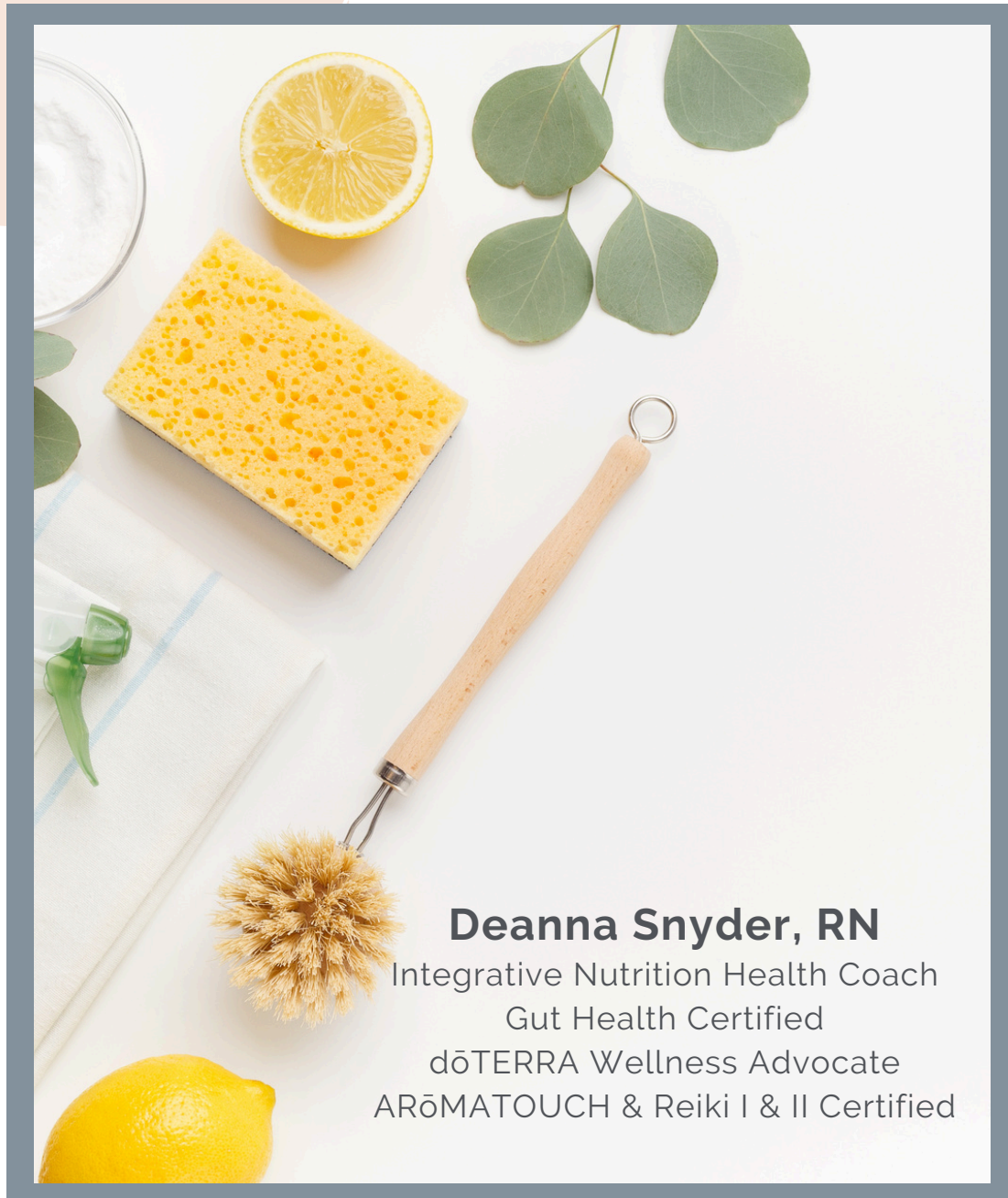


# Toxin Free Living

Simple DIY Recipes for Your Home



**Deanna Snyder, RN**

Integrative Nutrition Health Coach

Gut Health Certified

dōTERRA Wellness Advocate

ARōMATOUCH & Reiki I & II Certified

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# Welcome

Thank you for downloading this guide!

Starting to implement healthier habits doesn't have to be daunting or complex. I want to share insights from my personal journey, as well as knowledge gained through my education, experience, and mentorship in the fields of health, wellness, and nutrition.

It's essential to reduce your toxic load for a healthier home environment and overall well-being. Toxic chemicals can enter our bodies through inhalation and skin absorption. Many commercial cleaning products necessitate wearing gloves and masks to avoid harm. Additionally, several of these harmful ingredients are not regulated by the Toxic Substances Control Act due to being outdated or grandfathered in.

In this e-book, I present some of my favorite non-toxic household recipes.

I would love to hear your thoughts!

I invite you to visit my Facebook or Instagram pages if you have any questions, comments, or if you'd like to share your progress.

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# What You Will Need

## CONTAINERS

- 8 ounce glass spray bottles
- 16 ounce glass spray bottles
- glass mason jars
- glass foamer bottle
- airtight storage container

## INGREDIENTS

- Olive Oil
- Vinegar
- Baking Soda
- Castile Soap
- Water
- Salt
- Borax
- Washing Soda
- Epsom Salt
- Witch Hazel
- Vegetable Glycerin
- Paper Towels

## ESSENTIAL OILS

- Lemon
- OnGuard® Protective Blend
- OnGuard® Cleaner Concentrate
- Purify Cleansing Blend
- Citrus Oils: Lime, Grapefruit, Wild Orange
- Tea Tree Melaleuca
- Lavender
- Peppermint
- Clove
- Lemongrass
- Rosemary
- Spearmint
- Eucalyptus
- Thyme



**TOP 10**

# Hazardous Household Chemicals

- Air Fresheners
- Ammonia
- Bleach
- Carpet & Upholstery Shampoo
- Dishwasher Detergents
- Drain Cleaner
- Furniture Polish
- Mold & Mildew Cleaners
- Oven Cleaners
- Antibacterial Cleaners
- Laundry Room Products
- Toilet Bowl Cleaners



# Toxic Chemicals Are Found In

- Plastics
- Food
- Soil
- Water
- Cookware
- Mattresses
- Upholstered Furniture
- Cosmetic / Makeup
- Household Cleaning Products
- Self-care Products







# Common Toxins

- Toluene
- Chloroform
- Methoxydiglycol
- 2-butoxyethanol
- Carbon Tetrachloride
- Bis (2-ethylhexyl) Phthalate
- Eugenol
- 1,4-dioxane
- Butoxydiglycol
- Dibutyl Phthalate
- Ethoxylate Surfactants
- Butyl Benzyl Phthalate (BBP)



# Is Your Home Slowly **POISONING YOU?**



Artificially  
Scented Candles



Fabric  
Softeners



Scent  
Warmers



Reed diffusers with  
artificial fragrances



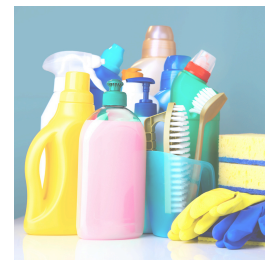
Lotions



Adulterated  
Essential Oils



Hairspray  
Beauty Products



Cleaning  
Supplies



Dryer  
Sheets



Perfumes  
& Colognes



Air Freshener  
Plug Ins



Soaps

Let's go on a **toxin hunt** and **detox** your home.  
Check out the labels and if you notice that any fragrance,  
perfume or parfum ingredients are listed, toss them!

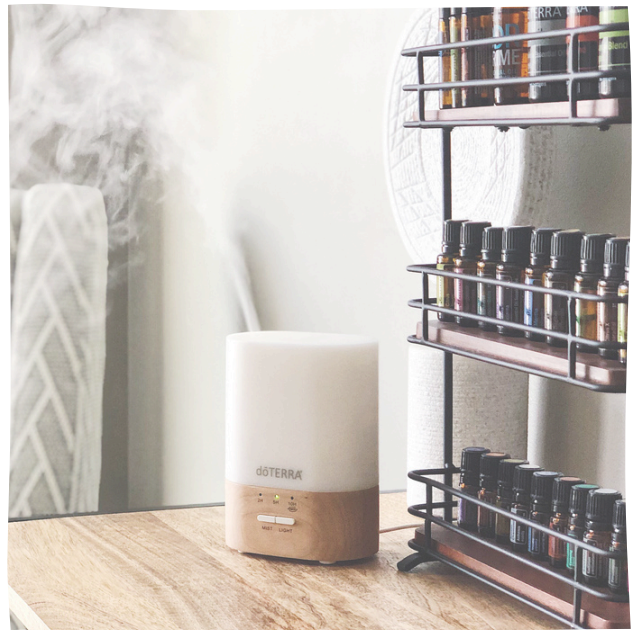
## **Fragrances can cause:**

- Hormone disruption
- Reproductive issues
- Allergies
- Headaches
- DNA damage
- Respiratory issues

# Candles vs. Diffusers



- Fire hazard
- Toxic synthetic scent
- Dangerous pollutants
- Can be costly
- Soot can contain benzene / toluene which can damage the brain and lungs.



- Purifies the air
- Safe for everyone
- Uplifts mood
- Pennies per drop
- Customized scent
- No synthetics added
- Lowers stress
- Boosts immune system

# Diffusers Blends

For Everyday!



## **Magic**

3 drops Frankincense  
3 drops Sandalwood  
3 drops Cinnamon Bark  
3 drops Grapefruit

## **Dinner Party**

2 drops Lemon  
2 drops Lavender  
2 drops Rosemary

## **Abundant Knowledge**

2 drops Rosemary  
2 drops Wild Orange

## **Harmony**

3 drops Lavender  
3 drops Lavender  
1 drop Frankincense

## **Karma**

3 drops Lavender  
3 drops Bergamot  
1 drop Frankincense

## **Happy Breeze**

4 drops Citrus Bliss  
2 drops Whisper

## **Love**

2 drops Ylang Ylang  
2 drops Lemon  
2 drops Whisper  
2 drops Geranium

## **Elevate**

2 drops Lemon  
2 drops Wild Orange  
2 drop Peppermint

## **Calm**

3 drops Serenity  
3 drops Balance  
3 drops Adaptiv

**Have fun and experiment and get creative!**

Let your intuition be your guide.



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## RECIPE All Purpose Cleaner

- 16 ounce glass spray bottle
- 1 ½ cups water
- ½ cup vinegar (or more water)
- 1 Tablespoon liquid Castile soap
- 20 drops dōTERRA essential oil (see suggestions below)

### **Some recommended combinations include:**

Lavender and Lemon;  
Eucalyptus, Peppermint, and  
Wild Orange; On Guard blend;  
Grapefruit and On Guard

Add all ingredients to spray bottle. Shake each time before using.

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A roll of white paper towels is shown on a wooden surface. The roll is partially unrolled, and the texture of the paper is visible. The background is slightly blurred, showing a kitchen setting.

RECIPE

# Homemade Cleansing Wipes

- 1 roll premium paper towels
- 2 cups warm water (start with half this amount)
- 2 tablespoons fractionated coconut oil (or vodka)
- 3 drops OnGuard® Protective Blend
- 3 drops Lemon essential oil
- 1-2 tablespoons OnGuard® Foaming Hand Wash (or OnGuard® concentrate)
- An airtight storage container

Cut paper towel in half widthwise with a serrated or electric knife. Use half the roll now, and half later.

Combine water, fractionated coconut oil, essential oils, and On Guard Foaming Hand Wash in a small bowl.

Pour the mixture over the paper towels and then cover with the airtight lid letting the mixture absorb for 10 minutes.

Turn the container over and let sit for another 10 minutes.

Remove and discard the cardboard middle. Just pull the wipes from the center when you are ready to use.

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RECIPE

# Soft Scrub Cleaning Paste

- $\frac{3}{4}$  rounded cup baking soda
- $\frac{1}{4}$  cup liquid Castile soap (or 2 tablespoon OnGuard® Cleaning Concentrate)
- 1 tablespoon water
- 1 tablespoon vinegar
- 15 drops dōTERRA essential oil, 10 drops Purify + 5 drops lemon)

In a bowl, combine the baking soda and Castile soap. Add the water and stir. Add the vinegar and essential oil. The consistency should be a soft paste. Store in an airtight container.

Alternate uses: Laundry Stain Pre-treat, scrub for pots and pans, stove top cleaner, 1-2 tablespoon in dishwasher, oven cleaner





## RECIPE Toilet Bowl Cleaner

- 1 cup White Vinegar
- 1 cup Baking Soda
- 5 - 6 drops Lemon

In a large pitcher, put in 5 to 6 drops of lemon oil and 1 cup of white vinegar.

Dump in 1 cup of baking soda and as it foams up, pour into the toilet.

Let it sit for a few minutes, then brush and flush.



RECIPE

# Window Glass Cleaner

- 1 cup White Vinegar
- 1 cup Baking Soda
- 5 - 6 drops Lemon

In a large pitcher, put in 5 to 6 drops of lemon oil and 1 cup of white vinegar.

Dump in 1 cup of baking soda and as it foams up, pour into the toilet.

Let it sit for a few minutes, then brush and flush.



RECIPE

# Wood Furniture & Floor Polish

- ¼ cup olive oil
- ¼ cup vinegar
- 10 drops dōTERRA essential oil (Wild Orange or Lemon)
- 8 ounce glass spray bottle

Add 10 drops of essential oil into the glass spray bottle.

Add olive oil and vinegar.

Shake well before each use.

Apply to a microfiber cloth and wipe wood surfaces clean.

Repeat every 2-3 months or as often as needed.





RECIPE

# Air Freshness

- 1 small Mason jar with a lid and band
- $\frac{1}{4}$  cup baking soda
- 5-6 drops of your favorite dōTERRA essential oil
- Hammer
- Small screwdriver or nail

Put  $\frac{1}{4}$  cup baking soda into your small Mason jar. Add 5-6 drops of your favorite dōTERRA essential oil or blend. Recommended Essential Oils: Balance, Cassia, Geranium, Eucalyptus, Lavender, Lemon, OnGuard®, Purify, or Wild Orange.

Put the lid on top of the Mason jar and seal it tight with the band. Take your hammer and nail and punch small holes in the top.

You're done! Just place the jar in an area you would like to keep smelling fresh. This could include: the bathroom, near a garbage can, in your closet, near your dirty clothes, etc.

Shake the jar often to activate the fresh scent. If the scent starts to fade, simply add 2-3 more drops of essential oil into the jar.

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RECIPE

# Carpet Cleaner Deodorizer

- 1 cup Baking Soda
- 25-50 drops of Tea Tree, Lemon, Purify or another favorite essential oil
- Glass Mason Jar

Mix 1 cup baking soda and 20-50 drops Tea Tree / Melaleuca, Lemon, Purify or another favorite oil in a glass jar.

Close jar, shake together and let stand overnight.

Sprinkle lightly over carpets, let sit 15 minutes and then vacuum.

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RECIPE

# Garbage Disposal Refreshers

- 2 cups baking soda
  - 1 cup salt
  - ½ cup water
  - ⅓ cup liquid Castile soap (any scent)
  - 30 drops Lemon essential oil
- 
- Combine baking soda and salt into bowl.
  - Add Castile soap and essential oil into mixture.
  - Add water 1 tablespoon at a time while stirring with hands until it forms into the consistency of “damp sand”. It should stay together when you press it together. If you add too much water just add some more baking soda and salt until the consistency is right.
  - Grab a tablespoon measurement device and scoop packed spoonfuls onto parchment paper.
  - Once the mixture has been scooped, let dry for 24 hours or until they are hard. One batch should make about 36 garbage disposal refreshers.
  - Put into glass jar and use the next time you do dishes! Just put 1-3 refreshers into the garbage disposal and turn it on. You will immediately smell the refreshing Lemon essential oil.

Alternate Uses: Before drying, this scrub is also great to use to help clean your kitchen sink, refrigerator, or tile floors.





RECIPE

# Dish Soap or Produce Wash

- 1 tablespoon On Guard cleaning concentrate (or Castile soap + OnGuard® oil)
- 4 ounce foamer bottle

Fill with water.

Alternate Uses: Hand soap



RECIPE

# Powered Laundry Detergent

- 2 bars unscented Dr. Bonner's Castile soap or Fels-Naptha soap, grated
- 2 cups of borax
- 2 cups of washing soda
- 20 drops of oil (Lavender, Purify, Wild Orange)

Mix all together thoroughly in a big mixing bowl.

TIP: Use a food processor to grate and mix all the ingredients.





## RECIPE Dryer Balls

- 3 to 4 wool dryer balls
- Add two or three drops of your favorite dōTERRA essential oil to each wool dryer ball

### Suggested Oils:

- Lavender
- Balance
- Purify
- Wild Orange
- Lemon
- Serenity
- Citrus Bliss





RECIPE

# Fabric Softener

- Fill a glass container with white distilled vinegar
- Add 10-15 drops of Lavender

Add ½ cup to your softener cycle.



## RECIPE Weed Be Gone

- 1 gallon vinegar
- 1 cup Epsom Salt
- $\frac{1}{4}$  cup Dish Soap

Mix together in a clean gallon pump.

Spray on any unwanted growth in the morning and they will be gone by sunset.





RECIPE

# Indoor Bug Control

- 4 ounces water
- 4 ounces Witch Hazel
- 15 drops dōTERRA essential oil
- ½ teaspoon vegetable glycerin

Add all ingredients in an 8 ounce spray bottle. Shake before each use.

**Ants:** Peppermint

**Fleas:** Lavender, Lemongrass, Thyme

**Flies:** Basil, Clove, Eucalyptus, Lavender, Peppermint, Rosemary

**Moths:** Lavender, Peppermint

**Roaches:** Eucalyptus

**Spiders:** Peppermint

**Ticks:** Lavender, Lemongrass, Thyme

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# RECIPE Bug Spray for Garden

- 8 ounces water
- 1 teaspoon liquid Castile soap
- 5 drops TerraShield® essential oil
- 5 drops Peppermint
- 5 drops Clove

Add all ingredients in an 8 ounce spray bottle.

Shake before each use.

Spray directly on plants

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# Transforming lives using natural solutions

Many people aspire to lead a healthier lifestyle, yet they often struggle to piece together a solid plan or simply don't know where to start. This can feel quite daunting!

In such situations, having a knowledgeable advisor, such as a health coach, can be incredibly beneficial. They can guide you through a step-by-step process to adopt healthier eating and lifestyle habits.

I invite you to reach out to me and book your complimentary Natural Solutions Discovery Session and uncover how you can thrive and reach your wellness goals!

## doTERRA Customer Benefits & Exclusive Offers:

- **25% discount for one year**, renewable for \$25 with a 15 mL bottle of Peppermint.
- **Earn up to 55%** rewards through the Rewards Program.
- **Monthly Specials** available for members only.
- **Earn 20%** on a friends first order with your referral code.

## Let's stay in touch

### Deanna Snyder, RN

Integrative Nutrition Health Coach

Gut Health Certified

dōTERRA Wellness Advocate ID 473794

Reiki & ARōMATOUCH Certified



# Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





\*These statements have not been evaluated by the Food and Drug Administration. Not intended to diagnose, treat, cure, or prevent any disease.

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