

DITCH & SWITCH CHECK LIST

Go through your household and take out products. Even ones not on list. Read labels. Research ingredients. Anything that says, "paraben", "fragrance" "sodium lauryl sulfate", "triclosan" is an automatic toss. Throw out products that are harmful to your health and switch to natural, plant based products like Young Living Essential Oils. Everything on this list can be substituted with essential oils.

For more information contact me at jill.lebofsky@yahoo.com

Air Fresheners/Plugins

Hair Spray

Pain Cream

Antibacterial products

Hand Sanitizer

Pesticides

Baby Products

Laundry Soap

Pet Products
and Treats

Bug Killer

Laundry Softeners

Powder

Bleach

Lawn & Garden Sprays

Prescription
Medications

Candles

Lotion

Conditioner

Lozenges

Shampoo

Dental Floss

Makeup

Shaving Cream

Deodorant

Makeup Remover

Soap

Detangler

Moisturizers

Stain Remover

Dish Detergent

Moth Balls

Supplements

Dish Soap

Mouth Wash

Toilet Bowl

Drain cleaner

Nail Polish

Cleaner

Fertilizers

Nail Polish Remover

Toothpaste

Flea Killers

Oven Cleaner

Weed Killer

Furniture Polish

Over The Counter
Medications