
- ☐ Stop microwaving under plastic wrap. Use a glass lid, an inverted plate, or a cloth cover.
- ☐ Set up stainless water stations for the dogs, indoors and out. No leaching, no held odors.
- ☐ Filter your drinking water. A carbon pitcher is the easy entry; reverse osmosis is the gold standard.

UNDER THE SINK · KEEP A SMALL TOOLKIT

- ☐ White vinegar, for grease, hard-water stains, and general surfaces.
- ☐ Baking soda, for scrubbing without scratching.
- ☐ Castile soap, for dishes, floors, and anything needing a gentle surfactant.
- ☐ Hydrogen peroxide, for disinfecting.
- ☐ 70% isopropyl or ethanol alcohol, for sanitizing. Evaporates clean, no residue.
- ☐ Enzymatic cleaner, for pet accidents. It digests the mess instead of masking it.
- ☐ Choose fragrance-free, not "unscented." Skip anything listing "fragrance" or "parfum."
- ☐ Swap one product at a time, as each runs out.

WHAT YOU CLEAN WITH

- ☐ Retire Magic Erasers and melamine foam. They shed microplastic as you scrub.
- ☐ Swedish dishcloths (cellulose and cotton), to replace paper towels for most tasks.
- ☐ Coconut fiber scrubbers, abrasive and compostable.
- ☐ A stainless chainmail scrubber, for cast iron.
- ☐ A wooden dish brush with natural bristles and replaceable heads.
- ☐ Consider a handheld steamer or steam mop. It sanitizes with heat and water alone.

LAUNDRY · THE ROOM EVERYONE OVERLOOKS

- ☐ Add a microfiber filter: a Guppyfriend bag or an external washing-machine filter.
- ☐ Choose natural fibers (cotton, linen, wool, hemp) when you replace clothing.
- ☐ Switch to a fragrance-free detergent.
- ☐ Replace dryer sheets with wool dryer balls.

WHAT GOES ON YOUR SKIN

- ☐ When something runs out, read the replacement's label: fewer unpronounceable ingredients, fragrance-free when possible, and a full ingredient list instead of a proprietary blend.

INDOOR AIR & DUST

- ☐ Open the windows about ten minutes a day, even in winter.
- ☐ Vacuum with a HEPA filter so particles are captured, not recirculated.
- ☐ Damp-dust instead of dry-dusting.
- ☐ Change your HVAC filter regularly, at the highest MERV rating your system allows.

YOUR PETS BREATHE THE SAME AIR

Every swap here protects the animals in your home too, often at higher stakes. They live closer to the floor, groom whatever settles on their fur, drink the same water, and breathe the same air. All of it lightens their load as much as yours.

Start with one. The pan, the water filter, or the spray under the sink. These changes compound. Months of small, consistent reductions add up to a body, yours and theirs, that is less overwhelmed and more capable of staying well.

Read the full guide at heartlandbotanicals.com

This checklist is education, not medical advice. It is about lowering your household's chemical load, not treating any condition. Talk to your provider about your own health questions.