



Anxiety & Stress Relief

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SAFE HOUSEHOLD PRODUCTS

1. Any product made by the company Neways. To purchase Neways products, call 800-998-7283. Ask for instructions on how you can purchase products wholesale. Or visit <http://www.neways.com>
2. After Neways, I would recommend Aubrey. Aubrey products can be purchased at most health food stores (like Mrs. Greens), at the Vitamin Shoppe or on line at <http://www.aubrey-organics.com>
3. Trader Joe's personal care products are quite safe. The store sells products made by other companies, so make sure to buy Trader Joe Products. (Look for brand names like "Trader Jacques" and "Trader Zen.") Their bars of soap are safe, inexpensive and of excellent quality. Their "French Liquid Soap" and "Trader Zen Hand soap" are excellent. Their household products are good too, including laundry liquid, dishwashing liquid, etc. Their "Trader Zen" all-purpose cleaner is very good. ECOS Laundry Liquid (made by Earth Friendly Products) is available at [Trader Joe's](#) and is inexpensive and good.
4. [Seventh Generation](#)-line of cleaning products is good. But not inexpensive, unless on sale.
5. Dr. Hauschka has excellent skin care products, but they are not inexpensive. Found on-line at www.drhauschka.com or you can call 800-247-9907.
6. [Ecover](#)-Good for floor soap, laundry detergent, and glass cleaner. Found in health food stores. Not inexpensive, unless on sale.
7. [Bi-O-Kleen](#)-Multi-purpose cleaner and glass cleaner are good. Found in health food stores.
8. Toothpaste-Look for products without saccharin, sodium laurel sulfate or propylene glycol. Fluoride isn't a proven carcinogen, but it's iffy, so you may want to avoid it. And believe it or not, you don't need fluoride to fight cavities. It's very hard to find safe toothpaste's, so you may want to go with Neways. Jason (found in health food stores) makes a number of safe toothpastes.
9. Mouthwash-Tom's of Maine-A good company to support since it has won awards for its socially responsible practices. If possible, avoid mouthwashes that contain alcohol (not a proven carcinogen, but very questionable).
10. Moisturizers-Nature's Gate (found in vitamin stores and health food stores) has a very inexpensive and safe moisturizing lotion. The companies above have safe moisturizers too, but at a higher price.
11. Baby Powder-Burt's Bees has a safe brand that's good. Neways baby powder is very good.
12. Air Fresheners-"Air Therapy" or any brand in which the only listed ingredients are essential oils. If one of the listed ingredients is "fragrance," avoid it.
13. Deodorants-Avoid products containing propylene glycol, which is the first ingredient on most deodorants. Avoid products containing DEA, TEA, sodium laurel sulfate or laureth sulfate. Since safe deodorants are hard to find, you may want to buy Neways.
14. Scouring Cleansers-Buy Bon Ami in your supermarket instead of Ajax and Comet. It's inexpensive, very effective, and safe and you only have to walk a few feet down the supermarket isle to find it.