



Black History Month: Meet Robin Wilson, a Titan in Clean Design

By Tracy Leonard
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Since she was a little girl, Robin Wilson has suffered from allergies. At the time, a doctor had told Robin's mom that she could "raise a strong child or raise a child on strong medicine". Her mom chose the first. Robin's mom was a cleaning machine, removing dust, dander, and all other allergens from the home in order to keep Robin off of medications. Her mother's determination to raise a "strong child" paid off in many ways. One of those ways is that Robin is considered an ecofriendly design pioneer.

In her book, *Clean Design*, Robin teaches us how to use her four principles of design—sustainable, reusable, recyclable, and nontoxic, for every room of your home. She gave us some great, simple cleaning tips that are aligned to these principles.

- Use plain, white toothpaste and a little elbow grease to clean marks on your walls, especially on those creative crayon masterpieces our kids are so good at.
- Basic pantry supplies are all you need for cleaning supplies. Keep baking soda, lemons/lemon juice, and vinegar on hand to clean everything from countertops to removing the grime off of baking sheets.
- When you clean your home, clean from the top down. That goes from the top floor to the bottom floor and from the ceiling to the floor in each room. You will be more effective in getting all of the dust and allergens out of your home.
- Invest in a HEPA filter vacuum cleaner. If you can get or have an automatic robot vacuum cleaner even better because it can save you time (and as a mom we all could use more time).
- And when it comes to pillows, use the rule of 3's;
 - Wash your zippered pillow protector every 3 weeks
 - Wash pillows every 3 months
 - Replace pillows every 3 years

Robin's life mission is to help the 60 million Americans who suffer from allergies or asthma (1 in 4 people). With her Clean Design protocol, she works to educate consumers about hypoallergenic, sustainable and eco-friendly lifestyle options. With a personal medical journey of allergies and asthma, she is an expert on creating an eco-healthy lifestyle. To achieve her goals, she has written two books, spoken to media and audiences about simple solutions for their personal ecosystem – home!

Editors note: This is the first of a 3 part series featuring Robin Wilson and her role as a mother, entrepreneur, and leader in the global design industry. She is an Ambassador to the Asthma & Allergy Foundation of America.