

Natural
ONLINE FINDS

FREE GUIDE

TOP 10 NON-TOXIC SWAPS
FOR A HEALTHIER HOME

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*Contains affiliate links

WELCOME PAGE

Welcome to your journey toward a cleaner, healthier lifestyle! Every small change you make contributes to your well-being and the planet. This guide is here to inspire you to make the top 10 most important swaps you need to make for a NON-TOXIC lifestyle! You don't need to be perfect, just intentional.

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TOP 10 NON-TOXIC SWAPS

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1. TOOTHPASTE

Why Swap? Conventional toothpaste may contain triclosan, artificial sweeteners, and fluoride, which can disrupt hormones and gut health. What to Look For: Natural ingredients like baking soda, xylitol, coconut oil. Pro Tip: Try making your own DIY toothpaste with simple ingredients!

Recommendations:

[!\[\]\(a03a7eb2f4046e1d3c76772003e549ea_img.jpg\) **Shop My Favorite Non-Toxic Toothpaste Here**](#)

BOKA
Fluoride Free Toothpaste
Nano Hydroxyapatite



JUST INGREDIENTS
Remineralizing Tooth Powder |
Fluoride-Free



DAVIDS HYDROXI Fluoride
Free Nano Hydroxyapatite
Toothpaste



RISEWELL Mineral Toothpaste
All Natural Toothpaste with
Hydroxyapatite



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2. DEODORANT

Why Swap? Aluminum and parabens can affect hormone balance. Non-Toxic
Tip: Transition slowly to natural deodorant to allow your body to detox.

Recommendations:

[!\[\]\(23d9fc146e83b5c3013cfa32c784f8d5_img.jpg\) **Shop My Favorite Non-Toxic Deodorants Here**](#)

HUMBLE BRANDS
Original Formula
Aluminum-free
Deodorant.



CLEO+COCO
Natural Deodorant for Women
& Men, Aluminum Free



JUST INGREDIENTS
Deodorant - Cedarwood
Spice | 3oz | 2 Pack



AGENT NATEUR
Natural Deodorant
Aluminum-Free, Non-Toxic



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3. SHAMPOO & CONDITIONER

Why Swap? Sulfates strip natural oils, leading to dryness and irritation.

What to Choose: Sulfate-free, fragrance-free, with plant-based oils.

Recommendations:

[!\[\]\(0aff635c4179ba9e710b00f4b01d3b20_img.jpg\) **Shop My Favorite Non-Toxic Shampoo & Conditioner Here**](#)

Acure Ultra Hydrating
Shampoo and Conditioner
Set



INNERSENSE Organic
Beauty Natural Hydrating
Shampoo | Non-Toxic,
Cruelty-Free



EVOLVh - Natural UltraShine
Moisture Shampoo | Vegan,
Non-Toxic



RAHUA
Hydration Shampoo,
Organic Moisturizing
Sulfate Free



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4. BODY WASH / SOAP

Why Swap? Many contain artificial dyes and synthetic fragrances that irritate sensitive skin. Clean Living Hack: Bar soaps tend to have simpler, cleaner ingredients than bottled washes.

Recommendations:

[👉 Shop My Favorite Non-Toxic Body Wash / Soap Here](#)

ALEAVIA BODY
Organic Body Wash Fragrance-
Free and Sulfate-Free



OSEA Undaria Algae™ Body
Wash 8 fl oz - Hydrating &
Moisturizing Body Wash



SALT & STONE
Body Wash Sulfate, Paraben,
& Dye Free



URSA MAJOR
Natural Bar Soap
Exfoliating Soap



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5. LAUNDRY DETERGENT

Why Swap? Phosphates harm aquatic life. Tip: Look for biodegradable, fragrance-free formulas.

Recommendations:

[!\[\]\(83f22ed94ec5517769dd76d702c6bfd8_img.jpg\) **Shop My Favorite Non-Toxic Laundry Detergent Here**](#)

TRULY FREE Laundry Detergent for Sensitive Skin | Plant-Based



BRANCH BASICS Laundry Detergent | Plant & Mineral-Based Formula



6. DISHWASHER

TRULY FREE Dishwasher Detergent Powder, No Harmful Ingredients



[!\[\]\(0d7ca0919e6c47bbd874bfa0189fe22e_img.jpg\) **Shop My Favorite Non-Toxic Dishwasher Here**](#)

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7. HOUSEHOLD CLEANERS

Why Swap? Ammonia and bleach are harsh on the lungs and skin. DIY Cleaner: Mix vinegar, water, and essential oils for an all-purpose spray.

Recommendations:

[👉 Shop My Favorite Non-Toxic Household Cleaners Here](#)

TRULY FREE Everyday
Cleaner - Multipurpose
Cleaner Spray



FORCE of NATURE
Multi-Purpose Cleaner &
Disinfectant Starter Kit



BRANCH BASICS
Premium Starter Kit



Dr. BRONNER'S
All-Purpose



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8. CANDLES

Why Swap? Paraffin candles release harmful toxins when burned. Safer Option: Choose soy, coconut wax, or beeswax candles with cotton wicks.

Recommendations:

[!\[\]\(e10773081adcaeab632f9dd4c8931cd5_img.jpg\) **Shop My Favorite Non-Toxic Candles Here**](#)

FONTANA CANDLE Co
Clean Burn and Non
Toxic



AMBER VALE HOME,
Phthalate Free, Non-Toxic, and
Healthy Clean Burning



MEANINGFUL MANTRAS
Vegan Clean Burning
Non Toxic Candles



SLOW NORTH Moonglow
Candle Essential Oils and Pure
Soy Hand-Poured in The USA



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9 . Skincare

Why Swap? Many traditional products contain heavy metals and synthetic dyes. Clean, effective skincare that delivers results without harmful chemicals, safe for your skin and your health.

[!\[\]\(8b57f0e15e7dda24cf9977561475f640_img.jpg\) Shop My Favorite Non-Toxic Skincare Here](#)

SAIE

Dew Bronze Hydrating
Liquid Bronzer Stick



RMS BEAUTY

SuperNatural Radiance
Sunscreen SPF 30 Tinted Mineral



HONEST BEAUTY Hydrating
Liquid Lipstick with Hyaluronic
Acid + Avocado Oil | EWG
Verified, Vegan + Cruelty Free



OGEES culpted Face Stick
Certified Organic Bronzer
Stick & Contour Makeup



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10. MAKE UP

Why Swap? Many traditional products contain heavy metals and synthetic dyes.
Clean Beauty Hack: Choose multi-purpose products to minimize exposure.
Recommendations:

[!\[\]\(f4349ea867b307dd2675269f68d0971f_img.jpg\) Shop My Favorite Non-Toxic Makeup Here](#)

SAIE

Dew Bronze Hydrating
Liquid Bronzer Stick



RMS BEAUTY

SuperNatural Radiance
Sunscreen SPF 30 Tinted Mineral



HONEST BEAUTY Hydrating
Liquid Lipstick with Hyaluronic
Acid + Avocado Oil | EWG
Verified, Vegan + Cruelty Free



OGEES culpted Face Stick
Certified Organic Bronzer
Stick & Contour Makeup



NON-TOXIC HOME CHECKLIST

- Switch to fluoride-free toothpaste
- Use aluminum-free deodorant
- Choose sulfate-free shampoo
- Replace candles with soy/beeswax
- Use non-toxic laundry detergent

CLEAN LIVING RESOURCES

- Documentaries: Stink! | The Human Experiment
- Books: Slow Death by Rubber Duck by Rick Smith
- Apps: Think Dirty and EWG's Healthy Living for product scans

"Small changes create big waves. Every swap you make is a step toward a healthier you and a cleaner planet. Keep going, you 're doing amazing!"



THANK YOU FOR TRUSTING US!

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