Holistic Abby

Your First 5 Healthy Home Swaps

Simple, gentle swaps for a cleaner, non-toxic home, one item at a time

BY ABBY VALDEZ · HOLISTIC ABBY | MOLD HEALING · HEALTHY HOME · FAITH & FAMILY

Hi friend! I'm Abby. Our home is completely chemical free now, but it didn't happen overnight, and it didn't mean throwing everything out. I believe God gave us a beautiful world full of simple, clean options. **We just use up what we have and swap one thing at a time as it runs out.** Here are the five swaps I'd start with.

WHY IT MATTERS

Many everyday products contain chemicals like synthetic fragrance, phthalates, and parabens that are known endocrine disruptors, meaning they can interfere with our hormones, which matter so much for growing little ones. They also add to our body's overall toxic load, and the air inside our homes is often more polluted than the air outside. Small swaps really do add up.

1 Ditch the artificial chemicals in your skincare.

Our skin soaks up what we put on it, so we skipped the fragranced, petroleum-based lotions. We use my own Mountain Country Tallow every day, even on my babies. It's light and soooo smooth, and it's on holisticabby.com. Use code **HOLISTICABBY15** for 15% off Etsy orders of $65 or more.



2 Swap to a clean candle.

I love my friends' Bee Rooted candles — beeswax and a cotton wick, instead of paraffin and synthetic fragrance. These are the only candles I allow in our house. Any other candle gives me a pounding headache from all the fake, synthetic fragrances. Use code **HOLISTICABBY10** for 10% off your order.



3 Clean the bathroom chemical free.

Yes, even the bathroom! I use Briotech hypochlorous spray on our toilets, tubs, and tile, with no bleach fumes. It's the room people can't believe we clean without harsh chemicals. Shop my cleaning list →



4 Swap your dish soap.

Look for fragrance-free with a short ingredient list. My favorite is Seventh Generation Honeycrisp dish soap, and Blueland fragrance-free tablets in the dishwasher.



5 Freshen up laundry day.

Swap scented detergent and dryer sheets for unscented Truly Free laundry wash and wool dryer balls with a few drops of essential oil.



Progress, not perfection. If all you do this month is one swap, that counts.

Want the next steps?

Healthy Home Swaps

My full room-by-room guide to the swaps we made and the brands I trust.

Use code SWAP25-ABBY for 25% off

Get Healthy Home Swaps →

This is what works for our family. It isn't medical advice. Some links are affiliate links; I may earn a small commission.

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