

## KEEPING PEOPLE AND OUR PLANET SAFER



By Kelly L. Fraga

At Norwex, we believe there's a strong link between our health and the health of the environment. My goal

is to educate, inspire, and empower people everywhere to transform their homes and to make sure that YOU know how easy it is to live cleaner, safer, and better.

Here are some easy ways to ditch and switch:

**Kitchen** – Do you use plastic food containers? Glass or BPA food safe silicone containers are best for storing foods and beverages, especially for baby. **Never use plastic in the microwave; opt for silicone, glass, or ceramic to reheat.**

**What's under your kitchen sink?** Regular use of chemical sprays has been proven to have long-term impact on lung function

equal to the decline seen in heavy smokers. Ditch them and replace with water, a Norwex® EnviroCloth® and Window Cloth for all your chemical-free cleaning needs!

**Personal care** – Do you use liquid hand soap? Antibacterial hand soaps can weaken your immune system. There are far safer alternatives, including Norwex Foaming Hand Wash.

**What's in your personal care products?** Check the ingredient listings for these big no-no's: parabens, phthalates, triclosan, synthetic fragrances, and synthetic dyes. Babies and children are especially sensitive to these ingredients. Switch to greener

formulas, especially for those products you use every day, like shower gel, body lotion, hand cream, etc.

**In the Bedroom** – What's in your pajamas, mattress, and pillows? Not what you'd expect. Flame retardants have been shown to cause damage to reproductive systems and deficits in motor skills, hearing, learning, memory, and behavior. Kids are most susceptible to flame-retardant chemicals; their bodies have been shown to contain three times as much of them in their blood as their mothers. To avoid them, make sure to dust and vacuum regularly. Flame retardants attach to dust particles wherever they fall.

Consider using snug-fitting, natural material for your children's pajamas—loose-fitting pajamas may contain flame retardants. Look for products that are PDBE-free.

**What's in your laundry detergent?** Most detergents contain a lot of unnecessary fillers and synthetic fragrance. Look for biodegradable detergents that are free of synthetic fragrance and fillers—and don't use dryer sheets! Your skin is the largest organ of your body. And, if it is on you, it is IN you!

Reach out to partner with me to make sure that your home is safe, clean, green, and relaxing.



**Kelly L. Fraga**  
[kellylfraga@gmail.com](mailto:kellylfraga@gmail.com) | [kellyfraga.norwex.biz](http://kellyfraga.norwex.biz)  
 267.244.1063

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