



# Going Green at Home Reduces Toxin Exposure



By Suzanne Swarengen, DOM, AP

Rising medical costs, along with concerns about the environment, have caused health consciousness to soar to new heights. As a result, a focus on prevention has come to light, and people are starting to take a closer look at what they are subjecting their bodies to, inside and out. Even builders are “going green” in an effort to construct homes that provide surroundings suited to optimal health.

Most people are aware that feasting on foods free of pesticides, hormones, and antibiotics is an integral part of promoting longevity and good health. What tends to be overlooked, however, is the exposure to toxins found in our external environment. Everything that we come into contact with has an impact on our health. On an average day, we might encounter household cleaners, pesticides sprayed in our homes and offices, gas fumes, dust and particles from paint and drywall, carpet fibers soaked in dyes and stain guard, fire retardants and fabric finishes, just to name a few examples. For instance, many businesses and households use products that kill mold, intending to prevent mold-related health problems, but forget the impact of the chemicals themselves on the body. If it kills mold, what is it doing to human cells? This awareness has brought about a growing trend of replacing harmful chemicals with naturally-derived alternatives.

The first step is to do a little research. There is a wealth of information available on the internet with regard to cleaning up your personal environment, or you can turn to professionals who specialize in green home care, and who

can help prioritize your needs as you make changes or build a new home. One simple step to getting started is to begin using cleaning products that are naturally-derived and biodegradable, meaning they will not harm you or the environment. Getting good quality water and air filtration systems installed is another change that can easily and inexpensively be made. Beyond that, replacing flooring, walls, and furniture with eco-friendly alternatives made from recycled or sustainable natural components will reap further benefits. Many balk at the cost of making these changes, until they consider the financial savings over the long run. Solar panels, a clean and green alternative, can pay for themselves in a remarkably short time in saved energy costs.

It's easy to see how going green benefits both one's health and the Earth. As we decrease the level of pollutants in the atmosphere, we stop poisoning ourselves at the same time by reducing the amount of toxins that accumulate in our bodies, causing a number of health conditions. Living in a cleaner environment means fewer health issues and fewer health-related expenses, and a cleaner world in which to spend our days.

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