



Healthy Family Formula

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Healthy Home Assessment Guide

Your home should be the safest place for your family to be. It should be comforting and nurturing, a place where you can rest, play, create, and relax.

Yet, due to factors that we may not know about, our homes are not always safe. Chemicals exist where we least expect them; even unhealthy practices that we think are fine significantly detract from your family's health. Some of the very things you think are helping you and your children could actually be hurting you.

The purpose of this guide is to alert you to things that may be keeping you and your family from good or optimal health. They may even be making you very sick. This guide is not intended to be a comprehensive list of everything you need to address today, nor is it in any way a chastising for the decisions you have made thus far. Until we read the labels of each and every product, we trust that what we buy is safe to use or eat. We are reassured repeatedly by the companies that make them, and why wouldn't we believe them?

The fact is, just being aware keeps our families safe and protected. We may need to look at our home environments and re-assess what we purchase from the store. We might even want to get out a big old garbage bag, clean out the cupboards, and start fresh, literally.

1: Identify the Problems

Identify the problems, whether they are habits, practices, or products falling into the following areas:

Kitchen: Fridge and Cupboards

Unhealthy Food

Cleaning Chemicals

Microwave Ovens

EMF Emitting Appliances





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Air Quality, Ventilation

Poor Ventilation

Moist Areas

Airborne Mold

Water Source

Chemicals

High Minerals

Pathogens

Soft Water

Daytime Living Spaces

Flame-Retardants, Dyes, and Waterproofing on Furniture

Electromagnetic Fields (EMFs)

Blue Lights After Dark or Poor Lighting

Amber Light in PM

Clutter

Dust, Pets, Mildew

Bathroom

Bodycare with Harmful Ingredients

Bodycare with Chemical Fragrances and Scents

Chemical Cleaning Supplies

Mildew and Mold

Unfiltered Shower Water

Bacteria (Cleanliness)

Medications

Bedrooms

Appliances and Electronics

Blue Lights After Dark or Poor Lighting

Amber Light in PM





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Electromagnetic Fields (EMFs)

Bedding
Quality Beds
Clutter

Home Office

Poor Lighting
Printer Ink (Chemicals)
Receipts (Chemicals)
Off-gassing Furniture
Ergonomic Furniture and Practices

Laundry Room

Dryer Sheets
Chemical Laundry Soap
Ventilation
Dust and Humidity

Garage and Mechanical

Chemicals
Gasses (gasoline, diesel, radon, carbon monoxide, exhaust)
Ventilation
Filters, Furnace Filters, Mold, Mildew

Light and Lighting

Natural Light
Full-Spectrum Lighting
Equipment/Tool Safety

Backyard

Lawn Chemicals
Healthy Soil





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Permaculture
Equipment Safety

Social Environment

Energy and Mood
Family Practices

Other Places Where Your Family Lives

Car
School
Work

Please refer to the HFF Blocking Factors Checklist for a good-sized list of possible problems in your home, and go through the items one by one. Do this with your whole family so that each member is aware of what is in your home, how you can clean it up, what habits you fall back into as a family, and what to buy or do in the future.

2: Be Realistic and Prioritize

Simplify the process of cleaning up those blocking factors. Deal with the things that are easy to tackle such as switching brands of shampoo or choosing the fresh (as opposed to canned) version of your favorite fruit.

Prioritize the things that you think are the most immediately harmful to you like eliminating allergens or throwing away phthalate-containing body sprays and room deodorizers.

Keep the items you find significant but can't be changed right away in the back of your mind, such as buying a whole house water filtration system, with a plan to make that change when ready. Try to keep a fund that you add to every paycheck to make that change a reality in the not-so-distant future.





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As you become more aware of the things in this assessment that apply to your life, you will also be able to start troubleshooting solutions. So, the whole house water filtration system may not be an option right now, but buying mineralized water for drinking and special showerheads may be a change you can make right now.

As Martin Luther King Jr. said:

"You don't have to see the whole staircase, just take the first step."

3: Make the Changes

Now, once you have identified the problems, it is time to make the changes. This can seem overwhelming at first, but with some tips and strategies, it can be done!

Read the Creating a Safe and Nurturing Environment for Your Family PDF for some helpful tips on what to do to clean up your home.

In conclusion, there are two steps to take when cleaning up your home environment:

Step 1: Remove anything that may be undermining your health

Step 2: Replace anything that may be undermining your health with things that will elevate your health.

That's it. It's that simple. Read labels, think about purchases, get rid of convenience items that, in the end, are not at all convenient. Don't settle for cheap products or unhealthy habits that will harm you or your kids. Make the time for this.

The long road is actually the fast track to health!

