



Sparks Flyer

Harnessing Better Health & Wellness

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SPECIAL POINTS OF INTEREST:

- **CLEAR THE AIR**
- **HOUSE PLANTS FOR CLEANER AIR**
- **NATURAL CLEANING TIPS**

6 USES FOR PEPPERMINT ESSENTIAL OIL



Is your home TOXIC???

Happy New Year! Start this new year off by making a healthier home!! Have you ever heard of VOCs? According to the EPA: “Volatile Organic Compounds are emitted as gasses from certain solids or liquids. They include a variety of chemicals, some of which may have short and long term adverse health effects. Concentrations of many VOCs are consistently higher indoors (up to ten times higher) than outdoors. VOCs are emitted by a wide array of products numbering in the thousands!” For example, research from the Environmental Working Group and the University of Washington discovered that many of the most popular laundry products, with fabric softeners and dryer sheets being top offenders, emit at least one toxic/hazardous chemical!

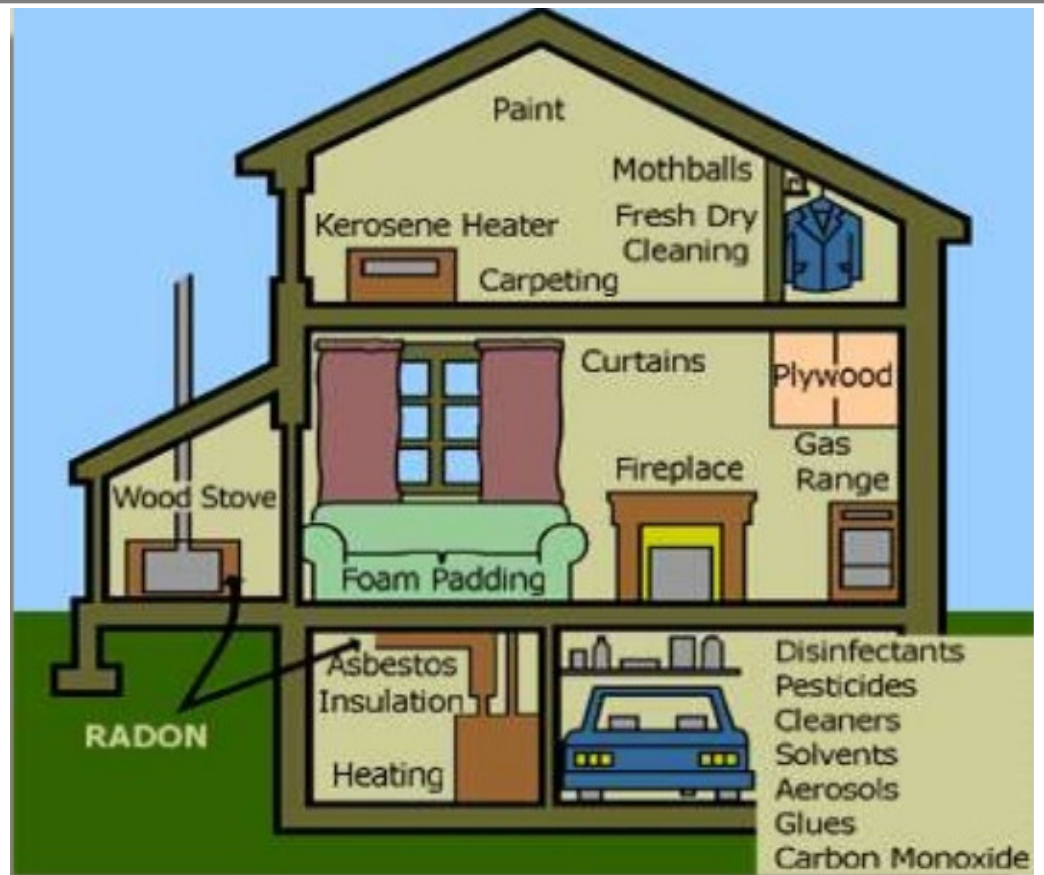
Who knew that most air fresheners, cleaning products, scented candles, hair products, even perfumes contain VOCs.

This issue will have information on how to detox your home and make a cleaner living environment for you and your family! This process doesn't have to be super intense. Really, it can be as easy as swapping out some of your current cleaners, shampoos...with cleaner, greener options—even making some of your own! Something as simple as adding plants to your home will improve your indoor air quality! As a general rule, it's recommended to have one to three houseplants for every 100 square feet of living space. If you want your house to smell amazing, gently boil cinnamon sticks and orange peel. Now might be a good time to investigate essential oils!

Essential Tip

Peppermint is a sweet, cooling oil with many benefits! Apply one drop to temples, forehead, back of neck, behind ears to relieve pressure. Also a great pick me up when feeling groggy! Be sure to look for pure, therapeutic grade essential oils, especially when applying to the skin or ingesting.

What causes indoor air pollution



When we think of “air pollution” we tend to think of smog, exhaust fumes...big city problems. We certainly don’t think of air pollution as applying to inside our homes! The following is a list of chemicals that our homes or things inside our homes are producing.

- **Trichloroethylene**—Found in printer inks, dry cleaning solvents, some paints and lacquers, varnishes, paint removers.
- **Formaldehyde**—Found in fingernail polish, disinfectants, fabric softeners, paper bags, waxed paper, facial tissue, paper towels, plywood paneling and synthetic fabrics.
- **Benzene**—Used to make plastics, resins, lubricants some detergents and drugs. May also be found in tobacco smoke, glue and furniture wax.
- **Xylene**—Found in rubber, leather, tobacco smoke and vehicle exhaust.
- **Ammonia**—Found in window cleaners, drain cleaners, floor waxes, fertilizers.

Best Plants You Can Grow Indoors for **AIR PURIFICATION**



These plants help to filter out a combination of Benzene, Xylene, Formaldehyde, Trichloroethylene and even Ammonia!

SPIDER PLANT: Spider plants clean the air, are easy to grow and are great for beginners! They prefer bright, indirect sunlight, and will send out shoots with flowers that eventually grow into baby spider plants!

PEACE LILY: This plant blooms throughout the year and filters ammonia, benzene, formaldehyde, and trichloroethylene from air. They do best in a shady spot and keep the soil moist without overwatering.

BAMBOO PALM: A Rockstar in the plant world for filtering formaldehyde, benzene and trichloroethylene. They do best in full sun or bright light. Bamboo Palms can filter so much air because they can grow to be as tall as four to 12 feet high, making them great indoor additions.

WEEPING FIG: This is a low-maintenance houseplant that does best in bright, indirect light and it's best to allow the soil to dry out good before watering.

BOSTON FERN: Another low maintenance plant, just be sure you keep them moist. These plants do best in a cool location with high humidity and indirect light.

SNAKE PLANT: This is a super easy plant. It just needs to be watered occasionally and prefers drier conditions and some sun.

ALOE VERA: Aloe vera is known for its anti-inflammatory and anti-bacterial properties as well as being great for burns. It also cleans up the air especially removing formaldehyde and xylene. They don't need a lot of upkeep, just be sure not forget them completely or they may dry out.



Natural Green Tips

Natural Cleaning Ingredients to keep on hand!

White vinegar- add 1/2 cup to final rinse cycle when washing clothes as a natural fabric softener.

Lemons- Mix with baking soda as a natural scrub and whitener for cutting board, counter tops

Baking soda—Mix small amount with a little honey as a face brightening, gentle scrub!

Hydrogen peroxide-Pour over toothbrushes to disinfect toothbrushes. Can kill staph and other bacteria!

Liquid Castile soap—Mix 1/3 cup with 2/3 cup distilled water. Add 1/8 teaspoon essential oil of choice. Mix and add to a foaming soap dispenser!

Essential oils

Microfiber cleaning cloths

Lavender Mint Homemade All Purpose Cleaner from DIY Natural

- Opaque spray bottle or the original hydrogen peroxide bottle with added spray nozzle
- 16oz hydrogen peroxide (3%)
- 1/2 teaspoon lavender essential oil
- 1/2 teaspoon lemon essential oil
- 1/2 teaspoon peppermint essential oil

Directions:

Combine all ingredients in bottle, attach spray nozzle and shake to combine. For best disinfecting results, spray on surfaces and leave for several minutes before wiping clean.

Hydrogen Peroxide (3%) - Can kill bacteria, mold, mildew and fungus. It's listed with the EPA as a sterilizer. It can be used to disinfect all surfaces in the kitchen and bathroom, remove stains and clean mirrors and stainless steel. Use full strength because it's already diluted 3% peroxide to 97% water. It's sensitive to light so keep in original brown bottle or opaque glass bottle.

Essential oils—Aside from smelling great, some oils are known for their antimicrobial, antibacterial, antifungal and germicidal properties, making them a perfect addition to your cleaning routine!

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