

12 MONTHS TO A HEALTHIER YOU

MARCH TOPIC: THE LAUNDRY ROOM



A note from me...

about your laundry products



Your laundry infiltrates every room in your home.

It can be smelled the second you come through your door, open a dresser drawer, walk into the bathroom, and lay your head on your pillow each night.

Mass produced laundry products that you find in grocery stores are engineered with plasticizers and other toxic ingredients to coat every fiber of your laundry, penetrating and leaving residues that carry not only the toxic fragrance, but also toxic optical whiteners behind.

Optical whiteners are coatings in the form of residues on your garments, towels, blankets and sheets to refract the light, and make everything look brighter and clean.

Hint: it's an optical illusion, not clean clothes.

The residues containing the fragrance and optical whitener ARE toxic to your body.

As your clothing lays against your skin, the residues are absorbed inside your body, When the residues get wet, they reengage and are now quickly absorbed deeper into your body.

Have you ever grabbed a towel to dry your wet body? Yep, you just smeared the residues all over your body. Have you ever grabbed a kitchen towel to dry a plate? Yep, you just smeared residues all over your plate...this is how your toxic laundry detergent and fabric softener gets consumed and contaminates your food.

You CAN do so much better!



Your mission, if you choose to accept:

Replace your laundry products with brands that **DO NOT** contain toxins or leave damaging residues on laundered items.

Because greenwashing is a thing, you probably think you're purchasing "all natural" or "greener" laundry products. However, if you're purchasing them in a grocery or big box store, then most likely you have been duped by greenwashing techniques and fallen prey to the marketing gurus that have reeled you in...hook, line and sinker!

Its time to switch to clean, non-toxic products for your laundry room!

A note about non-toxic laundry products:

- They are super concentrated. When water is added to a product, powerful preservatives must be used to prevent bacteria growth. The cheapest preservatives that most manufacturers use are very toxic. Nontoxic preservatives can add cost to the end product, which is why most people *think* green products are more expensive – however, no water added means concentrated end products that aren't diluted.
- A little goes a long way, so don't be worried that you aren't getting your clothes clean with such a small amount. You are!
- ALWAYS CHOOSE FRAGRANCE FREE OR UNSCENTED! Unless you see essential oils listed, just choose no scent at all. Besides, these products don't use plasticizers or phthalates to maintain the fragrance on your garment after the wash, so the scent is very faint regardless.
- These brands are much simpler to use and they all offer discounted subscriptions for automatic delivery. Very convenient!
- No softeners are needed when there's no residues left behind!

I'm going to make this really simple for you: pick one of these truly clean brands listed below and you're all done.

Easy peasy, lemon squeezy!

DROPPS: This brand has little pods of laundry soap. Just drop one in your machine and away you go, no plastic, no toxins. Always choose fragrance free with this company. Their base laundry detergent is fabulous for dirty clothes, and gentle enough for delicates and sweaters, but their fragrances may be toxic. If you subscribe for auto-ship with a larger quantity, you'll save the most money and you won't need to worry about replenishing for months! Good for top and front loading machines.

ROCKIN GREEN: This brand offers powdered detergents for a variety of very specific laundry needs, including sports and workout gear, cloth diapers, hard water, and a classic, all-around detergent. They also offer subscription discounts, and they work in both top and front loading machines.

MELIORA: This brand offers a really effective laundry powder that dissolves beautifully in hot or cold water. What I really like about this brand is their eco-friendly, minimalist packaging. They are certified by B CORP, Leapin Bunny, MadeSafe, and are a member of 1% for the Planet.

They offer discounts for subscriptions and provide an option for less expensive refill packaging. Good for top and front loading machines.

Molly's Suds: Another great brand that offers both liquid and powdered laundry detergent, as well as stain removers and wool dryer balls. They offer discounts for setting up a subscription and their products work in both top and front loading machines.

Next, let's talk dryer sheets.



Dryer Sheets

Dryer sheets are basically a polyester sheet with a coating of fabric softener.

- They are a significant source of toxic fragrances.
- Leave a toxic residue on clothing to give the illusion of softer clothes.
- Leave a residue inside your dryer vent and lint collection, taking years off of your dryer.
- Pollute the air inside and outside of your home with volatile organic compounds.
- Unsustainable single-use item.

Wool Dryer Balls

How do they *really* work?

Wool dryer balls work on multiple levels to soften your garments, reduce static, and shorten dry time.

1. They absorb water from wet clothing, which shortens drying time and saves you money and energy.
2. As the balls dry, they release moisture back into the dryer in the form of humidity. This prevents the dry atmosphere that creates static.
3. The dryer balls bounce against your laundry, preventing the friction that causes static while making clothes wrinkle free and softer.

How to use them?

Make sure to purchase 100% wool or alpaca wool dryer balls. I've found that you need to use a **minimum of 8 balls** in a medium load to get the full effect.

Toss the balls in the dryer before you start the dry cycle. They can be on the bottom or top of the load, it doesn't matter. They'll bounce around once you start your dryer and work their magic!

They will last for years and years, making them very economical.

Bonus: they make great non-toxic dog toys!

In conclusion...

Swapping your old laundry products for nontoxic options does several things:

1. Eliminates a huge source of toxins that drastically affect air quality in your home.
2. It reduces the personal toxic load for EVERYONE in your home, pets included.
3. Since your laundry won't be coated with residues, your towels will be more absorbent.
4. If you have sensitive skin, and often break out in rashes along elastic bands, bra straps, underarms, or any place you perspire, you'll see this begin to heal.
5. Notice that your clothing has no smell at all...THIS is what clean really smells like!
6. You won't smell like laundry detergent anymore. I know many people who love the scent of laundry detergent/softener, but trust me...people don't really want to smell your laundry fragrance.

 CONGRATULATIONS for completing Month 1 of the 12 Months to a Healthier You program!

Now that wasn't so difficult after all!

I'm rooting for you and I know that you can make the changes that will help your body begin to heal!

Until next month, I'm giving you my biggest bear hug!!!

xoxo,
Annette