

REVIVAL INTEGRATIVE HEALTH

DETOX YOUR HOME GUIDE



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DETOXING YOUR HOME AND PERSONAL CARE PRODUCTS

WHY IT MATTERS



The average home contains hundreds of chemicals from cleaning products, plastics, fragrances, and cosmetics. Many are linked to hormone disruption, respiratory irritation, skin sensitivity, and long-term health concerns. Reducing your exposure to the most concerning culprits minimizes health risks caused by environmental toxins.

INGREDIENTS TO AVOID: KITCHEN AND HOUSEHOLD MATERIALS



NONSTICK COOKWARE (TEFLON + RELATED MATERIALS):

Contain PFAS's that persistent in the body and environment, linked to immune, thyroid, and developmental issues.

PLASTIC FOOD STORAGE OR SERVING CONTAINERS:

Contain BPA, BPS, or PVC, hormone disruptors that can leach into food.

VINYL FLOORING, SHOWER CURTAINS AND PLASTICS:

Often contain phthalates,

CONVENTIONAL CANDLES AND AIR FRESHENERS:

Release VOCs, phthalates, and soot particles.

INGREDIENTS TO AVOID: PERSONAL CARE AND COSMETICS



Parabens: Preservatives that can mimic estrogen and disrupt hormones. Look for methylparaben, propylparaben, butylparaben, and isobutylparaben on labels.

Phthalates: Found in fragrance, nail polish, and hair products. Often hidden under the word "fragrance" or "parfum." They are linked to hormone disruption and fertility concerns.

Formaldehyde and formaldehyde releasers: Common in hair-smoothing treatments, nail polish, and some shampoos. Look for quaternium-15, DMDM hydantoin, and imidazolidinyl urea.

Synthetic fragrance: Can contain dozens of undisclosed chemicals, including allergens and hormone disruptors.

Triclosan and triclocarban: Antibacterial chemicals associated with thyroid disruption and antibiotic resistance.

Sulfates (SLS, SLES): Harsh detergents that can strip natural oils and irritate skin.

Toluene: Found in nail polish, associated with respiratory and developmental toxicity.

Heavy metals: Traces of lead, aluminum, or mercury sometimes appear in lipstick, eyeliner, and antiperspirants.

INGREDIENTS TO AVOID: HOUSEHOLD PRODUCTS



AMMONIA

Found in glass cleaners, can cause respiratory irritation.

CHLORINE BLEACH

Harsh on lungs and skin, creates toxic fumes when mixed with acids or ammonia.

QUATERNARY AMMONIUM COMPOUNDS

Common in disinfectant sprays and wipes, can cause asthma and skin irritation.

NONYLPHENOL ETHOXYLATES (NPE'S)

Found in laundry detergents, these are endocrine disruptors and harmful to aquatic life.

ARTIFICIAL FRAGRANCE

Same risks as in personal care, often undisclosed ingredients.

HEALTHIER ALTERNATIVES AND SWAPS: KITCHEN AND HOUSEHOLD MATERIALS



Switch from Teflon to stainless steel, cast iron, or ceramic cookware.

Use glass, stainless steel, or silicone food storage containers.

Replace vinyl shower curtains with cotton or hemp.

Use glass, stainless steel, or silicone food storage containers.

Burn 100% beeswax or soy candles without synthetic fragrance.

Diffuse essential oils instead of using plug-in air fresheners.

HEALTHIER ALTERNATIVES AND SWAPS: PERSONAL CARE AND COSMETICS



Choose products labeled paraben-free and phthalate-free.

Look for fragrance-free or naturally scented with essential oils.

Use mineral-based sunscreens with zinc oxide or titanium dioxide over chemical sunscreens like oxybenzone.

Swap conventional deodorant for aluminum-free versions with baking soda, magnesium, or arrowroot.

For makeup, choose brands that test for heavy metals and avoid synthetic dyes.

HEALTHIER ALTERNATIVES AND SWAPS: HOUSEHOLD PRODUCTS



Use vinegar, baking soda, lemon juice, and castile soap for most cleaning tasks.

Buy products certified by EWG Verified, EPA Safer Choice, or Made Safe.

Swap dryer sheets for wool dryer balls.

Choose fragrance-free laundry detergents or those scented with essential oils.



PRACTICAL STEPS TO START

1. Declutter - Go through what you already have. Check expiration dates and toss anything with questionable ingredients.
2. Read labels carefully - Be aware that terms like "natural" or "green" are not regulated.
3. Swap gradually - If you can't swap everything at once, then replace items as they run out. This keeps it affordable and sustainable.
4. Improve indoor air quality - Open windows daily, add houseplants, and use HEPA air purifiers to reduce indoor pollutants - We love Molekule filters, and Austin Air is another great option.
5. Reduce plastic use - Especially in items that touch food and water.
6. Prioritize daily use items - Focus first on things you apply to your body (lotion, deodorant, shampoo) and products you use regularly in the kitchen and for cleaning.



REVIVAL INTEGRATIVE HEALTH

INTEGRATIVE + FUNCTIONAL MEDICINE, VIRTUALLY

Women's Health
Men's Health
Hormone Optimization
Metabolic Health
Gut Health
Thyroid Health
Fatigue and Energy Optimization



Amanda has been in healthcare for 20+ years. Graduating from PA school at A.T. Still University in Arizona, her background spans Internal Medicine, Primary Care, Emergency Medicine, and Pediatric Emergency Medicine. She completed an Integrative Medicine fellowship through the University of Arizona, under Dr. Andrew Weil. She also studied under renowned physician, midwife and herbalist Dr. Tieraona Low Dog. Amanda is currently pursuing certification in functional medicine through SAFM.



Jessica has been in healthcare for more than 20 years. She attended PA school at the University of Southern California - Keck School of Medicine. With experience in Dermatology, Urgent Care, Family Medicine and Internal Medicine, she pursued additional education with physician, midwife and herbalist Dr. Tieraona Low Dog, earning the distinction of Registered Herbalist with the American Herbalist Guild. Additionally, she is certified in Functional Medicine by SAFM.

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ARIZONA, CALIFORNIA, FLORIDA,
MICHIGAN, MISSOURI, NORTH
CAROLINA, PENNSYLVANIA,
TENNESSEE, TEXAS AND VIRGINIA



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