

Healthy Home Detox Checklist

50+ Action Items to Reduce Your Toxic Burden and Transform Your Living Environment

Presented by Eileen Durfee | EileenDurfee.com

Your home is either your greatest health asset or your greatest toxic burden. Most people spend 90% of their time indoors — and indoor air quality is frequently 2–5x more polluted than outdoor air, according to the EPA.

The good news: reducing your toxic burden doesn't require a complete renovation. It requires strategic action in the right areas. This checklist covers the most impactful changes you can make, room by room and system by system.

1. Air Quality — What You Breathe Matters Most

Indoor air contains volatile organic compounds (VOCs), mold spores, off-gassing from furniture and flooring, combustion byproducts, and particulates. Every breath either burdens or supports your detoxification systems.

AIR QUALITY		
✓	Action Item	Why It Matters
☐	Test your home for mold — especially after any water damage, musty smell, or unexplained health symptoms	Mold mycotoxins are among the most potent indoor air toxins; testing is essential before treatment
☐	Ensure all gas appliances are properly vented and serviced annually	Combustion byproducts including CO, NO ₂ , and formaldehyde are invisible and accumulate indoors
☐	Open windows daily for cross-ventilation when outdoor air quality permits	Dilutes accumulated VOCs, CO ₂ , and particulates that build up in tightly sealed homes
☐	Use an air purifier with true HEPA + activated carbon filtration in bedrooms and main living areas	HEPA captures particles; activated carbon removes VOCs and chemical gases
☐	Replace furnace and air handler filters every 60–90 days with high-efficiency filters	Standard 1-inch filters capture less than 10% of fine particulates
☐	Eliminate air fresheners, synthetic candles, and plug-in scent diffusers	These release phthalates, benzene, and formaldehyde directly into breathing air
☐	Switch to beeswax or non-paraffin candles if you use them at all	Paraffin candles release the same carcinogens as diesel exhaust when burned
☐	Have your home tested for radon — especially if you have a basement or are in a high-risk area	Radon is the second leading cause of lung cancer in the US; inexpensive test kits are available
☐	Install carbon monoxide detectors on every floor	CO is odorless; symptoms (headache, fatigue) are often mistaken for flu
☐	Breathe Safe® air purification for personalized near-infrared sauna environments	Eileen's patented system optimizes air quality specifically during near-infrared sauna sessions

2. Water — Hydration Shouldn't Add to Your Toxic Load

Tap water in most municipalities contains chlorine, chloramines, fluoride, pharmaceutical residues, heavy metals, and increasingly, PFAS ("forever chemicals"). What you filter out matters as much as what you drink.

WATER QUALITY		
✓	Action Item	Why It Matters
☐	Request your municipality's annual water quality report (Consumer Confidence Report)	Required by law; reveals exactly what's in your tap water so you can match your filter to the actual contaminants
☐	Install a whole-house carbon filter to remove chlorine and chloramines from all water	Chlorine and chloramines absorb through skin during showering — not just through drinking
☐	Install a drinking water filter matched to your specific water report contaminants	One filter type doesn't remove everything; match filter technology to documented contaminants
☐	For PFAS, VOCs, or pharmaceutical contamination, use a Culligan system or equivalent certified filter	PFAS require specific media; reverse osmosis alone is insufficient for all types

☐	Do NOT use reverse osmosis or distilled water as your primary drinking water	Both strip beneficial minerals; long-term use depletes calcium, magnesium, and trace minerals from tissues
☐	Structure your filtered water before drinking (vortex, grounding through glass or copper vessel)	Structured water has enhanced cellular absorption and hydration properties
☐	Use a shower filter to remove chlorine and chloramines	You absorb more chlorine in a 10-minute hot shower than from drinking 8 glasses of tap water
☐	Avoid storing water in plastic bottles, especially when warm	BPA and BPS leach into water; heat dramatically accelerates plastic migration into liquid
☐	Use glass, stainless steel, or copper vessels for storing drinking water	These materials are inert and do not leach synthetic compounds

3. Kitchen — Reducing Dietary Toxic Exposure

The kitchen is often the source of significant daily toxic input — through cookware, food storage, cleaning products, and food quality. Small changes here have large cumulative effects.

KITCHEN & FOOD		
✓	Action Item	Why It Matters
☐	Replace non-stick (PTFE/Teflon) cookware with cast iron, stainless steel, or ceramic	Non-stick coatings release PFAS and perfluorocarbon gases when heated; linked to thyroid disruption
☐	Use glass or stainless steel food storage containers instead of plastic	Plastic leaches endocrine-disrupting compounds into food, especially when heated or acidic foods are stored
☐	Never microwave food in plastic containers or with plastic wrap	Microwaving dramatically accelerates plastic compound leaching into food
☐	Buy organic for the “Dirty Dozen” highest-pesticide produce	Strawberries, spinach, apples, grapes, and peppers consistently show highest pesticide loads
☐	Prioritize pasture-raised, grass-fed animal products	Toxins accumulate in fat; conventionally raised animals carry higher residues of antibiotics, hormones, and pesticides
☐	Switch to natural dish soap and cleaning products without synthetic fragrances	Synthetic fragrances contain phthalates and hundreds of unlisted chemical compounds
☐	Use a range hood vented to the outside when cooking	Gas and electric cooking both release fine particulates and VOCs into indoor air
☐	Avoid aluminum cookware and aluminum foil contact with acidic foods	Aluminum leaches into food; linked to neurotoxicity and disruption of calcium/magnesium balance in HTMA patterns
☐	Filter water used for cooking as well as drinking	Boiling concentrates contaminants; filtered water for cooking matters as much as drinking water

4. Personal Care — What Goes On Your Body Goes Into Your Body

The skin is the body’s largest organ and a significant absorption surface. The average woman applies 168 chemicals to her body before leaving the house in the morning. The average man applies 85.

PERSONAL CARE PRODUCTS		
✓	Action Item	Why It Matters
☐	Audit your shampoo, conditioner, and body wash for sulfates, parabens, and synthetic fragrance	These disrupt estrogen signaling, accumulate in tissue, and contribute to copper toxicity patterns on HTMA
☐	Replace synthetic deodorant with aluminum-free alternatives	Antiperspirants deliver aluminum directly to lymphatic tissue in the armpit; linked to breast and neurological toxicity
☐	Switch to natural, fragrance-free laundry detergent and avoid dryer sheets	Dryer sheets coat clothes with quaternary ammonium compounds that absorb through skin throughout the day
☐	Use glass or metal containers for personal care products rather than plastic	Lotion, shampoo, and soap stored in plastic pick up plasticizers, especially in warm/humid conditions
☐	Choose toothpaste without fluoride and without sodium lauryl sulfate (SLS)	Fluoride disrupts thyroid function; SLS damages the mucosal lining of the mouth and gut

☐	Use organic cotton or natural-fiber towels and bedding	Conventional cotton is one of the most heavily pesticide-sprayed crops; residues remain in fabric
☐	Replace petroleum-based lip products with beeswax or plant-based alternatives	Lips are a direct absorption and ingestion route; petroleum products and synthetic dyes absorb readily
☐	Dry brush skin daily before showering to stimulate lymphatic drainage	Lymphatic movement requires mechanical stimulation; dry brushing also enhances skin detoxification capacity

5. Cleaning Products — Clean Shouldn't Mean Toxic

Most commercial cleaning products contain compounds that are acutely toxic, hormonally disruptive, or both. "Fragrance" on a label legally conceals up to 3,000 undisclosed chemicals.

CLEANING PRODUCTS		
✓	Action Item	Why It Matters
☐	Replace all-purpose sprays with white vinegar, baking soda, and castile soap solutions	These clean effectively without VOCs, endocrine disruptors, or respiratory irritants
☐	Eliminate bleach-based cleaners except for specific mold remediation situations	Chlorine bleach off-gasses chloroform and other halogenated compounds; damages airways and liver
☐	Use fragrance-free laundry products and eliminate fabric softener entirely	Fabric softener residues coat fibers and skin throughout the day, delivering continuous chemical exposure
☐	Switch to oxygen-based stain removers instead of chlorine-based products	Oxygen bleach (sodium percarbonate) is effective and breaks down to oxygen and water
☐	Store all cleaning products in a well-ventilated area, ideally outside the living space	Even sealed containers off-gas into the air of enclosed storage areas like under-sink cabinets
☐	Use microfiber cloths instead of paper towels when possible	Reduces chemical-based cleaning product use and paper waste from chemically treated disposable products
☐	Never mix cleaning products, especially those containing bleach and ammonia	Produces chloramine gas, which causes severe respiratory damage even in small quantities

6. EMF Reduction — The Invisible Environmental Stressor

Electromagnetic fields (EMFs) from wireless devices, smart meters, and wiring contribute to oxidative stress, disrupted sleep, and impaired cellular detoxification. Reducing exposure is practical and low-cost.

EMF & ENVIRONMENT		
✓	Action Item	Why It Matters
☐	Keep cell phones out of the bedroom during sleep, or switch to airplane mode	The sleep environment is when cellular repair and detoxification peaks; EMF disrupts this process
☐	Turn off Wi-Fi at night at the router level	Reduces wireless exposure by 8+ hours per night with zero lifestyle impact during waking hours
☐	Use wired ethernet connections for computers and streaming devices where possible	Eliminates the highest-power wireless emission source in most homes
☐	Keep devices charged away from the bed and sleeping body	Charging devices emit higher EMF; transformers and adapters are significant EMF sources
☐	Move your bed away from smart meters, electrical panels, or exterior wiring	These are high-EMF zones; a few feet of distance reduces exposure significantly due to inverse square law
☐	Use battery-powered clocks rather than electric clocks in the bedroom	Electric clock motors create a localized magnetic field throughout the night
☐	Ground yourself daily by walking barefoot on grass, soil, sand, or concrete	Grounding (earthing) neutralizes free radicals via electron transfer from the earth's surface

7. Active Detoxification — Supporting Your Body's Exit Routes

Reducing toxic input is essential. But your body also needs active support to eliminate what has already accumulated. These practices accelerate the four main detoxification routes: sweat, bowel, kidney, and lymph.

ACTIVE DETOX PRACTICES

✓	Action Item	Why It Matters
☐	Use near-infrared sauna regularly to mobilize toxins stored in adipose tissue via sweat	Near-infrared wavelengths penetrate 2–3 inches into tissue; the Sauna Fix® delivers therapeutic NIR at home
☐	Maintain daily bowel movements — use fiber, magnesium, and hydration to support regularity	The bowel is the primary exit route; constipation recirculates toxins through enterohepatic circulation
☐	Practice deep diaphragmatic breathing for 5–10 minutes daily	The lungs are a primary detox route for volatile compounds; most people breathe at 30% of lung capacity
☐	Dry brush your skin before showering to enhance skin detoxification	Skin eliminates 1 pound of waste daily when pores are unblocked; dry brushing unclog pores and stimulates lymph
☐	Perform regular coffee enemas or colon hydrotherapy to support liver and bowel detox	Coffee enemas stimulate bile duct dilation and glutathione production; a powerful liver support tool
☐	Support kidney detoxification with adequate clean water intake (half your body weight in ounces)	Kidneys filter blood 40+ times daily; dehydration concentrates and recirculates toxins
☐	Use castor oil packs over the liver 3–4 times per week	Castor oil's ricinoleic acid penetrates tissue and stimulates lymphatic flow and liver detoxification
☐	Take Hair Tissue Mineral Analysis to identify your specific toxic metal burden and detox pathway priorities	HTMA at Trace Elements, Inc. reveals which metals have accumulated and guides targeted elimination support

Want personalized detox guidance based on your body's actual toxic burden?

A Hair Tissue Mineral Analysis reveals exactly which toxic metals have accumulated in your tissues — and which detoxification routes need the most support. Eileen's Pattern Report software tracks your progress as you detox over time.

Order your Hair Mineral Analysis at:

WellnessShoppingOnline.com

For Sauna Fix® near-infrared sauna, Breathe Safe® air purification, Body Detox Brush Set, and detox support products:

CreatrixSolutions.com

Learn more about Eileen's approach at EileenDurfee.com

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