



The 8-Week

Toxin Elimination

Plan

Cleaning Your Environment and
Making It Baby Ready

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Air

Air pollution has been something we've been hearing about our entire lives, but did you know that the air inside our homes can be more polluted than the air outside? This is important because most of us spend 90% of our time indoors!

The EPA states that "indoor levels of pollutants may be two to five times — and occasionally more than 100 times — higher than outdoor levels", and that this is due to many reasons. Poor indoor ventilation means that indoor sources of pollutants build up and don't get released.

In 2004, the California Air Resources Board found that new homes built in California were so airtight that they had lower air exchange rates than the required, and most homes studied had formaldehyde concentrations higher than 'safe' health limits. This same study also found that 32% of the households studied did not use their windows, which contributes to more pollutant buildup.

We have all sorts of pollutants in our homes - chemicals and fragrances from our furniture and rugs, clothing, gas stoves, candles, cleaning products, allergens, and any other product used releases things into our home air. These things can build up to create air that is more polluted than outside air (which in some places is worse than others).

So what can we do about this? One of the first things is to allow frequent air ventilation if your weather and outdoor air quality permit for open windows. If you get air alerts or live in an area with high pollen, then those days might be best to keep the windows closed.

When you receive new furniture or mattresses, allow them to breathe in a space with open windows to off gas the chemicals used in the manufacturing process. Anything with a "new" smell to it should be well ventilated until the smell dissipates.

Other than giving your home some good air ventilation, placing air purifiers throughout your home is a great idea and helps keep your air cleaned of small particles and pollutants. Finding an air purifier can be a complicated rabbit hole to fall down especially with different particle sizes, efficiency, and prices to consider.

Air purifiers with HEPA filters have the ability to filter out smaller particles, which is something we absolutely want, but for the HEPA to really work appropriately the air purifier itself needs to be exposed to enough air. This is referred to as an air purifier's CFM, or the volume of air it's able to process. CFM means cubic space per minute and this number will tell you how much volume of air a purifier is able to process *per minute*. The higher the CFM, the better the purifier. The lower the CFM, the lower the filtering ability.

Purifiers with a CFM of around 100 is good for small spaces, like at your desk or a bathroom. Larger CFM's like 300 or more is good for larger rooms that are more trafficked like the kitchen, bedroom, or living room. Generally, an air purifier with a HEPA filter and a CFM of 250 is a good combination of efficiency, air turnover rate, and price. A pro tip when purchasing an air purifier is to get replacement filters *at the time you buy* so when you need to replace them you already have them available. Many companies may even discontinue making a certain type of filter so it's always good to have some extras.