

Laundry Room Makeover



Dangerous ingredients are lurking in your laundry products!

In this Laundry Room Makeover, I will give you step by step actions to protect your family against dangerous chemicals lurking in your laundry room. Studies have proven time and time again that prolonged use of these chemicals can cause harm to your health especially in children, who are more vulnerable to chemical exposure. The harm occurs over time, little by little from constant daily exposure. The good news is that our bodies heal quickly once the exposure is eliminated.

The laundry room is a crucial place to start your journey to a healthier more vibrant home. Why you ask? Our skin is the body's largest organ and we are like sponges, absorbing everything that comes in contact with us. The residues left behind from the laundry products rub against our skin constantly, we only get a break when we bathe...but no, we dry off with towels that are also coated with these chemicals. We even breathe them in through the fragrances that are engineered to penetrate deep into every fiber. As you perspire the moisture will reengage the residues and quickly be absorbed into the blood stream through our skin.



For more info check out my videos "Why are Fragrances Bad for You?" and "How do Laundry Detergents Cause Rashes?" on my Youtube channel at Annette Heller.

STEP BY STEP GUIDE

REMOVE PRODUCTS WITH THESE TOXINS

Sodium Lauryl Sulfate (SLS)	UV/Optical Brighteners
Sodium Lauryl Ether Sulfate (SELS)	Dyes
Ammonium Lauryl Sulfate (ALS)	Ammonium Quaternary Sanitizers (Quats)
1,4 Dioxane	Nonylphenol Ethoxylates (NPE's, nonoxynols)
Chlorine Bleach	Benzyl Acetate
Frangrance, Parfum	Dichlorobenzene

These ingredients have a wide range of functions from creating foam, keeping ingredients suspended to plasticizers that carry fragrance and brighteners deep into your garments to purposely leave residues behind. Oddly enough these ingredients don't actually clean your clothing but they all come with their own warnings and should be avoided whenever possible.

Most likely you will never actually see these listed on any laundry product label. There are no labeling laws for cleaning products and companies are protected from listing ingredients so as not to give away any "trade secrets." Also, terms such as "all natural," "biodegradable," "green" or "free and clear of..." have no real meaning and manufacturers are permitted to use these terms willy nilly (yes, I just said willy nilly).

The CDC reports "Every day, over 300 children in the United States ages 0-19 are treated in an emergency department, and two children will die, as a result of being poisoned." This is a staggering number especially since these deaths are 100% completely preventable. This number doesn't take into account the less acute toxins such as hormone disrupting chemicals or carcinogenic compounds in most of our household products.



STEP BY STEP GUIDE

DETERMINE THE PRODUCTS YOU REALLY NEED

Take a look at the many products used in a typical laundry room. First, there is the main event, laundry detergent. Many will add a fabric softener, something for stains and whitening then finishing up with dryer sheets.

Let's break these down.

Laundry Detergent: This is key to getting your clothing clean. Unfortunately many detergents today have dyes, fragrances and UV brighteners. These detergents are engineered with plasticizers to deeply penetrate and coat every fiber with fragrances and dyes. Thick goopy detergent also leaves residues in your machine and is a breeding ground for bacteria. Ever notice that your laundry is musty smelling after a few hours in your machine or worse yet, your clothes also smell? Many people complain that their HE machines are always moldy smelling, this is not an issue once you switch to safer detergent.

When determining what laundry detergent to use, consider some of these factors.

- What types of items will you be laundering? Greasy work clothes, dressy delicates, infant clothing, athletic gear or all of the above.
- What type of water do you have? Hard well water, softened or public water, this can determine what detergent and the amount necessary to use.
 - What equipment do you have? A HE washer or top loader, some detergents work better for each type of machine.

I actually have several laundry detergents and I love how each one works for each category. I have a heavy duty for greasy work clothes and athletic gear, an enzyme based cleaner for towels and bedding and a gentle cleaner for whites, delicates and sweaters. This may seem like a lot but our laundry is not a one size fits all and our detergents reflect that as well. I also have well water that goes through a softener and filtered, however, it is still hard so I found a detergent formulated for hard water.

STEP BY STEP GUIDE

Fabric Softeners and Dryer Sheets: Whichever form you use to soften your clothes the same ingredients are present. These products are designed to leave waxy coatings behind and give the illusion of soft clean clothing. In reality these coatings make towels less absorbent and inhibit the wicking property of clothing to assist our bodies in staying comfortable. Worse yet, we are absorbing these coatings into our bodies through our skin. If there are no residues left behind from the detergent then there is no need to soften the clothes any further. This step then becomes obsolete.

I find that the most difficult challenge for people when it comes to making over the laundry room is...
they really love the scent!

But...These fragrances are **THE MOST DANGEROUS CHEMICALS IN YOUR LAUNDRY!**

Once you can get over the fact that clean doesn't have a scent, you can really start to experience truly clean, soft clothing and absorbent towels.

- Add 1/2 cup of white vinegar to your rinse cycle helps soften and brighten garments.
- Adding wool dryer balls to your dryer helps soften clothing and eliminates static.
- Add drops of lemon essential oil to your wash or rinse cycle for really fresh scent.

How do wool dryer balls work? The wool absorbs the moisture then creates humidity in the dryer eliminating the dry friction that causes the static plus clothes are less wrinkled. At the same time they absorb moisture, shortening the dry time. Plus they last forever saving you a chunk of money in the long run. It's a win-win!



When purchasing dryer balls, make sure they are 100% wool or alpaca. You will need at least 5-6 for a normal size load.

STEP BY STEP GUIDE

Stain removers: These come in various forms, such as sticks, sprays and gels. Not only are the heavy duty chemical solvents used in these products bad for your clothing, but really dangerous for you as well. Have you ever read the warning label on your stain remover? I'll just say, it's a tad scary.

Let's face it, stains happen!



- Get a stiff toothbrush just for the laundry room.
- Make a paste with baking soda and water and brush into the stain.
- Pour peroxide, lemon juice or club soda on a stain and let sit a few minutes.
- Toothpaste is great for getting dried paint out of your clothing.
- A dab of straight up laundry detergent also works great.

Whiteners: They help get those whites whiter and colors brighter! Aside from bleach (which is the worst offender), the basic ingredients used in whiteners are not toxic, it's the other added chemicals like fragrances, (do not underestimate how really bad for you these are), anti-caking additives and sometimes surfactants (SLS, SELS).

DIY

- Add 1/2 cup peroxide along with your laundry detergent.
- Add 1/2 cup baking soda with your laundry detergent.
- Slice one lemon to a large pot of water. Bring to a boil then remove from stove. Add dingy whites and let soak for an hour then wash.
- Sunshine! Yes, hang your items in the sun to whiten and brighten them.

STEP BY STEP GUIDE

HOW TO IDENTIFY SAFE PRODUCTS

This sounds pretty simple, right? Unfortunately this is much more difficult than it sounds. With incomplete to no ingredient listings on labels, it can be tricky to tell what is a safe product and what is not.

Here are some resources and apps to help you make informed purchases!



Think Dirty® app is the easiest way to learn ingredients in your beauty, personal care and household products. Just scan the product barcode and Think Dirty will give you easy-to-understand info on the product, its ingredients, and shop cleaner options! <https://thinkdirtyapp.com>



EWG's (Environmental Working Group) Healthy Living App Ratings for more than 120,000 food and personal care products at your fingertips. <https://www.ewg.org/apps/>



This App includes all Food Additives and Cosmetic Ingredients that can cause ailment reactions based on the international best selling book *The Chemical Maze*. All the facts you need to know to identify the many ingredients that can cause ailments. <https://chemicalmaze.com/>

PURCHASING GUIDE

Here is a listing of safe laundry products listed alphabetically. I recommend visiting their websites to see what would work best for you, your laundry needs, equipment and water.

 Tried and recommended by The Inspired Living Studio.

Attitude: <https://attitudeliving.com/>

Better Life: <https://www.cleanhappens.com/>

Branch Basics:  <https://branchbasics.com/>

Meliora: <https://meliorameansbetter.com/collections/laundry>

Molly's Suds:  <https://www.mollysuds.com/>

My Green Fills:  <https://mygreenfills.com/>

Norwex:  <https://raeannbird.norwex.biz/>

Rockin Green:  <https://rockingreen.com/>

The companies listed below offer both safe and toxic products check your app before purchasing:

Biokleen: <https://biokleenhome.com/>

The Honest Company: <https://www.honest.com/>

Toxic Ingredient List

Here is a breakdown of some of the toxic ingredients that are present in most laundry products.

Sodium Lauryl Sulfate (SLS)/

Sodium Lauryl Ether Sulfate (SLES)

Ammonium Lauryl Sulfate (ALS)

Where to Look: Detergents, Shampoos, hand soaps, dish soaps.

Purpose: Surfactant for stain/soil removing. Foaming agent.

Why Avoid: Irritation of skin, eyes, or lungs; organ system toxicity (non-reproductive); environmental ecotoxicology.

1,4 Dioxane (Diethylene Dioxide/ Diethylene Ether/ Dioxan)

Where to Look: Detergents, Softeners, Stain Removers, Cosmetics.

Purpose: Solvent for Stain/Soil Emulsifying, Blending Perfumes, Stabilizing.

Why Avoid: Irritation of skin, eyes, or lungs, endocrine and hormone disrupter, known carcinogen.

UV/Optical Brighteners

Where to Look: Detergents, Softeners, Products with Blue beads and coloring, Plastics, Textiles

Purpose: Gives the appearance of brightness by absorbing ultraviolet light and re-emitting fluorescence.

Why Avoid: Can cause allergic reactions and/or rashes when in contact with skin. Some are documented carcinogens and hormone disrupters. Harmful to aquatic life.

Chlorine Bleach

Where to Look: Bleach, Whiteners, Brighteners, Detergents.

Purpose: Oxidizer for stain/soil removing. whitening agent.

Why Avoid: Irritation of skin, eyes or lungs, respiratory problems; nervous system damage; asthma; headaches.

Chlorine Bleach

Where to Look: Bleach, Whiteners, Brighteners, Detergents.

Purpose: Oxidizer for stain/soil removing. whitening agent.

Why Avoid: Irritation of skin, eyes or lungs, respiratory problems; nervous system damage; asthma; headaches.

Ammonium Quaternary Sanitizers (Quats, Synthesized Cationic Surfactants)

Where to Look: Detergents, Softeners, Stain Removers, Dryer Sheets, Hand Soaps, Hair Conditioners, Wipes.

Purpose: Soften fabrics and carry fragrance.

Why Avoid: Can cause allergic reactions resulting in irritation of skin, eyes, or lungs; organ system toxicity (non-reproductive), and the environmental ecotoxicology.

*This information was taken from the www.mygreenfills.com "Laundry Room Dirty Dozen"

Want to learn more?

If you would like to continue creating a healthy and vibrant home, visit our website for more helpful info, how-tos and resources.

www.thesagehearth.com

To connect with a community on the same journey, join The Sage Hearth Sisterhood. A private group dedicated to working through the transformation to a lower toxic lifestyle. More info on TheSageHearth.com/about/

Let's stay social:



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