

CREATING A HEALTHY HOME

WHAT IS HOME DETOX AND WHY DO I NEED IT



AMARA
BY DESIGN

WWW.AMARABYDESIGN.COM.AU



KARA KENNEDY
Founder - Amara by Design

CREATING A *healthy home*

A healthy home creates an ecosystem that supports good health, promotes wellness and enables the body to recover from the stressors of the day.

A healthy home is a safe place that evokes feelings of tranquillity and peace to support rest, recuperation and recovery. A sanctuary and solace for your body, mind and soul.

Creating a healthy home is not only about removing sources of pollution, irritants, volatile organic compounds, electromagnetic radiation and other potential toxins and irritants, it is also about creating an environment that is conducive to wellness and promoting happiness and vitality on all levels including body, mind and soul.

WHY DO I NEED A HOME DETOX?

Every day we bombard our bodies with stressors including, pollution, pesticides, chemicals, cosmetics, preservatives, emulsifiers, food additives, artificial colours, alcohol, physical stress, emotional stress, and many other toxins to the human body.

Many of these toxins have a cumulative effect which is why periods of detoxing, rest, and recuperation are so important for us all. Our physical environment can affect not only our physical health but also our mental health, energy levels, performance, happiness and frequency.



Small changes in our environment can lead to massive shifts in energy, performance, wellness and overall well-being which is why understanding how to create a healthy home is crucial for empowered decision-making when it comes to where and how we live.

Toxins can cause inflammation, pain, brain fog, sleep disturbances, headaches, fatigue, fertility issues, a weakened immune system, skin irritation, allergies, digestive disorders, and an increased risk of other “dis-ease” including cancers.



WHAT IS A HOME DETOX?

A home detox involves simply identifying and removing sources of toxins from within the home.

A home detox is crucial for anyone suffering from headaches, mystery illness, fertility issues, chronic illness, or allergies.

And if you're lucky enough not to suffer from any of these things, a home detox will ensure you're living a low-tox lifestyle giving you the best chance of maintaining a healthy body and protecting your family from hidden hazards.

Living in a low-tox environment is proven to improve cognitive ability, energy levels, and performance.

The principles of low-tox living include:

- Buying or growing organic food where possible
- Minimising processed food, GMO food, and artificial colours, flavours, and additives
- Minimising exposure to environmental toxins including cleaning products, building materials, chemicals in furniture manufacture, and anything else in your home environment.
- Choosing natural beauty products free from harmful or questionable ingredients
- Reducing or eliminate plastic use and exposure
- Choosing clothing and bedding made from natural products
- Supporting your body's natural detox process
- Avoiding garden pesticides and chemicals
- Being mindful of emotional toxins
- Educating yourself so you can make informed choices about food, clothing, beauty products, and how to create a safe environment.

Examples of toxins in the home include:

- PFAS “forever chemicals”
- Asbestos
- Lead
- Heavy metals
- Bacteria, viruses, pharmaceuticals, and other contaminants in drinking water
- Mould
- Electromagnetic fields
- Air pollution
- Volatile organic compounds
- Synthetic material and nano plastics
- Chemicals
- Formaldehyde
- Phthalates and other man made toxic substances

Learning how to detox your home is a life long gift you can give to yourself which will enable you to protect yourself and your family from hidden health hazards that can have a significant impact on your life.

Whether you're building a new home, purchasing a new home, or detoxing your existing home, there are many things we can do to create an environment that is a health-promoting sanctuary, that nurtures our body, mind, and soul.

