

## Detox Your Home

by Lindsay Coulter, Suzuki's Queen of Green

With a million different brands of cleaning and beauty products available, it's tough to know what's good and what's bad for your health and the environment. Since green is the new black, it's trendy for manufacturers and retailers to claim that their products are environmentally friendly. So consumers need to be savvy.

### Read Your Labels

Did you know that companies are not required to label things



David  
Suzuki  
Foundation

SOLUTIONS ARE IN OUR NATURE

like cleaning products, sunscreen and toothpaste? Start by choosing only products with clear ingredient labels.

### The Seal of Green

To make your job a little easier, look for products with the 'Green Seal' label. This certification guarantees that the product performs as well as conventional products. These biodegradable products won't irritate your skin or eyes, and they won't make you sick if inhaled or accidentally swallowed. Ingredients like phthalates, heavy metals, and optical brighteners are banned.

## Make It Yourself

And if you're still worried about the chemicals in your personal care and home cleaning products, make your own! At a fraction of the cost of popular brands, you can mix up your own safe and effective natural cleaners. A batch of liquid laundry soap takes less than twenty minutes to make using a few simple ingredients such as Borax and washing soda. At about a dollar per litre, it's worth a try. Check out [www.queenofgreen.ca](http://www.queenofgreen.ca) for a recipe and how-to video.

[www.davidsuzuki.org](http://www.davidsuzuki.org)