

12+ EASY PRODUCT SWAPS FOR CLEANER LIVING



laundry detergent

One of the easiest changes and yet most invasive toxic exposures is thru out epidermis- skin! swap your most likely toxic detergent for [Molly's Suds](#) for [WHITES](#)

skincare

WHY? See above. [Facewash](#), [Hand soap](#), [Hair](#), [Bodywash](#), [Sunscreen](#).... But do you Tallow? P.S. [Toothpaste](#), [mouthwash](#)

cookware

Chemicals used to treat ceramic, Teflon and some stainless leak into food when exposed to heat- I go for [cast-iron](#) or this [stainless steel set](#).

cooking with foil

No matter the method, heating your food on aluminum is a no-no. Use parchment in oven or castirons on the grill.

dishwashing

Chemicals in your average detergent leak into pores of our dishware and further expose our food to contamination. Also- plastic pods? PVAS! Rosey's or [Blueland](#)

food storage

microplastics can be absorbed into our breads, vegetables and beautifully prepped meals - opt for [storing in glass](#) and using [beeswax wrap instead](#) of Ziploc or ceramic.



air filter

self explanatory : [Filter the air](#) of airborne pollutants. Also- when did you last check your House HVAC Filter?

your water - household : DM me FOR THE REAL DEAL

I said easy- not cheap. This may be one of the most IMPORTANT and effective ways to keep your body clean and thriving. [Reverse Osmosis](#) for drinking/dishwash, and a filter for each [showerhead/bathtub](#).



your water - on the go

Well this one is easy : swap that lead filled [canteen for glass](#) - no, you won't drop it (stay away, intrusive thoughts)



cleaning products

Most products have toxic chemicals- even ones who claim a clean label. [Use this for practically everything](#) or [WIPES](#)

foods

for more on this topic- follow my page. but to keep it short- toxic load is everywhere. Use the BOBBYAPPROVED app to educate and defend yourself. Also sign petitions on following page to remove chemicals from US food.



clothing

yes, our clothing today is produced in warehouses using formaldehyde, are made of materials containing PFAs, microplastics, heavy metals, and treated with toxic chemicals to hold color/stay wrinkle free on the racks (que: oh ya, I've never seen a wrinkled shirt) Opt to thrift when you can - or buy from one of [these](#)