



Tips for a Healthy Home & Life

1. Make time for ourselves. Before we can do anything for anyone else, we need to feel good too. Self care is needed to relax, refresh & renew. Make time to do the things that soothe our body, mind & soul.
2. Make time to visit our favourite health professionals (Naturopath, chiropractor, nutritionist, massage therapist, acupuncturist, osteopath, physiotherapist etc). This can help with stress & overall health).
3. Take care of our oral health too. Brush properly, tongue scrape, oil pull & floss regularly. Visit dentist/hygienist regularly.
4. Eat a variety of whole foods. Limit sugar intake.
5. Meal plan & food prep. This helps to make wiser food choices if we are not rushed.
6. Plant a simple garden. It doesn't have to be huge or complicated.
7. Incorporate helpful foods for digestion & natural remedies (ginger, fennel, peppermint, turmeric, chamomile tea, papaya, lemon water, apple cider vinegar, licorice root, fermented foods, kimchi, kombucha, kefir, yogurt, dark leafy vegetables, salmon, chia seeds, flaxseeds, roller bottles with essential oils helpful for health concerns).
8. Stay hydrated. Drink half our body weight in ounces of water daily, plus herbal teas & fruits/vegetables high in water content.
9. Move daily. Exercise helps to relieve stress & release happy hormones. Read the book Spark by Dr. John Ratey to learn more reasons on why exercise is helpful for our body & mind.
10. Stretch & do yoga daily. This helps to counteract the way we are sitting, working & driving for too many hours of the day. It will also help to relieve tension, improve posture & flexibility.
11. Go outside daily for some fresh air & sunlight. Go for a walk or visit your favourite local space in nature.
12. Create a healthy morning routine.
13. Detoxify our homes & lives. Assess what toxins are in our home & life. Limit the use of harsh chemicals. Try adding these fun rituals.
 - Fill home with plants to help filter the air (aloe, bamboo, ferns, flowers etc)
 - Control/limit dust by vacuuming regularly. Listen to music & diffuse oils to make the experience more fun
 - Diffuse cleansing/uplifting essential oils each morning or make all natural room sprays for each room
 - Make an easy all natural (non-toxic) cleaning spray (recipe included)
 - Put 5 drops of peppermint, lemongrass or lemon on a paper towel & place it at the bottom of garbage containers each week
 - Place 1-2 drops of a calming oil on cotton balls in pillows/closets
 - Put 2 drops of eucalyptus, lemongrass or tea tree in the toilet bowl or inside the toilet paper roll
14. Go green.
 - Add air purifiers to control odours, chemical vapours, & pollutants in our home
 - Ventilation is key. Open the windows & breathe in fresh air
 - Open curtains & use natural light as often as we can
 - Use energy efficient materials when doing renovations
 - Look for the "energy star" label for appliances
 - Use LED light bulbs. They use less power & we don't have to replace them as often
 - Insulate homes/windows properly
 - Collect rainwater to water houseplants & garden
 - Recycle, reduce, reuse. Repurpose glass jars for leftover containers & DIY natural products



15. Assess what is put on our skin. Our skin is the largest organ on our body & absorbs everything. Start doing some research & find out what is in the products used. Use the EWG app to see what products rate at.
16. Assess & makeover our laundry room. Which laundry soap, softeners are we using? There are natural & effective laundry soaps with very simple ingredients. Dryer balls are a great easy addition too. Use 3-4 dryer balls for the last 10 minutes of the drying cycle to freshen & help with static.
17. Assess & makeover our bathroom/medicine cabinet. Is there a natural product or natural remedy we can try first?
18. Get our blood assessed by a recommended Naturopath & see which supplements could help our body feel its best self.
19. Limit social media. Only follow people that lift us up, educate, add joy & value.
20. Get enough good sleep. 7-9 hours of uninterrupted sleep is recommended to refresh & renew.
21. Create a healthy/peaceful night time routine.



Natural Safe Recipes

Natural All Purpose Cleaning Spray (24 oz spray bottle)

2 tbsp of OnGuard cleaner concentrate

Choice of 1-2 cleansing oils (total ~20 drops)

Top with water

* Shake before use

Natural Hand Wash

1/3 container liquid castile soap

10-30 drops essential oils depending on container size & type of oils

* Top with water & shake



Easy Laundry Softener

4 cups of Epsom salts

10 drops of lavender

10 drops of tea tree

* Stir in a bowl before transferring into a glass mason jar (1L)

* Use 1/4 cup in wash cycle at any temperature.

* Shake before use

Linen or Refreshing Room Spray (4 oz spray bottle)

1 tsp witch hazel

10-20 drops of oils depending on strength preferred & oil choices

* Top with water

* Shake before use

