WELCOME TO THE

HAVEN COLLECTIVE

we're so glad you're here!

BY MEGAN WILSON, CLT

SPRING CLEANING
but make it non-toxic

There's something about spring that makes you want to open the windows, reset your space, and start fresh - but what we clean with matters just as much as what we're cleaning.

Overtime, I've become more mindful about the products I bring into my home and treatment space. Many conventional cleaners can feel overly harsh, especially if you're already sensitive or trying to create a more supportive, low-tox environment.

Lately, I've been reaching for products from *Melaleuca*, a wellness store focused on thoughtful, everyday essentials that you can be confident are safe for you and your family. I love having options that feel effective while still aligning with a cleaner, more intentional lifestyle. The best part is, they cover all bases: household, personal care, supplements, beauty, etc...

If you're looking to transition your home to more mindful products, now is the perfect time to get started. Even a few simple swaps can make your space feel noticeably lighter.

Text "SPRING" to 615-282-8212 to get set up to shop

MY WELLNESS STORE ESSENTIALS

ALL PURPOSE CLEANER

TOUGH & TENDER

DETERGENT

META POWER DETERGENT

SKINCARE

SEI BELLA BASIC COLLECTION

SPRING RESET CHALLENGE WITH CARA CLARK

RESET YOUR BODY & FEEL LIKE YOURSELF IN 30 DAYS - WITHOUT DIETING

Join Cara on her Spring Reset Challenge, **starting April 13th**. A simple, real-food plan designed to help you beat bloat, stabilize energy, and finally feel good in your body again.

In just 4-weeks, you'll start to:

- Wake up with steady, all day energy
- Stop constantly thinking about food
- Feel lighter and less bloated
- Feel more confident in your body
- Actually enjoy eating healthy

JOIN HERE

TOP 4 ESSENTIAL OILS TO GET YOU THROUGH THIS SPRING SEASON

BY KRISTEN PARDUE, RD

- **Lemon** - Natural detoxifier that helps cleanse the lymphatic system and reduce histamine response
- **Lavender** - Acts as a natural antihistamine to calm inflammation and soothe irritated airways
- **Peppermint** - Opens up congested sinuses and airways instantly with its powerful menthol properties

Put 3 drops of each oil into a veggie capsule or into a shot glass of organic OJ

- **Breathe** - Doterra's respiratory blend that promotes clear breathing and eases seasonal respiratory discomfort ***not to be taken internally***

Put 1-3 drops diluted in 1 tsp coconut oil and rub on chest (if you have sensitive skin, use 1 tbsp) or add into your diffuser!

GET 25% OFF HERE

Spring Spores

SUPPORTING A BALANCED ENVIRONMENT THIS SEASON

BY KRISTEN PARDUE, RD

Key strategies for reducing toxic mold in your home:

- Control Moisture - The Root Cause
  - Keep indoor humidity between 30-50% (use a hygrometer to monitor)
  - Fix leaks promptly – roof, pipes, windows, and foundation
  - Use exhaust fans in bathrooms and kitchen during/after use
  - Dry wet surfaces, towels, or spills as quickly as possible – mold can begin growing within 24-48 hours
- Ventilation
  - Open windows regularly when weather allows
  - Run HVAC on "fan" mode periodically to circulate air
  - Don't block air vents with furniture
  - Use a dehumidifier in basements, crawl spaces, or any damp area
- High Risk Areas to Watch
  - Bathrooms: squeegee shower walls after use, wash shower curtains monthly, leave door open after showers
  - Kitchen: check under sink regularly, empty drip trays, vent the dishwasher
  - Basement/Crawl Space: encapsulate crawl spaces, use vapor barriers
  - HVAC system: Change filters every 1-3 months, inspect ducts periodically
- Air Quality Support
  - use a HEPA air purifier – especially in bedrooms
  - Consider adding plants like peace lilies or spider plants (minor benefit, but real)
  - Replace carpeting in moisture-prone areas with hard flooring
  - Clean with white vinegar or hydrogen peroxide on surfaces prone to mold (not bleach, which doesn't penetrate porous surfaces)
  - Don't store paper, cardboard, or fabric in damp areas – mold loves organic material
  - Inspect window seals and caulking annually

If you've never had your home professionally inspected for mold, I highly recommend it. Traditional mold inspectors can miss a lot – mold hides in walls, crawl spaces, and HVAC systems that visual inspections don't catch. For the most thorough assessment, I recommend a mold-sniffing dog inspection (Mold Pups if you're in Middle Tennessee) or working with JF Healthy Homes specifically. Mention my name – Kristen – for a discount!

Follow @kristenpardue on Instagram for more functional medicine wellness tips and root cause testing/protocols.

HELPFUL LINKS

Air Doctor - HEPA Air Purifier
Earth Day sale - get up to $688 off

JF Healthy Homes
Use code "Kristen" for a discount

Mold Pups
Midde Tennessee_Residents

Doterra Essential Oils
25% off with link

Beyond The Surface

WHAT YOUR BODY IS NAVIGATING THIS SEASON - AND HOW TO SUPPORT IT

BY MEGAN WILSON, CLT

It's rarely just one thing. More often, it's a little bit here and there of everyday exposures adding up over time. And seemingly with every year, our environment keeps getting worse and worse. Between environmental changes, increased chemical use, additives in our food, herbicides and pesticides, more time spent indoors, etc... our systems are being asked to process way more than they used to.

Spring, in particular, tends to bring a noticeable shift. Higher pollen counts, high humidity, mold, freshly cut grass, lawn treatments, and chemical-based cleaners can all contribute to that increased burden. Even things like synthetic fragrances, candles, and indoor air irritants can quietly add to the load.

When your lymphatic system gets overwhelmed, it can show up in many ways, but here are a few common ones:

- Lingering sinus congestion or pressure
- Puffiness, especially in the face or under the eyes
- Skin sensitivity, breakouts, or dullness
- A heavier, more sluggish feeling in the body
- Midday dips in energy
- Stronger or more frequent histamine reactions

It's often not about one major trigger, but the accumulation over time. When you start to recognize those patterns, it becomes easier to support your body in a way that helps you move through the season. Let this spring be your call to reset not just your home but your body too. It's time to feel good again.

COLLABORATING PRACTITIONERS

~

MEGAN WILSON, CLT

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NEW COOKBOOK LINK:

The Feel Good Way

Dear Reader,

A GENTLE REMINDER THIS SEASON

As we move into this season, let this be your reminder that you don't have to do everything all at once. Sometimes the most supportive thing you can do is slow down, tune in, and come back to what your body actually needs. It's not about doing more, it's about creating a space for what matters. Focus on a few small, supportive shifts that help you feel lighter, whether that's in your body, your environment, or your daily routines.

Reminder: Consistency always goes further than perfection.

With Love,
Haven Collective Team