

# Household Toxin Solutions for Safer Homes

SIMPLE SWAPS TO PROTECT INFANTS  
& YOUNG CHILDREN



Morolayo Oladapo Fasan  
PhiNutriomics



# Welcome to Your Safer Home Guide

Hi there,

I created this guide for women like you—thoughtful, globally minded, and deeply committed to your family’s health. You’re likely already making intentional choices, yet something tells you there’s more to uncover. You’re curious, not afraid of science, and you want real answers—not overwhelm.

This guide will help you identify some of the most common hidden toxins in everyday products and offer realistic, empowering solutions—especially for the most vulnerable: infants and young children.

Each swap is simple, doable, and backed by research. No perfection required.

Because when we create safer homes, we’re not just protecting our children—we’re creating the foundation for lifelong resilience.

With clarity and calm,

Layo  
Founder, PhiNutriomics



*A safe home is not sterile or perfect—it’s conscious, loving, and alive.*

# Household Toxin Solutions for Infants

Risk	Solution	Key Reason
Talc-based baby powder (lung irritation)	Use cornstarch-based powder or skip altogether	Talc linked to respiratory issues and potential asbestos contamination.
PVC teethingers & toys (phthalates – hormone disruptors)	Choose 100% natural rubber, food-grade silicone toys	Phthalates disrupt hormonal development, especially in early life.
Scented baby wipes (allergens)	Use water-based, fragrance-free wipes	Fragrance can trigger dermatitis and allergic reactions.
Air fresheners in nursery (VOCs, formaldehyde)	Ventilate room daily, use HEPA air purifiers	VOCs linked to asthma, allergies, and impaired development.
Dishwasher pods (highly corrosive)	Use powdered detergents; store in high, locked cupboards	Pods can cause chemical burns if chewed or swallowed.
Plastic baby bottles (BPA leaching)	Use glass bottles	BPA affects brain and behavior in infants and young children.

# Household Toxin Solutions for Young Children

Risk	Solution	Key Evidence
Button batteries (internal burns)	Use tape on remotes and screw-secured battery compartments	Even short exposure causes life-threatening internal burns.
Lead paint dust (neurodevelopment)	Wet-dust frequently; use HEPA vacuum in pre-1978 homes	Lead linked to lower IQ, behavior issues, and learning difficulties.
Scented cleaning sprays (respiratory issues)	Use vinegar, baking soda, or plant-based unscented cleaners	VOCs in sprays raise risk of asthma and hormone issues.
Laundry pods (colourful ingestion risk)	Opt for powder; store out of sight and locked	Major source of accidental poisoning in toddlers.
Mouthwash with alcohol (toxicity)	Choose alcohol-free, child-safe formulations	Even small ingestions can be toxic in young children.
Paint thinners or removers (chemical burns)	Store locked away; use low-VOC, non-toxic brands	Harsh solvents can cause severe respiratory and neurological issues.

# Important Note About BPA-Free Plastics

You've probably seen products labeled 'BPA-free'—especially baby bottles, food containers, and toys. While this may sound like a safer choice, BPA-free doesn't always mean safe.

In many cases, manufacturers simply replace BPA with other chemicals like BPS, BPF, or BPAF—which can have the same or even stronger hormone-disrupting effects. These chemicals are part of a group known as bisphenols, and even small exposures may affect brain development, metabolism, or endocrine function—especially in infants and young children.

**Better choices include:**

- Glass or stainless steel bottles and food containers
- Food-grade silicone nipples and lids
- Plastics labeled with resin codes #2 (HDPE), #4 (LDPE), or #5 (PP) (and avoid heating plastic)

If plastic is unavoidable, avoid using it for hot food or liquids, and choose brands that disclose their full materials and safety testing.

**Tip:** Look beyond the 'BPA-free' label. Transparency and simplicity are better indicators of a safer product.

*Did you know...*

*Using bamboo utensils helps reduce your carbon footprint because bamboo is a highly renewable resource that grows back quickly!*

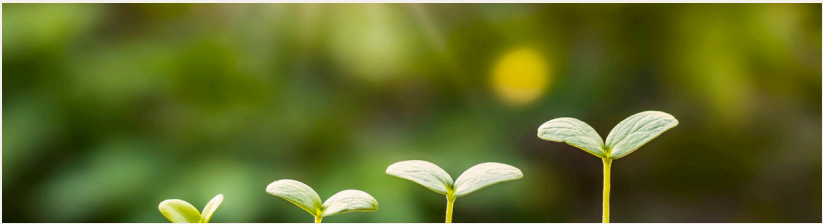
# Why This Work Matters

At PhiNutriomics, we believe that true wellness is regenerative.

It's not just about avoiding disease—it's about creating environments where life can thrive, from our children's mitochondria to the soil beneath our feet. It's about understanding how the air we breathe, the food we eat, and the materials we touch all shape our biology—and how our choices ripple outward to affect future generations.

This isn't about extremes. It's about informed, intentional living. It's about trusting your instincts and anchoring them in science. And it's about reclaiming your role as a conscious caretaker of your home, your health, and the world we all share.

When we care for our health, we care for the Earth.  
And when we care for the Earth, we ensure a healthier future for all.



# Next Steps – Keep Going, Gently

## **You've taken a powerful first step. What's next?**

This guide is just the beginning. You now have simple tools to reduce hidden exposures in your home—and every small shift you make adds up.

If you found this helpful, here are a few gentle ways to stay connected:

## **Follow for regular calm & clarity**

Join us on Instagram:

[@phinutri](#) – where we share science-informed insights, mini swaps, and regenerative wellness tips you can actually use.

## **Not on our email list yet?**

If this guide was shared with you, you can sign up here to receive future wellness tips, invitations, and early access to events:

[Subscribe here for low-tox living guidance and family health tips](#)

## **Take the Mini Wellness Quiz**

Curious how your home environment stacks up?

Take the quiz and get a personalised wellness tip based on your answers.

[Wellness Quiz](#)

You're not alone in this.

And you're already doing more than you realise.

**Created by:**

Morolayo Oladapo Fasan

Founder of PhiNutriomics

Website: <https://phinutriomics.com>

Instagram: [@phinutri](https://www.instagram.com/phinutri)

**Disclaimer:**

This guide is intended for educational purposes only and does not constitute medical advice.

Always consult your physician or qualified health provider with any questions you may have regarding a medical condition or before making changes to your health routine, especially for infants and young children.

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