

Clean Mama's Guide To A Healthy Home

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Clean Mama's Guide to a Healthy Home download or read online Becky Rapinchuk PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, In Clean Mama's Guide to a Healthy Home, Becky Rapinchuk, author of Simply Clean and creator of the popular cleaning website Clean Mama, provides a step-by-step guide to take charge of your home's wellness with a comprehensive, all-natural cleaning system.

Scientific evidence points to a clear link between household chemicals and a number of diseases and chronic health issues. Drawing on this research, Rapinchuk's program delivers an organized, beautiful, toxic-free, environmental-friendly household by providing readers with:

A room-by-room guide to cleaning and removing harmful toxins in one's home
A Weekend Kick-Start Detox to ease readers into the program
Over 50 simple, organic DIY cleaning product recipes
Easy to digest research on common toxic products in the home, why they are dangerous to our health, and what to replace them with
Tips and tools from a trusted source to create cleaner, safer homes, resulting in healthier families

Cleanliness is about detoxing, embracing organic, all-natural methods and products, and protecting the environment. Moms look to Becky to guide them in the best cleaning practices for their home, and will welcome Clean Mama's Guide to a Healthy Home, which shows that going natural isn't just a better way to a cleaner home—it's vital to the health of our bodies, our families, and our planet.

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