



The Ultimate Guide to Non-Toxic Living: Healthy Home Upgrades

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Abstract

Non-toxic living and maintaining a healthy home are vital in Canberra to safeguard residents from harmful chemicals found in conventional cleaning products and furnishings. Emphasizing natural alternatives promotes better indoor air quality, reducing health risks such as allergies and respiratory issues. Additionally, it supports environmental sustainability, aligning with Canberra's commitment to a green, eco-friendly lifestyle.

1. Introduction

If you're seeking a guide on non-toxic living to make your Canberra home healthier, this PDF is your ultimate resource. Explore practical tips and sustainable solutions for reducing harmful chemicals in your living space. This guide provides essential strategies for healthier home upgrades, ensuring a safer, greener lifestyle in Canberra. Discover the benefits today!

2. Silent Signs Your Home Is an Unhealthy Place to Live

Maybe you occasionally slack on cleaning or wait too long to dive in. Or maybe you don't know that what you're doing—or not doing—is hurting you.

We've all been there. Maybe you go a while between dustings. Let the dog sleep in the bed. Watch moisture bead up on the bathroom window. Sometimes these things are easy to ignore. Unfortunately, these innocent-seeming habits could be making you and your family sick.

While you likely know that your cleaning supplies could be secretly making you sick, you may not know how much damage not cleaning could be doing. It could be that you're cleaning enough, but not cleaning your cleaning supplies in Canberra. It's tricky—but following these important tips can help keep you and your family safe and healthy.

Your home has too much moisture

While moisture in the home is normal—bathing, cooking, and even breathing all contribute—excessive moisture is not, according to expertmoldtest.com. Mold loves humid environments, and if there is excessive moisture in the home, it's bound to grow, especially in corners and ceilings. The CDC warns that mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases skin irritation.

You're vacuuming without a HEPA filter

Research from MIT reveals that air pollution causes about 200,000 early deaths per year in the Canberra, and it worsens asthma and allergies. That's why you may want to invest in a HEPA (high-efficiency particulate air) filter vacuum to prevent tiny particles of dust from being blown back out into your indoor air. "I tend to go toward whole-house filtration, so the first thing I'd recommend is installing a HEPA filter in your home's HVAC system," says James Sublett, MD, a former clinical professor and chief of allergy and immunology at the University of Louisville, in *Time*. Next up, when it comes to carpet or floors, make sure you're not making this vacuuming mistake.



You're forgetting to change the vacuum filter

If you're using a HEPA filter, you'll want to make sure you're changing it every six months or when you notice signs of wear and tear. This will ensure an effective filter, while also preserving the life of the machine.

You're not cleaning vents and ducts

Vents might not be in your line of vision quite like dirty dishes, but that doesn't mean they don't need cleaning too. Vents harbor a ton of dust from the air, and when you turn on the heat or air conditioning, all those dust particles are redistributed throughout your house. You can take off the vent cover and clean out the grime you can reach, but you'll want to enlist a professional to thoroughly clean your ducts. The pros use compressed air and air agitators to clear out hard-to-reach dust.

Your bathroom has poor ventilation

Are you keeping the window open or using the fan when showering? You should! Excess moisture can not only cause your paint and wallpaper to detach, but it encourages mold, which can thrive and multiply indoors, damaging your house and potentially your health, according to the EPA.

You're using the wrong household cleaners

As you spray cleaner around the house in Canberra, it settles on all types of surfaces. Plus, you inhale it as you spritz. In a COVID-19 world, people are cleaning more frequently than ever. The right cleaners are crucial to not only protect against the virus but protect you from being exposed to the harsh chemicals. Further, common household chemicals—bath products, dish soap, bleach—can damage your airways and lungs. The Environmental Working Group's investigation of more than 2,000 cleaning supplies on the Canberra market revealed that many substances in them are linked to serious health problems like asthma, allergies, and even cancer.

You're not dusting correctly

Vacuuming once a week and wiping down countertops means you're only making a dent in the dust around your house. It builds up every single day, and the more time you let go by without wiping it up, the more you're exposing yourself to harmful particles. Use a damp cloth to gather dust as opposed to using a duster (or a dry cloth), which, according to the Canberra College of Allergy, Asthma, and Immunology, will only spread the dust around and trigger allergies. Also, be sure to dust from high to low.

You're ignoring your gutters

Leaky gutters are another cause of moisture buildup, allowing excess water into your walls, basement, or crawl space. If your gutters aren't covered, you'll want to make sure you clean them out regularly.

Your bedroom is musty

Although you vacuum and dust, you actually need to move your chest of drawers, desks, and other furniture to thoroughly clean. Pull your bed away from the wall, and you might be shocked to see just how much crud is collecting just behind your head. And remember to regularly wash your bedding—once every one to two weeks—and make sure you have a good mattress protector. Turn it every couple of months, and vacuum it when you do.

You wear your shoes inside the house

You wouldn't roll around a public bathroom, but nearly everyone would walk around one and then walk around their house in the same shoes. Given that you roll on your carpets with your kids or the dog and put your feet up on the coffee table, you might want to leave the shoes at the door. Researchers from the University of Arizona found that shoes can track in 400,000-plus bacteria per shoe, including *E. coli*, a strain that's known to cause nasty gastrointestinal distress.

You have too much stuff

You love throw pillows, coffee table books, and knick-knacks: All these things collect dust, dander, and pollen, and they can contribute to poor air quality in your home in Canberra. Unless you plan on constantly moving and cleaning all of this, you should consider minimizing your furnishings and collections. Next, find out how often you should really be washing your bath towel.

You let your pet sleep in your bed

They're cozy, loving, and even help you sleep, but if you're walking your dog around the neighborhood, you can bet they're carrying a lot of dirt, germs, and even insects (think ticks) into your bed. Not only that, but pet dander traps allergens, which means you're subjecting your sleeping space to those allergens. Check for these signs to make sure your healthy-seeming cat is not actually sick. Next, make sure you know these things you should be cleaning every day from now on.

3. Best Healthy Home Upgrades

There are countless articles and blog posts focusing on which home improvements will yield the greatest financial return on investment. But there's another way to look at the ROI conversation: Which home improvements offer the best potential for improving your personal well-being. Those include the five facets of wellness design: health and fitness, safety and security, accessibility, functionality,

and comfort and joy. Given the increasing importance of wellness to homebuyers, they might also add to the salability of your home when you do choose to put it on the market.



“It’s understandable why everyone is concerned about maintaining a healthy home,” comments Caroline Danielson, director of showrooms for upscale chain retailer Ferguson Bath, Kitchen & Lighting Gallery, adding that with recent research being made more widely available on the links between home and health, “It is no surprise that many homeowners are considering renovations that improve more than the look of a home.” These can all help homeowners clean faster, cook smarter and rest easier, she notes.

Technology

The topic of technology for wellness – including air and water quality, tunable lighting, and acoustic comfort – are all gaining popularity. “The pandemic brought the interest level up even higher,” observes Josh Christian, CEO of the Home Technology Association trade organization. Covid made the need for healthy indoor air urgent. Wildfires add to that urgency, with their smoke and ash infiltrating homes in nearby regions, and pollution is an ongoing issue in some areas.

“In-room portable air purifiers have exploded in popularity,” Christian shares, “though many homeowners aren’t aware that their whole home can have pure air with specialized air filtration systems.” These installations can be done through home technology integrators, he adds. “A good system can improve the safety of people in a home in Canberra.” Real-time monitoring capabilities for water quality are not as advanced, Christian notes, “but when water filtration is part of a smart home system, there is extensive testing done up front to identify the best solution for the specific location needs.”

Materials

This is a challenging topic, because so many products offer both wellness benefits like softness underfoot, flame retardants and antimicrobial protection, while unfortunately introducing chemicals that can be damaging to our bodies. “The chemicals that help make a product flexible, light, sturdy have major side effects on our health including cancers, decreased fertility in both men and women and other hormonal related health issues, thyroid disease and elevated cholesterol,” cautions Alison Mears, director of the Healthy Materials Lab at Parsons University.

When it comes to cabinetry, carcinogenic urea formaldehyde is a major element to avoid, Mears advises. NAUF (no added urea formaldehyde) products that reduce its use are a safer option. You’ll also want a cabinet with nontoxic finishes.

Appliances

Danielson points to appliances as one category where technology has always been a trending topic; lately it’s been heavily focused on wellness. “From steam ovens that allow homeowners to effortlessly prepare healthy meals to high-capacity, sanitizing dishwashers with settings to eliminate 99.999% of food soil bacteria by adding a high-heat final rinse to sanitize dishes, appliance technology is becoming more sophisticated.”

She points to a new category too: indoor plant growers. “Herb growing cabinets have captured homeowners’ imaginations,” the retailer observes. “Imagine making a salad with farm-fresh micro greens or cooking a meal and having the ability to use fresh herbs available right in the kitchen. All organic greens offer superior flavor and the best nutrition.”

Fixtures and Faucets

“With the push for better health and wellness, home fixtures and faucets are now a great way to improve your overall well-being,” Danielson shares, pointing to the latest in water filtration systems and steam showers. The former will help ensure that the household is drinking clean water daily. “In addition to filtering out contaminants like lead or chlorine, these systems can also reduce smells and tastes that make your drinking water less desirable,” she says.

“Steam showers allow users to relax while enjoying aromatherapy benefits. They are especially beneficial for those with respiratory conditions or muscle tension as the warm steam helps open airways and decreases muscle soreness,” Danielson comments.

Lighting

The pandemic has definitely had an impact on lighting. “Homeowners clean the air with a ceiling fan that cools and circulates the air using ultraviolet technology, verified through independent laboratory testing to kill 99.99% of SARS-CoV-2 (causes COVID-19) and other airborne pathogens while safely neutralizing allergens, odors, and fumes,” Danielson says.

She also points to lighted exhaust fans as problem blockers: “By removing moisture and odors effectively with a lighted exhaust fan, homeowners can prevent mold, bacteria and fungi growth on surfaces in bathrooms, laundry rooms or other humidity-prone environments.”

Outdoor dark sky lighting is another new innovation that helps the health of your household and the planet. Health-wise, it reduces blue light emitted from LED bulbs, linked to sleep disruption in some individuals, Danielson comments.



Wellness Tips from the Pros

“When looking to upgrade your home in a way that promotes health and wellness, it’s important to visit reputable showrooms and work with a designer or contractor you trust,” Danielson recommends. “There are special certifications for wellness and universal design. For example, a certified universal design professional will help homeowners create an environment that emphasizes comfort and safety for all ages and abilities. Homeowners can ask the designer about their certification and determine if their specialty matches their wellness goals.”

Christian highlights the importance of working with professionals too. “Homeowners, architects, interior designers, and builders need a qualified home technology professional to consult about the latest in wellness tech,” he recommends and this consultation needs to start at the beginning of the planning process.

Mears keeps it simple: “Ask the questions: What is it made of? Do I need it?”

Last Words

One of the happy coincidences of climate change action is that can create healthier home interiors too. This urgency is driving local, state and federal legislation and incentives to reduce fossil fuel consumption, as Mears points out. Since their byproducts go into surfacing materials like LVT, cutting back on their use could lead to healthier homes too. Cutting greenhouse-causing emissions helps drive incentives to swap gas cooktops with induction models. What’s healthy for the planet can be healthy for you and your home.

4. How to Improve the Indoor Air Quality of Your Home

Make sure you're breathing clean air at home with these tips on removing air pollutants and balancing humidity.

You spend a lot of time in your house, so it's important to pay attention to the indoor air quality of your space in Canberra. According to the Environmental Protection Agency (EPA), indoor air can be up to five times more polluted than outside, which can have serious side effects on your health. Mold, mildew, smoke, dust, and other invisible allergens might lurk around your home. Long-term exposure to these pollutants has been linked to asthma and other respiratory diseases, heart disease, and cancer.¹

Fortunately, a few simple steps can help improve your indoor air quality for a cleaner, healthier home. We talked to indoor air quality experts to learn how to do just that.

How to Improve Your Home's Indoor Air Quality

Proper airflow, fresh air from outside, and ventilation are essential to indoor air quality, says Lauren Weigel, Thermastor vice president and general manager. The first step is recognizing the signs of unhealthy indoor air quality. "The most common indicators include lingering cooking smells, fogged mirrors and windows, damp rooms, clothes or towels, strong chemical odors from cleaning, and mold," Weigel says. Once you've identified an air quality issue, follow these steps to stop air pollutants at the source.

1. Keep Dust in Check

Regular dusting and vacuuming can help keep dust, pet dander, and other debris in check. Patrick Van Deventer, director of product engineering at Portacool, also recommends using dust mite-proof covers on mattresses, pillows, and box springs. He also recommends washing bedding in hot water at least once a week.

2. Use Your Vent Fan

Always turn on your bathroom ventilation fan while showering to prevent mold or mildew growth. If you're unsure if the fan is working, try holding a tissue near the fan. "If the fan is removing air properly, the paper will be drawn against the grill and remain there as long as the fan is on," she says.

3. Practice Healthy Cooking and Cleaning

Turn on your range's ventilation hood while cooking to control smoke, excess moisture, and other pollutants released into the air while preparing food. Weigel says you should also turn on your range hood or open a window when using household cleaners, which often contain harsh chemicals that can circulate into the air.

How to Use Household Machines for Better Indoor Air Quality

Specific machines can also help us breathe easier indoors, but having an air filter doesn't mean your indoor air quality will be perfect. Mold, dust, and other allergens can accumulate in your air conditioner, humidifier, and air filter and pollute the air you breathe. Here's what you need to know to keep these devices clean, efficient, and effective.



Air Conditioners

What they do: As anyone who lives in a warm-weather climate knows, air-conditioning is a must-have for summertime comfort. Besides cooling the air inside your home, air conditioners also remove moisture so you feel less hot and sticky.

How to use them effectively: To cool down the entire house, central air-conditioning is usually the most effective way to go. Be aware, though, that when temperatures are mild, your air conditioner might not be running enough to actually remove moisture from the air, Van Deventer says. Additionally, a central air conditioner that's too powerful for the size of the house will cool the air down quickly but won't have a chance to adequately remove moisture. If you just want to cool a single room, a less expensive option is a window-mounted air conditioner.

Safety alert: Because water condenses on an air conditioner's cooling coils, they can be a potential source of mold.

Upkeep tips: Whether you have central air-conditioning or a window unit, air conditioners should be serviced at the beginning of each season by a heating, ventilation, and air-conditioning professional who can clean the coils and make sure they're not contaminated.

Air Filters

What they do: Air filters remove irritants such as mold spores, pet dander, candle and cigarette soot, and even skin cells from the air, making indoor air quality better and easier to breathe, especially for people who have allergies. "Simply opening up a window allows for air exchange, but keep in mind it does nothing to filter out the air and other harmful allergens or asthma triggers that could intrude into your home in Canberra," Van Deventer says. A filtered ventilator is the best way to bring fresh air in and expel polluted air outside.

How to use them effectively: High-efficiency particulate air (HEPA) filters generally cost more than ionic filters, but HEPA filters are more efficient at removing all of the airborne particles, says Jay Portnoy, M.D., chief of pediatric allergy & immunology, telemedicine at Children's Mercy Hospital in Kansas City, Missouri. He says the best way to filter air for the whole house is with a filter placed in the furnace. (In desert regions, the filter may be attached to the air conditioner as part of an electric heat pump.) Be sure to leave the system's fan running even if the heat is not on to allow the filter to do its job.

Safety alert: "Some air filters produce ozone," Portnoy says. "The ozone oxidizes the chemicals that produce smells and makes the air smell fresh, but doesn't remove them." Because ozone can be an irritant, he recommends steering clear of ozone-producing devices (most are labeled on the package).

Upkeep tips: Over time, HEPA filters clog up and need replacing. How often you need to change them will depend on your indoor air quality. Electrostatic filters should be cleaned according to the manufacturer's directions (some have parts that can be hosed off or wiped down, while others use disposable filters). An air filter subscription service can help you stay on top of a filter replacement schedule.

Additional advice: Don't bet on your air filter to protect you from mold allergens. "Where there's water, there's going to be mold," Portnoy says. The best remedy is to get rid of the source of the mold (such as a leak or damaged drywall) and use a diluted bleach solution to remove the mold spores.

Air Purifiers

What they do: Similar to air filters, air purifiers work to sanitize the air by removing contaminants that may cause odors or make us sick. These stand-alone devices include a filter to capture dust and other allergens and a fan to push clean air back into the room. Some also use ultraviolet light to help trap and kill airborne pathogens such as bacteria and mold and improve indoor air quality.

How to use them effectively: Standard air purifiers work best in small, closed rooms and are generally not effective for improving air quality across an entire home. However, large-room air purifiers do exist and can help eliminate allergens in bigger spaces.

Safety alert: Before purchasing an air purifier, check the packaging to ensure it doesn't produce ozone, which can be harmful to your health.

Upkeep tips: As with air filters, you should regularly clean or replace your air purifier's filter according to the manufacturer's instructions.

5. Indoor Plants We Love to Bring Freshness and Life into Your Home

No interior design trend is better justified than the houseplant boom, and some of the best indoor plants for your home also are easy to care for—win-win. Indoor plant ideas abound on The Spruce, and we're here to take you through some of our favorite options.

You might already have a large collection of tropical palms and furry ferns, or maybe you just started to dip your toe into the world of being a plant parent. Either way, there are a few considerations to think about before you stop by the greenhouse or order some new popular houseplants online.

This list of indoor plant ideas includes 30 additions that are worthy of any home and are low maintenance enough for anyone to care for.



Snake Plant

Snake plants—otherwise known as mother-in-law's tongue—are some of the most popular houseplants out there, and for good reason. They add plenty of personality and color to a room but can handle a lot of neglect and aren't too finicky when it comes to care.

Light: Full sun to partial shade

Soil: Well-drained, sandy soil with slightly alkaline or acidic pH

Size: Around 2 ft. tall

Helpful Tips: These are pretty drought resistant, so just be conscious of not overwatering them.

Pothos

Indoor plant ideas aren't complete without pothos, which will grow and grow (and grow) without asking for much in return. These easy-to-please plants look lovely in hanging planters or trailing across the top of cabinets. It's a great choice for beginning houseplant parents but equally a fun and low-lift addition for advanced indoor gardeners.

Light: Full sun to partial shade

Soil: Well-drained, moist soil with neutral to slightly acidic pH

Size: Up to 40 ft. long

Helpful Tips: A monthly boost of fertilizer during its growing season (spring through summer) will support your pothos and help it flourish.

Heart-Leaf Philodendron

Similar to pothos, heart-leaf philodendrons have wonderful tendrils that grow very easily and make for great climbing and hanging plant configurations. They're also relatively simple to propagate if you'd like to have a few at home.

Light: Partial sunlight

Soil: Well-drained neutral or acidic soil

Size: 1-3 ft. wide, up to 13 ft. long

Helpful Tips: Pruning leaves (just pinch them off) occasionally can help keep your plant looking bushy and full.

ZZ Plant

The shiny oblong leaves of the ZZ plant are its hallmark look and it adds a burst of green to any room, whether you place it in a living room or spare bathroom. This is another plant that can go a long time without water, so forgetful plant parents won't have to stress too much.

Light: Partial shade

Soil: Well-drained neutral or acidic soil

Size: Up to 4 ft. tall and 4 ft. wide

Helpful Tips: This is a great plant for low-light zones of your home as it doesn't need a lot of sun to thrive. Same with water—don't overwater it and let it dry out fully.

Aloe Vera

You're likely very familiar with the look and benefits of aloe vera. If you don't yet have one in your own plant collection, it's worth considering. The spiny succulent brings the tropics into your space and its gel-filled leaves are always nice to have on hand.

Light: Partial to full sunlight

Soil: Sandy, acidic soil

Size: Up to 3 ft. tall, and 1 ft. wide

Helpful Tips: Aloe can handle little to no fertilization and is strong enough to deal with poor soil conditions, making it easy to care for in these areas.

Jade Plant

After a houseplant with an ultra-long lifespan? The jade plant is it. These hardy succulents can live up to 70 years, so dedicated plant parents can cherish them for decades.

It's a low-maintenance plant but needs ample light and occasional fertilizing. Its water schedule will differ based on the time of year, but just keep an eye on its soil so that it's not constantly soggy (or dry for too long).

Light: Full, indirect sunlight

Soil: Well drained, neutral to acidic soil

Size: Up to 6 ft. tall and 3 ft. wide

Helpful Tips: Keep these plants away from vents, doors, or any place that experiences major temperature fluctuations.



Lucky Bamboo

Lucky bamboo is a fun plant to have around thanks to its vertical stalks. Oftentimes it'll come in unique growing patterns, too. Although it might look like bamboo, it's not and hails from the dracaena family (like snake and corn plants). The number of stalks you have can also represent certain things, such as love, balance, and growth.

Light: Partial shade

Soil: Moist but well-drained, acidic soil

Size: 1–5 ft. tall, 1–2 ft. wide

Helpful Tips: Ensure the water your bamboo sits in is good quality and this plant will live a long life.

Corn Plant

Another low-maintenance dracaena member is the corn plant (which, no, doesn't sprout any ears of corn). Nail down its care requirements and this tropical addition will thrive indoors. It's a great blend of a tree and potted plant as it can grow up to 6 feet tall but also remain relatively short.

Light: Bright, indirect light

Soil: Moist but well-draining loamy, acidic soil

Size: Up to 6 ft. tall

Helpful Tips: Corn plants like humidity. Set up a humidifier near your plant or allow the plant pot to hover above a tray of water and pebbles.

Prayer Plant

Maybe you're searching for a houseplant with a little more pizzazz sans any hefty care requirements. The prayer plant will exceed expectations. The most common variety (red/tri-colored maranta) has dark and light green leaves outlined with pink veins, providing the perfect pop of color.

Light: Partial sun and shade

Soil: Moist and well-draining

Size: 6–12 in. tall and wide

Helpful Tips: Prayer plants take a little patience. Sometimes they struggle to adjust to a new home, but don't fret. Stay on top of its care and remove any dead leaves and it'll warm up to your space in no time.

Monstera Deliciosa

You may know this pick by its nickname, the Swiss cheese plant or by its signature holey leaves. The tropical leafy plant looks fabulous placed in any corner of your home and won't be difficult to take care of. It grows quickly and does best in areas of your space that don't get bright, direct sun.

Light: Partial

Soil: Acidic to neutral well-draining soil

Size: 3 -15 ft. tall, 3-8 ft. wide

Helpful Tips: This plant loves humidity, too, and you can boost its well-being with the occasional spritz of water from a spray bottle.

6. Chemicals Found In Your House Cleaning Solutions

It is quite possible that you sometimes wonder what a cleaning product contains and whether or not using it is a wise decision. You might have questions like what ingredients do the products have? Are they harmful? It is normal to have such questions, and finding the answers is important. It all starts with learning about the cleaning product you use. There are plenty of them available everywhere. Almost all of them promise outstanding results with minimal physical work. You just have to spray this solution, and you will get the results you want.

However, regardless of how effective these products are, they are still harmful. Some chemicals can cause a lot more harm than you might assume. This is why professionals who do budget end of lease cleaning Canberra mostly use natural cleaning solutions. However, you should first learn which chemicals cleaning products contain. Here are the chemicals found in your house cleaning solutions and their safer alternatives. Learning about them will enable you to avoid toxic chemicals.



Chemical Ingredients Found In House Cleaning Products

Most of the commercial cleaning products you purchase will contain some type of hazardous chemical but not all of them will contain the same ones. This is why it is important to learn the different types of chemicals.

1. Abrasives: Found In Scouring Powders

Abrasives are rough chemicals. They help clean many surfaces by creating friction that lifts off things like tarnish, grease, and stains. This is why you will often find this type of chemical in scouring powders. Chemical abrasives are generally composed of particles. As a basic rule, the larger the particle is, the harsher the cleaner will be. One common type of chemical abrasive you will find in most products is silica.

2. Acids: Found In Toilet Bowl Cleaners

Acids are quite helpful for eliminating hard-water deposits, which is why you will certainly find them in toilet bowl cleaners. But they contain strong acids like hydrochloric acid, which can be very harmful to your health. This is why professionals who do expert end of lease cleaning Canberra recommend avoiding such acids.

3. Detergent: Found In Soap

Detergent is that one ingredient that easily breaks the grease and grime and gets rid of them. This is why you will find them in most soaps. It is worth noting that if things like complex soluble phosphates are added to the detergent, it will allow you to easily remove the oily dirt.

4. Alkalies: Found In Oven Cleaners

Put simply, alkalies are soluble salts that remove dirt effectively without much rubbing. You will find that many oven-cleaning products contain alkalis, such as ammonia or sodium hydroxide. They help easily remove food remnants as well as grease from oven surfaces.

5. Chlorine: Found In Disinfectants

Chlorine is one of those chemicals that are found in many house cleaning products. Due to its antimicrobial properties, you will find it in many disinfectants, especially the ones designed for the bathroom and kitchen.

6. Sanitiser: Found In Bathroom Cleaners

Sanitisers are those chemicals that decrease the count of bacteria. It also helps kill the odour-producing microorganisms, leading to an odour-free space. This is why most bathroom cleaning products contain sanitiser. It allows people to maintain a hygienic bathroom.

7. White Spirit: Found In Wood Polishes And Waxes

White spirit is found in most wood furniture and floor polishes and waxes. They help remove oily dirt, grease, and grime. However, they are harmful, which is why professionals who do budget end of lease cleaning Canberra recommend avoiding white spirit.

Safer Alternatives To Cleaning Chemicals

Rather than using hazardous chemicals, you can opt for a few natural ingredients to prepare cleaning solutions for different cleaning tasks. Here are a few of them:

1. Vinegar: Can Be Used As An All-Purpose Cleaner

Vinegar is one of those natural household items that you can use to clean and disinfect plenty of surfaces in your home, including windows, appliances, countertops, etc. You can use it to cut through grease and grime. So, instead of buying commercial products, use the vinegar solution for the cleaning tasks.

2. Baking Soda: Can Be Used To Scrub The Surfaces

According to experts who do professional end of lease cleaning Canberra, you can use baking soda to absorb the unpleasant odours. Plus, you can use it to scrub ovens, bathtubs, sinks, etc. Baking soda can also serve as an effective carpet freshener.

3. Lemon Juice: Can Be Used To Remove Rust

Lemon juice is considered a natural bleaching agent and disinfectant, so it can definitely disinfect many surfaces. Moreover, you can remove the rust with lemon juice. Finally, it is also great for lightening stains if required.

4. Castile Soap: Can Be Used As A Dish Soap

Put simply, castile soap is made from vegetable oils and it proves to be an effective cleaner for several cleaning tasks. You can primarily use it as a dish soap by diluting it. You can also use it as an all-purpose cleaner to clean surfaces such as floors, countertops, and appliances.

It is a well-known fact that the majority of commercial cleaning products contain toxic chemicals, which is not ideal for your health. This is why you should learn about the types of cleaning chemicals and use safer alternatives such as the ones mentioned in this article.

7. Conclusion

By embracing non-toxic living and making healthy home upgrades, you contribute to a safer, more sustainable Canberra. Implementing these strategies helps reduce exposure to harmful chemicals, improves indoor air quality, and supports overall well-being. Take the first step towards a healthier lifestyle and enjoy the benefits of a non-toxic home environment.

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