



Missbiohacker

5 Simple Changes for a Healthier, Toxin-Free Home Today





My journey to low-tox living

Before diving into the "why," let me share what sparked my passion for creating healthier homes.

I credit my mother for raising me as close to nature as possible. She always **avoided plastics**, time outdoors was a priority, I even attended a nature-based school.

It wasn't until my university years that I experienced firsthand how **toxic living environments can destroy health**.

When I moved to Munich to study nutrition science, I rented a room in a shared flat. It had a bit of mold, but I didn't think much of it. Over the next few months, my health spiraled:

- **I gained over 10 kg (22lbs)**
- **Insomnia and anxiety took over my life**
- **I lost my period**
- **My skin broke out, and my face changed drastically**
- **I developed hypothyroidism and felt completely depleted**

At the time, I didn't connect my symptoms to my living environment. As a nutritionist, I tried **every** diet, exercise plan, and fasting protocol imaginable. Instead of improving, I only made things worse.

What I didn't realize was that it wasn't just the mold—it was **the accumulation of toxins in my indoor space**.

During lockdowns, I spent almost **all my time** in that room.

Things like burning scented candles, diffusing essential oils and conventional cleaning products added to the toxic load, and I was basically bathing in that 'soup' day and night

When the mold turned black, I **finally** realized how bad my living conditions were and moved out. I made my new home as non-toxic as possible (on a student budget of course).

It wasn't an overnight fix, but step-by-step, **my health improved significantly**.

This really taught me the hard way how toxic our indoor spaces can be—and how much they contribute to chronic health issues.

Whenever I start working with new clients, one of the first fundamental changes I address is improving the indoor environment.

Whether they're dealing with hormone, thyroid, energy, fertility, skin, or sleep issues, indoor toxins almost always play a role!

That's why I created the **Healthy Home, Healthy You Course**: to empower people like you with the tools and knowledge to transform their homes into healing environments.

A home should heal, not harm.



Here are 5 simple changes you can make to make your home healthier today:

1. Ditch synthetic air fresheners and scented candles

Let's be honest, Air fresheners and scented candles can smell great and seem like they're enhancing your home's atmosphere, but they could be doing the exact opposite—polluting your indoor air with VOCs.

What Are VOCs?

Air fresheners and scented candles often release **volatile organic compounds (VOCs)**—chemicals that easily evaporate into the air.

These include formaldehyde, benzene, and phthalates, many of which are known to **irritate the respiratory system, disrupt hormones, and even increase cancer risk** with prolonged exposure.

Ironically, products marketed as "freshening" your home can leave your air far more polluted than it was to begin with.

Why "Fresh-Smelling" Doesn't Mean Clean

The irony: **truly clean air has no scent**. The whole idea of "freshening" the air with fragrances is a marketing ploy.

Instead of cleaning the air, these products cover up odours while adding harmful chemicals.

Even candles **labelled "natural" often contain paraffin wax**, derived from petroleum, which releases soot and additional toxins into the air.

What about scented candles made with essential oils?

While they may seem like a safer option, burning essential oils can degrade their beneficial properties and even produce harmful byproducts.

Better Alternatives

- **Open your windows** to let stale air out and fresh air in—especially after cooking, which releases its own VOCs.
- Use baking soda, activated charcoal, or a bowl of white vinegar to **neutralize odors instead of masking them**.
- Use a high-quality air purifier to remove pollutants.
- Use **plants that have air purifying** abilities, like the spider plant, snake plant or english ivy
- If you use candles, **choose beeswax candles**. They are a non-toxic alternative.

Extra tip: If you use candles, extinguish them with a candle snuffer to prevent smoke.



2. Remove your shoes at the door

Many people overlook the importance of leaving outdoor shoes at the door, but it's one of the simplest ways to reduce toxins, dirt, and bacteria in your home.

Create a Shoe-Free Policy

When you wear shoes indoors, you're bringing in **everything you've stepped on outside**, including:

- **Pesticides** from treated lawns and gardens.
- **Heavy metals** like lead and cadmium, especially in urban environments.
- **Pet waste, bacteria, and pathogens** from sidewalks and parks.
- **Toxins** from car exhaust, oils, and industrial areas.
- **Allergens and pollen**, which can exacerbate respiratory issues.

These contaminants don't just sit on your floors—they can become airborne, **meaning they can settle into carpets and furniture, and circulate in your indoor air.**

I also prefer keeping my feet warm and supported indoors, this is why I have extra shoes that I only wear indoors.

What About Pets?

If you have pets that go outside, they can track contaminants on their fur and paws. This isn't much of an issue if they're just coming in from the garden, but it's more concerning if they've been walking on dirty sidewalks, in cities, or pesticide-sprayed areas.

While you can't completely prevent this, here are some tips to minimise the impact:

- **Wipe their paws** with a damp cloth or pet-safe wipes before they re-enter the house.
- **Use washable rugs or mats** near entrances to capture dirt and hair.





3. Wash new clothes before wearing

New clothes often look clean and fresh, but they can carry hidden toxins and irritants. Washing them before their first use is a simple step to protect your health. Here's why it's important and how to do it safely.

Did you know?

Conventional cotton is one of the dirtiest crops globally, accounting for 16% of all insecticides and 7% of all herbicides used worldwide. These toxic residues can linger on the fabric and are absorbed into your skin.

If you struggle with **skin conditions like eczema or irritation**, switching to organic cotton is even more important. It's a simple step that can significantly reduce your exposure to harmful chemicals!

To prevent toxin exposure from the manufacturing process residues use non-toxic detergents to wash your clothes before wearing.

Add vinegar or baking soda as they can help neutralize any chemical residues.

When selecting fabrics with the least toxins, focus on materials that are minimally processed and naturally resistant to chemicals. Here are some of the safest options:

- **Organic Cotton**
- **Hemp** (Very low tox as it requires little to no pesticides or herbicides.)
- **Linen** (Flax)
- **Wool** (Merino wool, Cashmere, Alpaca wool, Mohair, Lambswool, Camel wool, Yak wool)
- **Bamboo** (Processed as Lyocell): Bamboo fabrics can vary greatly in toxicity depending on how they're processed. Look for bamboo that's processed as lyocell or Tencel, which uses a closed-loop system to reduce chemical impact.
- **Silk**



Tips for safer fabrics:

- Look for certifications like GOTS, OEKO-TEX, or similar labels
- Avoid synthetic fabrics like polyester, nylon, and acrylic. They release microplastics and are treated with toxic chemicals during production.
- Minimize dye exposure: Opt for undyed, naturally dyed, or low-impact dye products to reduce chemical residue.



4. Open your Windows while cooking

Cooking is a daily ritual, but did you know it's also one of the most significant sources of indoor air pollution?

Here's why cracking open a window every time you cook is **crucial for your health**.

When you cook, especially over high heat, your stove releases a mix of gases and particles into the air.

This includes fine particulate matter (PM2.5), nitrogen dioxide (NO₂), and carbon monoxide (CO). These pollutants are invisible but can linger in your home, **affecting air quality for hours**.

The hidden pollutants in your kitchen:

- **Gas stoves**, in particular, are major culprits. They emit NO₂ and even small amounts of formaldehyde, which contribute to respiratory issues like asthma. **Cook on the back burners whenever possible**—this reduces the amount of pollutants that enter your breathing zone.
- **Depleted oxygen**: A kitchen **hood** or range hood does not supply fresh air; **instead, it extracts air (and pollutants) from the kitchen**.
- High-temperature cooking, such as frying, releases harmful volatile organic compounds (VOCs) and smoke

Why ventilation is non-negotiable

Ventilation prevents the build-up of dangerous pollutants and restores oxygen levels, keeping your home safer and more comfortable.

What About Gas Stoves?

Gas stoves are a hot topic in indoor air quality discussions. While they've long been a household favorite for their precise heat control, they're increasingly being scrutinized for their health impacts. If replacing your stove isn't an option, here's what you can do:

- **Always open windows while cooking.**
- Use a **high-quality range hood** that vents to the outside.
- **Cook on the back burners** whenever possible—this reduces the amount of pollutants that enter your breathing zone.

A Simple Step for Better Air

Opening your windows might seem like a small step, but it significantly reduces indoor air pollution.

Clean air is NOT about adding fragrances—it's about removing harmful contaminants.



5. Dust and declutter regularly

Household dust doesn't just look bad, it acts as a reservoir for various toxic chemicals, including:

Phthalates, Flame Retardants, Pesticides, PFAS (forever chemicals)

How to Dust Effectively

- Dry dusting can push particles into the air. Using a **damp cloth** helps trap particles.
- **Vacuums equipped with HEPA filters** are essential for capturing fine dust and toxins- otherwise you just blow them in the air again, which you definitely want to avoid.

Why Clutter Worsens the Problem

Decluttering is not just about creating a visually appealing home; it has profound effects on your mental health and well-being.

Clutter provides more surfaces for dust to settle and makes effective cleaning more difficult.

In addition, clutter can harbor allergens like mold and dust mites, exacerbating respiratory conditions.

Research has shown that cluttered environments can lead to feelings of stress, anxiety, and even depression.

A study published in the Journal of Environmental Psychology found that individuals with cluttered homes reported **higher levels of cortisol, the stress hormone**, compared to those with tidier spaces.

Additionally, **clutter has been linked to poor sleep**. A 2015 study by the American Academy of Sleep Medicine revealed that individuals with hoarding tendencies had more difficulty falling asleep and staying asleep, likely due to the overwhelming nature of their surroundings.

Interestingly, clutter can also influence physical health and habits.

Research published in Environment and Behavior found that **people in messy kitchens were more likely to consume junk food** and that people with cluttered homes were more likely to struggle with obesity.

Decluttering can foster mental clarity, improve focus, and create a sense of accomplishment, enhancing overall mood and productivity.

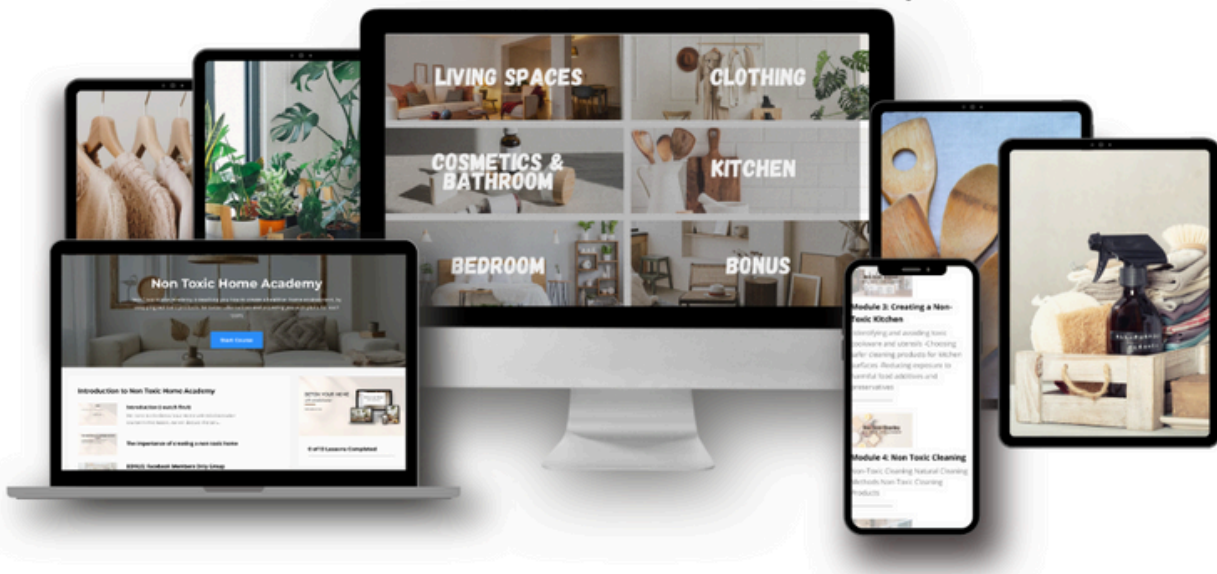
I hope that is your sign to start decluttering! :-)

Book recommendation for decluttering:
Marie Kondo- Magic Clean



Healthy Home, Healthy You

Create a healthier, toxin-free sanctuary at home with simple, effective changes.



Transform your home into a sanctuary with the Healthy Home, Healthy You course!

Discover **easy, science-backed steps to eliminate toxins**, protect your space from contaminants, and create a healthier living environment.

Start building your non-toxic home today—click below to learn more!

Ready to get started?

Sign up here