

# Detox Your Home

## Clean – Sanitize – Affordable

What's in your cleaning bucket?

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- Reduce toxic products
- While keeping clean - sanitized – in a budget



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## The Truth About Everyday Toxins

 **What if your home is what's making you tired, foggy, or moody—and you didn't even know it?**

We don't need to live in fear—with that said WE *do* need to be aware.

## Every day, we're:

- Breathing in chemicals from air fresheners, candles, and cleaning sprays
- Wearing toxins through lotion, laundry, and soaps
- Absorbing them through skin in seconds

 These invisible exposures are linked to:

- Mood swings + brain fog
- Hormonal imbalance
- Autoimmune flares + skin issues

👉 *What touches your skin is in your bloodstream in > 2 minutes.*

 **You can't control it all—but you *can* control the little things. And those little things matter.**

# Swap This → For That



## Detox Made Doable

If it has a *skull* on the label, it doesn't belong in your home.  
If it has a Warning Label: Believe IT!

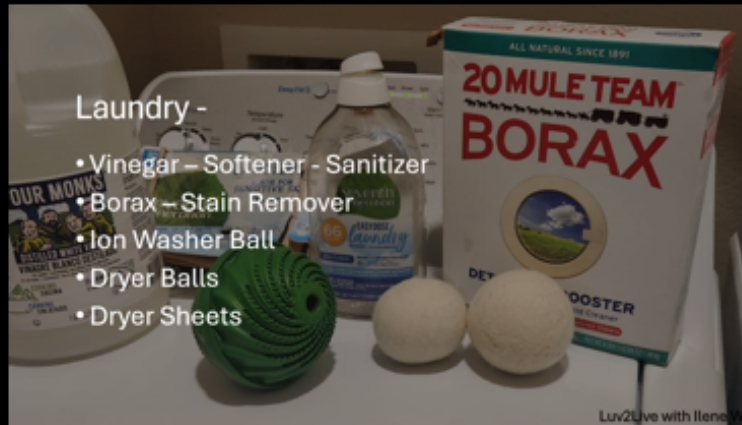
### ✔ Start here—with these simple swaps:

📌 These swaps reduce:

- Phthalates (hormone disruptors)
- Formaldehyde (carcinogen)
- Benzene (linked to blood issues)

 Toss This	 Try This Instead
Bleach cleaner	Vinegar + lemon oil
Dryer sheets	Wool balls + lavender
Scented candles	Beeswax or diffuser
Fragranced soaps	Unscented castile soap
Multipurpose sprays	Vinegar + water mix

👉 *Each switch is a vote for your future energy + clarity.*



### Laundry -

- Vinegar – Softener - Sanitizer
- Borax – Stain Remover
- Ion Washer Ball
- Dryer Balls
- Dryer Sheets

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### Air Freshener Air Sanitizer

Reduce Dust  
Air Viruses and Bacteria  
VOCs

- Quality Air Filter
- UV Light
- Air Purifier
- Essential Oil Spray
- Essential Oil Diffuser



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### Cleaning Tools

- Natural – Effective and Affordable
- My Household Cleaner Bottle lasts a year

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💛 *Progress is the goal. Not perfection.*

## ✨ Support Your Body— Don't Fight It

Your body isn't failing you—it's protecting you. But if your detox bucket is overflowing? That's when symptoms show up.

### 🌿 Simple ways to lighten the load:

- Open the windows for 15 min/day
- Add 1 air-purifying plant per room
- Swap 1 product per week (whether it's empty or not)
- Use filtered water (shower + sink)
- Say goodbye to products with “fragrance”

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“I didn't change everything overnight. I started with one ingredient, one product, one habit—and that's what gave me life.”

# You're Not Broken—You're Blocked

# Let's Do This Together

We live in a world we can't fully control.

The air we breathe, the water we bathe in, the products in every aisle... it's a lot.

## Here's the truth:

**1** First, we change what we *can*.\*

One product. One label. One swap at a time.

**2** Then, we build our bodies and our lifestyle to better handle the things we can't avoid.

🛡️ It's not that we'll never get knocked down.  
But we *can* rise. We *can* recover.

If you've been stuck in what feels like a never-ending cycle of fatigue, fog, pain, or frustration...

👉 these simple steps may be your first ladder out.

🧠 The body can handle *a lot*—it's brilliant and resilient.

But it's drowning in the overbranded, overstimulated, over-sprayed lifestyle we've accepted as "normal."

✨ The body is *designed to heal and repair*. **Yes—even yours.**

So let's pick our battles. Let's win the ones we *can*—and together, build a life that supports our health, our peace, and our purpose.

👉 *This isn't a quick fix. This is a long-term lifestyle.*

One that adds up with every decision you make—because *the cumulative effect is real*.

**Let's walk this out together.  
You don't have to do it alone.**

With love + grit,

**Ilene**

*Wellness. Worth. Whole.*

*Founder, Luv2Live Ilene*



**Luv2Live**

**Ilene**

**You're not Broken – You're just Blocked**

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