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Spring Cleaning: Keeping Your Family Safe

Thanks to Marie Kondo, we've already been talking about spring cleaning for months. Now that it's finally time to get things going, do you have a strategy? While it's hard to argue with the benefits of removing dust, dirt and clutter from our homes, have you ever wondered if the products you're using are actually making things worse?

According to the [American Lung Association](#), "household and cleaning products — including soaps, polishes and grooming supplies — often include harmful chemicals. Even products advertised as 'green' or 'natural' may contain ingredients that can cause health problems."

So, how do you protect your home and family from dangerous toxins? Read the labels of every product you buy and follow the instructions. Doing so could actually save your life.

Volatile Organic Compounds

Beyond headaches and eye and throat irritation, some cleaning supplies release [volatile organic compounds](#) (VOCs) which can contribute to chronic respiratory problems, allergic reactions and more serious health problems, including cancer.

Some common household items containing VOCs and other toxic substances include (but are not limited to):

- Aerosol sprays
- Air fresheners
- Laundry detergent
- Dishwashing liquid
- Chlorine bleach
- Rug and upholstery cleaners
- Furniture and floor polish
- Dry cleaning chemicals
- Oven cleaners

You've probably heard this before, but it bears repeating — NEVER mix bleach and ammonia. This combination creates a gas that can cause chronic breathing problems and can be lethal. Carefully check the ingredients in any cleaner to avoid a potentially life-threatening mistake.

What Products Are Safe?



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In the United States, manufacturers are not required to list all of the ingredients in consumer products so, even if the label says it's "green," you should do a little more digging. One resource is the Environmental Protection Agency (EPA), which has created a list of safer household supplies.

CleanWell is an example of a company that values transparency. They disclose all ingredients in their products on the label with the promise that they contain "no secret ingredients" and there's no "fine print" for consumers to read.



When you're deep cleaning your home, the last thing you want is to be adding to the problem by using harmful chemicals in your environment. CleanWell offers non-toxic disinfectant sprays and wipes that kill over 99.9% of household germs. The product line also includes alcohol-free hand sanitizers and foaming soaps.

Of course, you could also make your own cleaning supplies using warm water, soap, baking soda and vinegar. Whether you go this route or with a company like CleanWell, it's just nice to know what you're using in your home.