

# Living Toxin-free With Essential Oils

by Tammy Longo

Do you ever wonder if the products in your home are safe for you and your family?

If you use conventional dryer sheets, room sprays or candles, most likely they have toxic ingredients in them. I had these in my home too until I discovered that there were safer products out there.

Besides the food we eat, there are two main sources of toxins: cleaning products and personal care products. Did you know that there are many hazardous chemicals in cleaning products that can affect your health? You can breathe the fumes into your lungs and the chemicals can get absorbed through your skin especially your hands.

How many personal care products do you use a day? On average women use 12 personal care products a day with over 150 ingredients in them. That's a lot of ingredients that I can't pronounce! Your skin is your largest organ and the products you use on your skin gets absorbed quickly into your body. All of these toxins can add up and cause burden to our bodies.

I believe that we all can benefit from removing toxins from our homes. With so much information out there, most people don't know where to start. It can be overwhelming and complicated until they find out how easy it is to make these changes for their family. For years, I knew that many of the products I was using were potentially harmful but I kept on saying I'll get to it, I'll make changes, and they seemed so expensive! I honestly didn't know where to begin. Life gets busy so I put it on my long to-do list with the hope that I would get to it someday. I learned that pure essential oils could also help us live a toxin-free lifestyle because they have therapeutic benefits and can support our overall health. We made the commitment to live as toxin-free as we could making simple swaps as we ran out of products. Now we use essential oils everyday and I can't imagine my life without them.

If you are ready to make some changes, here is a simple DIY hand sanitizer recipe:



I hope that I have given you a few easy tips to get started making changes so you can live a healthier lifestyle. There are more effective natural options that are not expensive and so much safer for you and your family.

To learn more:

Tammy Longo is a Wellness Coach and helps simplify the use of essential oils for women who want a healthier lifestyle for their families. Tammy has developed a 5 step *Simple Essentials System* to help women get started and not feel overwhelmed by the process. For a complimentary consult you can email her at

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