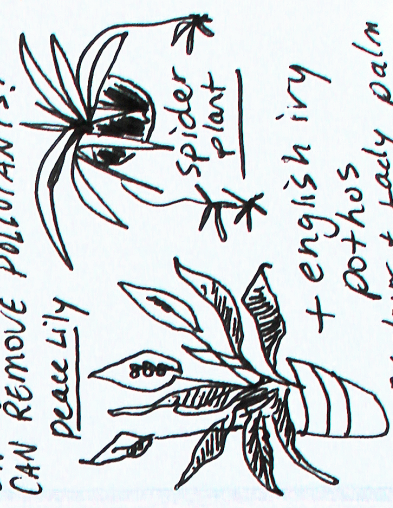


! show + turpentine + snake spores

+ english ivy  
pothos  
parlor palm



A NASA CLEAN AIR STUDY SHOWED COMMON HOUSEPLANT CAN REMOVE POLLUTANTS!

GOOD VENTILATION + OPENING WINDOWS IS KEY, ESPECIALLY IF YOU USE ANY HARSH CHEMICALS

AIR FRESHENERS SUCH AS GLADE PLUGS + CANKLES ANDLES CONTAIN CARCINOGENS LIKE FORMALDEHYDE. ALSO AVOID AEROSOL SPRAYS. SAFE ALTERNATIVES: SOY OR BEESWAX CANDLES W/ ONLY ESSENTIAL OIL BAKING SODA ABSORBS SMELLS.

AVOIDING ARTIFICIAL FRAGRANCES + PERFUMES IS USUALLY A SAFE BET. AVOID SHAMPOOS WITH SODIUM LAURYL SULFATE REPLACE SOAPS WITH A CASTILE SOAP ALTERNATIVE OR ONE WITH FEW INGREDIENTS. THE FEWER THE BETTER

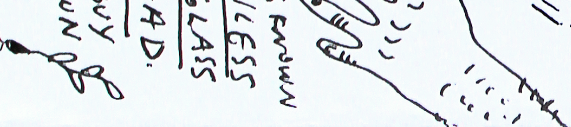
Put a 50:50 solution of water + white vinegar in a spray bottle + add in your favorite essential oils!

Vinegar is a great multi-purpose cleaner that's safe! It's also cheap + the acetic acid in it is a disinfectant powerful enough to dissolve dirt, grime, grease + kill bacteria.

Greenwashing is a common market ploy to make products seem more ecofriendly or safer than they really are. EX. Mrs. Meyers (owned by SC Johnson) has a few D-rated ingredients by the EWG.

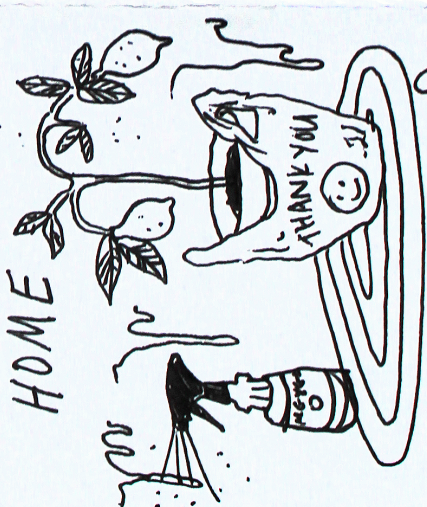
IF YOU WOULD NOT SWALLOW A PRODUCT, THINK TWICE ABOUT USING IT ON YOUR SKIN, AS OUR SKIN IS OUR LARGEST ORGAN + ABSORBS WHAT WE PUT ON IT. USE GLOVES + A MASK IF WORKING W/ HARSH CHEMICALS.

AVOID USING NONSTICK OR TEFLON COOKWARE AS THEY CONTAIN CARCINOGENS KNOWN AS PFOAS. USE STAINLESS STEEL, CAST IRON, GLASS OR CERAMIC INSTEAD. USE SNAP/EBT TO BUY SEEDS + GROW YOUR OWN HEALTHY PRODUCE!



2021

BY @SERENAVIDLART



A GUIDE TO A NONTOXIC HOME

AVOID FRIED FOODS OR CANOLA, SUNFLOWER, vegetable USE: AVOCADO, COCONUT OR olive oil.

AVOID USING PESTICIDES, FERTILIZERS OR HERBICIDES IN YOUR LAWN. THESE CHEMICALS HURT ANIMALS, HUMANS, EARTH + OUR WATER SUPPLIES. THEY INCREASE RISK OF CANCER. Perfect LOOKING LAWNS ARE BOURGEOIS NONSENSE. AVOID FORAGING PLACES THAT MIGHT USE CHEMICALS. ALWAYS ASK.



CANCER FIGHTING ALLIES: GREEN, RED CLOVER OR TURMERIC TEAS. LOOK INTO HERBALISM, ANCIENT WISDOM THAT HAS BEEN TAKEN AWAY FROM US BY DETRIMENTAL CAPITALISM.

DONT GET SHIP, GET MAD. WE CAN NEVER AVOID ALL THE TOXINS UNDER CAPITALISM BECAUSE THIS SYSTEM REQUIRES COMPETITION FOR EXPONENTIAL PROFIT. Companies will always work toward selling cheaper to make product, which will be toxic. We need community power + control. Hope is a discipline. Start Local.

