



10 UNDER \$20 QUICKSTART GUIDE

10 HEALTHY HOME SWAPS



WiFi KILL SWITCH \$12.99

This is the single easiest and cheapest way to reduce your EMF exposure aside from putting your phone in Airplane mode at night. Instead of having your WiFi shooting radiation at you all night, put this remote on your nighstand and turn off the power to the outlet the modem plugs into before you fall asleep! <https://amzn.to/43nWA1g>



SALT LAMP PLUG-INS \$16.95 for 2

Replace your flickering, bright, blue-light-laden LED lights with these incandescent salt lamp plug-ins for late evening hours and middle of the night nature calls. Not only will your sleep quality improve but you'll get air purification benefits of salt as well as negative ion charges believed to be helpful in EMF reduction. <https://amzn.to/4bthv58>



TRULY FREE DISHWASHER SOAP \$13.45

Ditch your dishwasher tabs filled with toxic fumes and melting plastic for this enzyme based cleaning powder! It miraculously doesn't off-gas AT ALL and actually gets your dishes clean. I've gone through a dozen of different "clean and non-toxic" brands all of which reeked. This company is legit and it's the only soap I use in my dishwasher now. <https://amzn.to/41viQUj>



MICROFIBER GLASS CLEANING CLOTHS \$19.99 for 12

Lets be real, Windex is basically like intentionally spraying your lungs with chemicals! No bueno. Replace your glass cleaning spray with this microfiber cloth that only needs water to leave a perfectly streak-free, clean finish on all your mirrors, glass and stainless steel surfaces. It works on all your electronics too. Brilliant! Your lungs will thank you. <https://amzn.to/4iwN14n>

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REBAGZ SILICONE FOOD STORAGE BAGS \$15.98 for 3

Reusable food grade silicone storage bags for meal prep or leftovers are a no-brainer swap for the less versatile, less bio-compatible, and less environmentally friendly plastic ziplock bags. This particular brand makes this swap extra affordable compared to the popular Stasher brand. Now there's no excuse to keep using plastic! <https://amzn.to/4ibz24g>



BATH WATER FILTER \$26.99

Ok, here's the deal, I know this is a latte price over the \$20 cutoff but I promise the coffee gods will forgive you and the water quality improvement in your end of day bath will be worth it. Full house water filtration system is always the goal, but this is a great interim solution. If you have kids, it's a must to filter any way you can. <https://amzn.to/4i3tKaV>



PACT ORGANIC UNDERWEAR \$16

Yes those polyester panties are cute and seamless, but are we really putting plastic all around our private parts? Sounds sort of cra when you say it out loud doesn't it? It's time to trade in your poly tightly whities for some (still cute!) organic cotton. This link will give you 15% OFF full priced items.

https://blue.mbsy.co/76HJZR?utm_source=email&utm_medium=RAF



GREAT ORAL HEALTH TOOTHPASTE \$17.50

The toothpaste issue is more nuanced than just a "no fluoride" conversation (yes that's the bare minimum, we can keep things clean without an industrial byproduct neurotoxin in the picture). This is the only easily available remineralizing option I have found without glycerine, an additive that interferes with remineralization. <https://amzn.to/4km06zr>

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CITRUS MINT BATHROOM SPRAY \$10.50

Your scented plug-ins, synthetic fragrance room sprays, “frangranced” candles, and dubiously sourced incense are disrupting your hormones and dysregulating your body. If you need some yummy smelling botanicals in your house try this bathroom spray from Mountain Rose: a highly transparent combo of distilled water and quality essential oils.

<https://mountainroseherbs.com/citrus-mint-bathroom-spray>



BLUE BLOCKER GLASSES \$14.99

Blue light coming off screens and LED lights inhibits melatonin production and lowers sleep quality. Minimizing blue light exposure at night is ideal, but not always possible. Blue blockers come in range of styles and prices and this one is a great starter pair. Parents, get a kid version for your child and everyone will sleep better ;-)

<https://amzn.to/4hkor5Q>

BONUS #11 BECAUSE I CARE ABOUT YOUR HEALTH



LUXE BIDET \$37.99

Want to hear something wild? The toilet paper you use is toxic. Oh the irony. So stop cleaning up one mess with another, and switch to a bidet (btw at this price point, it will actually SAVE you money every month...so basically you're paying less than \$0 when considering cost of toilet paper!). You can install it yourself and the customer support from this specific company is STELLAR.

<https://amzn.to/4h7rJJL>

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