



7 Easy Real Food Swaps to Start Eating Cleaner

A simple guide to real food upgrades, pantry refreshes and easy natural living swaps to support your wellness journey.

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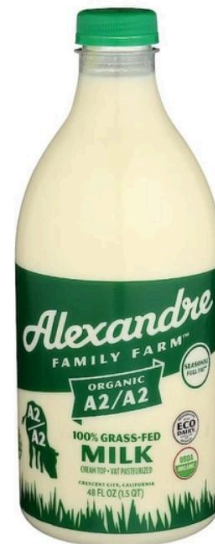


Eggs Notes: Look for organic, pasture-raised eggs in grocery stores. Look for local soy-free and corn-free, pasture-raised eggs at farmers markets. Alexandre Family Farm and Vital Farms are some of my favorite brands. Pasture-raised means the chickens are raised on pastures, are able to free roam, are exposed to lots of sunlight and enjoy their natural diet of bugs.

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Milk Notes: Alexandre Family Farm A2/A2 Milk, Kalona SuperNatural, Straus, Maple Hill Organic, Organic Valley - always look for whole milk, choose organic, grass-fed & look for VAT pasteurized milk when possible (this means that they heat the milk to lower temperatures, which preserves more nutrition). Alexandre and Kalona use VAT pasteurization.

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Salt Notes: Jacobsen Salt Co., Maldon Sea Salt Flakes & Saltverk Flaky Sea Salt are great brands with the lowest levels of lead & heavy metals.

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Butter Notes: Swap the oil-based brands and go for the real butter. Best Butter Brands > Kirkland Grassfed, Vital Farms, Maple Hill Organic Grass-fed, Kerrygold (salted and unsalted only), Organic Valley, Raw Farm Raw Butter.

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Mayo Notes: Swap the ultra-processed brands loaded with vegetable oils (soy, canola, etc.) and other processed ingredients and look for brands that only use avocado oil or olive oil.

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Cheese Notes: Look for organic and grass-fed when possible or cheese that's just made from real milk (cow, goat or sheep) and is cultured. Organic Valley, Applegate, Rumiano, Sierra Nevada, Raw Farm, 365 and Kerrygold are good options - many of these brands sell cheese slices, however it's usually cheaper to buy the cheese by the block and slice it yourself.

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Olive Oil Notes: This has become a shady industry and lots of olive oils are laced with chemicals and/or vegetable oils. Always choose Extra Virgin Olive Oil.

Look for the California Olive Oil Council Seal - purchasing olive oil with the COOC Seal means you are buying fresh, pure, CA-grown, 100% extra virgin olive oil that meet higher standards than international requirements, only the best CA olive oils qualify for the COOC certification. International standards as well as COOC regulations require that olive oil meets both chemical and sensory standards to be sold as extra virgin.

Go to <https://cooc.com> and click on The COOC Seal > Seal Certified Oils > <https://cooc.com/certified-oils/> to find a list of certified oils. Check out your local farmers markets too for good deals, make sure to ask the farmer about their practices and standards.

**Remember, just do the best you can
in the season that you're in!**

BONUS: More Real Food Swaps Below! 



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Welcome

Hi, I'm Emily — a 4x published cookbook author, homeschooling mama and natural living enthusiast. For over 18 years, I've been creating gluten-free, real food recipes and living a natural lifestyle — and now I'm so happy to share this helpful guide with you!

This free resource is designed to help you start (or continue!) your journey toward healthier, more intentional living — one simple swap at a time.

Whether you're brand new to real food or you've been working at this for a while, my hope is that these ideas feel supportive, realistic and empowering.



A Quick Note About These Swaps

This isn't about perfection — it's about progress.

The swaps you'll find in this guide are ideas I personally use and love. They're meant to help you move toward less processed food, fewer toxins in your home and a more vibrant, natural lifestyle.

Take what works for you right now. Start small, go at your own pace and trust that even one little change matters.


You've got this — and I'm cheering you on every step of the way!

Some links in this are affiliate links - I may receive commissions from purchases made through links. Thank you!

More Real Food Swaps

Best Pastured Meat Options:

Swap conventional meat for grass-fed and pasture-raised meats at grocery stores. Organic isn't as big of a deal here because it doesn't tell you how the animal was raised. Check out local farmers markets for local farms that use no-spray, grass-fed practices. **My favorite source for meat** is a meat box from [Wild Pastures](#)! It's the BEST regenerative, ethically-raised meat box, delivered to your door at affordable prices (*many customers have reported saving around \$1,000 per year*)! All small USA farms that Wild Pastures works with are "beyond organic", 100% pasture raised, rotationally grazed, have zero cages or crates and are committed to regenerative farming practices! [Get 20% Off for Life + Free Shipping for Life + \\$15 Off your 1st Box!](#)

 Wondering about the OTHER popular meat boxes? I used to get one years ago + stopped for several reasons: 1) They don't source beef in the USA, 2) Their chicken is "free-range" (*marketing label that means nothing, their chicken never see the outdoors*) and 3) Their pork is NOT pasture-raised, they claim it's "heritage" which is just a breed and tells you nothing about how the pig was raised.

A Note on Fake Meats: Fake meats are a huge marketing gimmick - the ingredients are not sustainable at all, they're lacking nutrients and are highly processed.

Best Store-Bought Chicken Options:

Hands down, Pasturebird Pasture Raised Poultry is the best chicken I have found in grocery stores. Their pasture raised chickens live on fresh pasture, eating their natural diet of bugs, grains, grass and legumes. They are free to explore, scratch and forage and are moved daily to increase the amount of green forage and proteins the birds consume. At night, they are moved into coops for shelter from predators.

Best Yogurt Options:

Alexandre Family Farm, Straus, Maple Hill Organic, Organic Valley Grassmilk, Nancy's Grass-fed or whole organic. Look for full-fat, whole milk yogurt. Choose

organic when possible. Plain is the best option and you can add your own sweeteners like honey, maple syrup, fresh fruit or fruit-sweetened jam. **Dairy-free Options:** Culina Yogurt, GT's Living Foods COCOYO & Ccojune unsweetened.

Best Cereal Options:

Lovebird, Seven Sundays, Three Wishes, One Degree Sprouted Brown Rice Crisps, Nature's Path Organic Keto or Gluten-Free Fruit Juice Sweetened.

Best Pancake Mix Options:

Simple Mills Almond Flour Pancake Mix, Birch Benders Paleo Grain-Free Mix, Bob's Red Mill Gluten-Free Pancake Mix.

Best Gluten-Free Bread Options:

Bread SRSly Gluten-Free Sourdough (comes in the classic loaf, seeded loaf, cinnamon raisin, dinner rolls, sandwich rolls, etc.) and Young Kobras Organic Gluten-Free Sourdough (comes pre-sliced in original, olive herb and fig) - both brands can be found online, in some grocery stores and on Amazon. If you're near Sacramento, CA, [West Sac Bread Co.](#) makes the best sourdough and rolls - it can also be ordered online if you're not local.

Best Bottled Salad Dressing:

Primal Kitchen (made with avocado oil) - they have so many delicious salad dressing options to choose from.

Best BBQ Sauce:

Noble Made, Primal Kitchen - both brands have lots of delicious flavors and are naturally sweetened! They have other great sauces and condiments too.

Best Gluten-Free & Grain-Free Dry Pasta Options:

Jovial brand is by far the best tasting and the best texture gluten-free pasta. They also make a grain-free cassava-based pasta.

Best Gluten-Free Boxed Mac n' Cheese:

Jovial brand makes regular and dairy-free, real food Mac n' Cheese without any questionable ingredients.

Best Snacking Chips Options:

Artisan Tropic Cassava Chips, Artisan Tropic Plantain Chips, Banana Organic Plantain Chips, Terra Plantains with Sea Salt, Sweetpotato Awesome, Siete Kettle Cooked Potato Chips (avocado oil sea salt), Boulder (olive oil or avocado oil), Good Health (avocado oil only). Organic Potato Chip Options with not-so-great oils > Kettle Organic Sea Salt Potato Chips.

Best Tortilla Chips & Tortilla Options:

Siete brand makes several types of tortillas (including burrito size) as well as grain-free tortilla chips (made from cassava) and organic corn tortilla chips (Maíz Totopos) - all made with avocado oil. MASA Chips also makes traditional tortilla chips cooked in tallow.

Best Popcorn Options:

Lesser Evil brand or buy whole organic kernels and pop them at home. When you make your own, you can control the seasonings - adding sea salt and melted butter are great options.

Best Chocolate Bar Options:

Hu (dark and grass-fed milk chocolate - coconut sugar sweetened), Alter Eco, Raaka (naturally sweetened), Evolved, Equal Exchange Organic (contains organic cane sugar).

Best Chocolate Chips Options:

Goodsam, Hu, Pascha, Equal Exchange Organic.

Best Store Bought Ice Cream Options:

Look for organic and grass-fed when possible. Some of the best quality brands are Alec's Ice Cream (organic, regenerative, A2 grass-fed dairy, gluten-free), Straus Family Creamery (organic, pasture-based, sustainable, gluten-free), Alden's Ice Cream (organic, supports family farms). For dairy-free options, GREEN GIRL Bakeshop makes lovely gluten-free superfood ice cream sandwiches and plant based gelato.

Best Protein Powder Options:

Swap the highly processed protein powders and choose a healthier version. My favorite clean, grass-fed whey protein is from [Kion](#). It has zero junk and it's tested for heavy metals, bacteria and mold. It comes in vanilla, chocolate and unsweetened – and tastes great too! I have used all 3 flavors for years and use vanilla almost daily in smoothies or my morning protein drink. Use code [NOURISH](#) for a discount.

Best Fizzy/Soda Drink Options:

If you really love sodas and you're looking for a healthier swap, give OLIPOP a try! They have so many flavors like the classics – Cream Soda, Classic Root Beer, Cherry Cola, Vintage Cola, Doctor Goodwin and more like Strawberry Vanilla, Orange Squeeze, Cherry Vanilla, Ginger Lemon, Classic Grape, Watermelon Lime and more! Their sodas have a blend of 7 unique botanicals, plant fibers and prebiotics – and help support digestive health too!

Best Coffee Options:

I am not a coffee drinker, but I have friends that are! I love sharing [Kion](#) coffee with them. It's certified organic, ethically sourced and tested for toxins, including mold, mycotoxins and pesticides. Use code [NOURISH](#) for a discount. Did you know that over 97% of the world's coffee is sprayed with pesticides and stored in a way that encourages mold growth? Not good! When looking for coffee, a good idea is to look for mold-free coffee as well as fair-trade or ethically sourced and/or organic coffee beans.

Water Wellness & Best Water Options

Clean water is foundational to wellness.

Some “safe” water options may not be the most supportive long term. Tap water and even bottled water often contain microplastics, heavy metals, or forever chemicals (check your zip code here: [EWG Tap Water Database](#)).

!! Notes on Tap Water: Did you know that 64% of bottled water in the U.S. is simply tap water? Bottled water is just glorified tap water > Forbes shared a study that 93% of plastic water bottles contain micro plastics (not good!).

Water is a true pillar of health and life, but tap water contains so many contaminants like pesticides, fertilizers, pharmaceuticals, fluoride, heavy metals and waterborne contaminants. These need to be filtered out for true hydration and wellness.

Did you know that the EPA's legal limits for contaminants in drinking water does not mean it is safe - there are more than 80 contaminants that may occur in tap drinking water and pose a risk to human health. In June 2022, the U.S. Environmental Protection Agency released warnings for synthetic pollutants in drinking water, which they called "[forever chemicals](#)". They said these toxins can still be harmful even at levels so low they are not detectable.

Best Water Options:

My favorite home delivery water comes from [Mountain Valley Spring Water](#). You've probably seen this brand in grocery stores too - it comes in beautiful, green glass bottles, but you can also get it delivered to your home! It comes in 2.5 or 5 gallon glass bottles. I love this water because it comes straight from the source, rising naturally from a spring in the Ouachitas in Arkansas. Mountain Valley Spring Water filters through granite-based aquifers, collecting all the goodness from the land. This award-winning water is sodium-free with a naturally balanced pH and blend of minerals including calcium, magnesium and potassium. And you can't beat that this water comes in glass bottles - not plastic! Not only is plastic harmful to your body (not just BPA, but PET plastic too which can [leach endocrine disruptors and negatively alter the endocrine system](#)) but our environment as well: 38 billion water bottles (over 2 million tons) end up in U.S. landfills each year.

My Other Favorite Water:

Molecular hydrogen water that comes from this [medical-grade water ionizer](#). Regular water cannot solve chronic dehydration, acidosis and inflammation. Tap water, bottled water, reverse osmosis water, distilled water, etc. are all oxidizing.

✅ This is a countertop ionizer that creates activated, highly alkaline, antioxidant-rich, alkalized, molecular hydrogen drinking water – the strongest antioxidant and anti-inflammatory beverage on the planet, specifically designed as a wellness tool that helps support cellular recovery and healing. Molecular hydrogen acts as a powerful antioxidant, neutralizing free radicals, removing them from your body.

❤️ In addition to being a powerful antioxidant, the H₂ (hydrogen) is the smallest molecule in the Universe allowing it to cross the blood/brain barrier and reach every cell in the body to help heal and repair.

💡 It's micro-clustered – meaning it's more absorbable to your body! So it majorly supports hydration, supports targeting free radicals and it's anti-oxidation, anti-inflammatory, anti-aging and more!

Learn more about my favorite molecular hydrogen-rich water [here](#). It's been a game-changer for my family's health and hydration. If you're feeling called to make the investment in your health and want more guidance, I'm just a DM away on Instagram or an email away if you'd rather connect that way. 💕

💧 Need Another Option?

[AquaTrue](#) is a reverse osmosis carafe water purifier system – it removes almost all of the harmful contaminants from tap water (this company does rigorous independent testing and it meets NSF standards to remove 83 harmful contaminants). It basically resets your water to zero. You'll then want to remineralize your water with trace drops or sea salt.

As an added bonus, I wanted to share some of my favorite natural living swaps for your home, personal care and lifestyle.

See below ... 

Moving Beyond Real Food Swaps ...

If you're feeling ready to go beyond just fueling your body and start creating a cleaner, safer home environment, I've got you. 🧡

These tips and product suggestions are here to support you and your family every single day — and can make a lasting difference for your long-term wellness.

I'm so grateful and honored that you trust me to walk with you on this natural living journey.

Below, you'll find simple ideas to help reduce toxin exposure in your kitchen, bathroom, cleaning supplies, skincare and personal care products — everyday items that can add up over time.

Please remember:

This is *not* about doing everything all at once. This is a gentle guide to support *you*, right where you are. Start small, maybe with one or two swaps that feel doable — and let the rest unfold as you're ready.

You're doing amazing. You've got this! ❤️

Natural Living Swaps

Simple lifestyle changes can make a big difference.

Skincare + Body Care

❌ Skip: Fragrance-loaded lotions and soaps

✅ Pro Tip: For skin, body + beauty products, use the Environmental Working Group's Skin Deep Database [ewg.org/skindeep/](https://www.ewg.org/skindeep/) to check the rating on your personal care products.

Deodorant + Makeup

❌ Skip: Toxic ingredients and endocrine disruptors

✅ Use: Safer ingredients + EWG-verified products

Cleaning Supplies

- ✗ Skip: Chemical-loaded products
- ✓ Try: Eco-friendly products that use safer ingredients

Air Fresheners + Candles

- ✗ Skip: Synthetic plug-ins, sprays and paraffin wax
- ✓ Swap: Beeswax candles, essential oil diffusers, simmer pots

Pesticides + Weed Killers

- ✗ Skip: Roundup or glyphosate sprays
- ✓ Make: DIY natural weed killer (like the one on [my website!](#))

Water Bottles

- ✗ Skip: Plastic bottles
 - ✓ Use: Stainless steel or glass
-

Non-Toxic Skincare Products:

P2 Probiotics: For face wash, it's simple and it works! My kids and I have been using this as a face wash (face, hand and body wash) for many years. We love it! I haven't found any other face wash that works better. My teenager (and her friends who have tried it) say it is the best for removing makeup. It's very concentrated, so a little goes a long way. It's so gentle and has organic probiotics that clean on a microscopic level, eliminating the biofilm that's on our skin's surface. It leaves your skin feeling so clean!

Norse Organics: This is the best botanical-based skin care that I have found for Anti-Aging and Acne. I have been blown away by the results that my daughter and my friend's teen have experienced using the ***Kill Acne & Redness Ritual*** and my friend and I have been blown away by the results we've experienced using the ***Anti Age & Glow Ritual***. I personally have noticed a reduction in dark circles under my eyes, less pronounced fine lines, much softer skin that is not dry in any area and it leaves my skin feeling amazing and glowing. It's a simple 3-step routine ritual, no face wash needed. Their products are made from wild-harvested plants that grow on the Norwegian mountainside to capture the highest quality antioxidant

potential. The skin care is very powerful, uses no water, is super concentrated and fast working.

[Biossance](#): For clean skincare. I love their award-winning products. They have great sales and have a great Clean Crew Rewards free program that's designed to reward Biossance customers - you can earn points from your purchases and redeem them on future purchases.

[Toups and Co Organics](#): This is my favorite nutrient-dense tallow balm company. I have used their tallow balm products, deodorants and lip balms for many years. I love that their deodorant is baking soda free and also contains magnesium, which is known to help keep your armpits smelling fresh. They also have a great natural makeup and skincare line as well.

Earth Mama: I love this small business and their products, especially their [sensitive skin lotions](#) - I used them on my last baby.

Avalon Organics Hand & Body Lotion: I love this [EWG Verified lotion](#) for the body. This is sold at many grocery stores and most natural foods grocery stores.

Lip Balms: One of my favorite lip balms for dry and super cracked lips is [Bee and You](#). After I had tooth fractures, bee propolis was recommended to me as one of the best things for cracked lips. This lip balm has both raw honey and bee propolis and works wonders for dry lips and any kind of chapping or cracks (in the corners of lips and throughout the lip). It's made with cocoa butter, beeswax, honey, olive oil, vitamin E, propolis extract, coconut oil, jojoba oil, grape seed oil, avocado oil and shea butter - and it works so well! I also love using [Badger original cocoa butter lip balms](#) - especially their creamy cocoa, vanilla bean, sweet orange and cool mint. My kids love the sweet orange and vanilla bean the best.

Clean Deodorant: Hands down, this is [my favorite deodorant](#). Most mainstream deodorants are full of unnecessary ingredients, fragrances and frankly, quite toxic ingredients. The best natural deodorant I have found is this **sensitive skin, baking soda-free deodorant**. It works so well, lasts all day, glides on smoothly, doesn't stain, doesn't have overpowering scents and it's EWG verified. I love that it contains natural magnesium from Dead Sea salts in the ingredients which is known to help combat odor. The scents are very mild and not overpowering - some of my

favorites are the **Coconut Lime** and **Rose Vanilla** plus the **Cedar Vanilla** for a more masculine scent. They also have an unscented version.

ESAS Beauty: Amazing, completely natural and safe perfumes and colognes that smell wonderful and are not overpowering.

6.0pH Molecular Hydrogen Water: From the molecular hydrogen [water ionizer](#) (that I mentioned above) can be used in place of facial toners.

Safer Sunscreen: Badger, Biossance and Counter (formally Beautycounter) are all great non-toxic brands.

Clean Toothpaste & Mouthwash:

Wellnesse: I have tried many natural toothpastes over the years and finally settled on one that seems to work really great for adults and kids - it's a fluoride-free, whitening, [remineralizing & sensitivity toothpaste](#) that works great with non-nano hydroxyapatite (which is known to help support teeth health and remineralize). My teenager and I love the [fresh mint](#) variety and they have a [strawberry flavor for kids, toddlers and babies](#) that my kiddos love.

P2 Probiotics: We love their probiotic mouthwash and have used it for many years. It can also be used as a toothbrush, retainer and mouthguard rinse/cleaner. This non-toxic, highly concentrated, natural probiotic mouthwash is known for cleaning away plaque (aka biofilm) on your teeth.

Lumineux Whitening Strips: A less harsh, safer option.

Clean Shampoo & Conditioner:

Innersense: This company has great organic hair care: shampoo, conditioner, styling products like gel, volumizing foam, texturizer, curly hair styling products,

etc. My curly hair girls love the styling products and I love their products for wavy curly hair.

[The Honest Company](#): I have used their EWG Verified clean products for many years for my kids/babies. My kids and I love their [conditioning detangler](#).

[Wellnesse](#)

[Babo Botanicals](#)

[Carina Organics](#)

[Acure](#): Not as “clean” as the others listed above, but a better option and price point. My kids like the Ultra Hydrating shampoo and conditioner and I like the Volumizing shampoo and conditioner.

Safer Cookware Swaps

Toss the Teflon — here are some safer options I love for everyday cooking and baking.

 Skip:

- Nonstick/Teflon-coated pans
- Aluminum cookware
- “Ceramic-coated” pans that scratch or chip easily

✨ *Bonus Tip:* Avoid using metal utensils on coated pans — even safer options like enameled cast iron — to help them last longer.

Safer Non-Toxic Cookware - Pots & Pans:

Lodge Cast Iron Enamel: This [Dutch oven is my favorite](#)! It's one of my most used kitchen tools. It's such a great pot for cooking roasts, bread, soups, etc. It can be used in the oven for baking up to 500 degrees F, used in the fridge to marinate meats, or on the stovetop for cooking. Le Creuset is an option too, however, much higher on price point.

All-Clad Stainless Steel or Tri-Ply Stainless Steel: Make sure that you look for multi-clad (5-layer) or Tri-Ply stainless steel. All-Clad is pricer. Cuisinart has some, but they have some single layer pans, so make sure to look for the heavier, multi-clad (5-layer) or Tri-Ply.

Non-Toxic Bakeware:

Stainless Steel Baking Sheet Pan: The key here is to look for non-toxic pans (meaning no non-stick pans). I love these [18/0 stainless steel baking sheet pans](#). I have used them for many years and they work great. If I need something that is non-stick, I always use [If You Care unbleached parchment paper](#).

Stainless Steel Muffin Pan: Again, I stay away from non-stick cookware of any kind. I love this [stainless steel 12 cup muffin pan](#) - it has held up well for me for many years. I also use and love their mini muffin pan and use [If You Care unbleached baking cups](#) when needed.

Cutting Boards:

Quality Wood or Silicone: Ditch the plastic cutting boards (you do not want microplastics in your food) and opt for quality wood cutting boards or silicone cutting boards. There are so many options available - I always suggest looking for wooden cutting boards that do not use toxic glues or toxic finishes. I love this sustainable [Black Walnut Wood cutting board](#) that's made by a small business in the USA. I also love this [Teak Wood cutting board](#) that's also made by a small

business in the USA - I love all of their teak, walnut, maple and acacia wooden cutting boards.

More Affordable Options: If you're looking for more affordable options, I would personally opt for silicone cutting boards or bamboo (again, make sure to look for no toxic finishes or toxic glues). I have these [eco-friendly wood composite cutting boards](#) - they're nonporous, easy on your knives and are dishwasher safe. I also like these [no-glue bamboo cutting boards](#) - they're eco-friendly and work well.

Non-Plastic Spatulas, Spoons & Cooking Utensils:

Silicone, Stainless Steel or Quality Wood: It's best to use non-plastic kitchen tools. I always recommend opting for silicone, stainless steel or quality wooden utensils. I love this flip, scoop, stir and serve [6-piece cooking utensil set](#) and have been using their high-quality products for over 15 years. I also love their [silicone spatulas](#) - especially for all things baking, frosting and marshmallow making.

Stainless Steel Whisk: I love OXO stainless steel whisks and have them in the [11-inch whisk](#) and [9-inch whisk](#). They work fabulously and last over time, I've had mine for many years.

Kitchen Towels:

I love these [GOTS Certified Organic Cotton Kitchen Hand and Dish Towels](#). They're perfect for the kitchen - drying dishes or hands, super sturdy, thick, absorbent and free of any pesticides or harmful chemicals in the fabric. Hands down, these are one of my most used things in the kitchen. I love them!

Non-Toxic Cleaning Supplies:

Branch Basics: Use code **RECIPESTONOURISH** for 10% off Starter Kits. I have been using their products for almost 2 years and love them - my favorites are The Concentrate (so many amazing uses) and Oxygen Boost (amazing stain remover and great in laundry!). This company is awesome!

Better Life: If you're looking for an option that's easy to find online and in some natural food stores, I love [Better Life All Purpose Cleaner](#). It works great, doesn't have a strong smell and cleans surfaces well. I also love their [Natural Streak Free Glass Cleaner](#) and their [Tea Tree & Peppermint Natural Toilet Bowl Cleaner](#).

Thieves: If you use Young Living products, the Thieves concentrate is also a great option! I used it for over 9 years. Their concentrate covers you for counters, bathtubs, mirrors, floors, doors and kitchen spaces.

2.5pH Molecular Hydrogen Water: From the molecular hydrogen [water ionizer](#) (that I mentioned above) – it can be used in place of all cleaning supplies!

Bedding & Mattresses:

Sheets: Look for organic, bamboo and Standard 100 OEKO-Tex® labels.

Standard 100 OEKO-Tex® bedding: This label certifies that every component of the product, from the fabric to the thread and accessories, has been rigorously tested against a list of up to 350 toxic chemicals. Even Target is carrying bedding that meets these standards now. I've found organic sheets there as well as Standard 100 OEKO-Tex® blankets, quilts and comforters.

Mattresses: Look for GOTS & GOLS certified brands, organic natural latex, etc. Two of my favorite more affordable options are [Brentwood Home](#) (Crystal Cove Flippable Mattress) and [Latex for Less](#) (organic natural latex mattresses, pillow and toppers). [Naturepedic](#) (I've owned the Verse Organic Kids mattress & EOS Customizable Pillowtop and their pillows too) and [Essentia](#) (GOLS & GOTS certified

organic latex mattresses - I love their mattresses, they are on the more expensive side) are a couple other wonderful brands. I have owned all of the above brands at different times. [LIFEKIND](#) is another well-liked organic mattress brand.

Clean Laundry Detergent:

[Branch Basics](#): I absolutely love their Oxygen Boost and have been using it for many years. It's an amazing stain remover and great in laundry! Use code **RECIPESTONOURISH**

CitriSafe (Remedy by CitriSafe): I love this [laundry detergent](#) that helps remove mold spores, pollutants, chemicals, odors and everyday dirt and debris from your laundry. One of the awesome things about this detergent is **it cleans your washing machine at the same time and helps prevent mold buildup inside the machine!** It works with all water temperatures, it's great for more things beyond basic laundry like pet beds, pillows, area rugs and it's eco-friendly. I tend to alternate my laundry detergent and use this for about a week and then switch to my other eco-detergent for a week and continue with this alternating rotation, but you can use this one all the time too.

[BioKleen](#): I have used this free & clear super concentrated laundry liquid detergent for years and love it. It's especially great for those with sensitive skin.

11.5pH Molecular Hydrogen Water: From the [water ionizer](#) (that I mentioned above) can be used in place of laundry detergent.

Natural Dryer Sheet Alternative:

- **Wool Dryer Balls:** You can use these with or without a few drops of your favorite essential oils. I have used these organic, chemical-free, New Zealand [wool dryer balls](#) for years and love them.
-



Clean Candles:

👉 Most candles are toxic and contain petrochemicals and synthetic fragrances. Toss those candles and look for non toxic beeswax or coconut based with a 100% cotton wick or a wood wick instead. There are some natural soy wax options too. Etsy can sometimes be a good option for finding non toxic beeswax candles.

[Big Dipper Wax Works](#): 100% pure beeswax, handcrafted candles. They have a wide variety of candles, everything from tapers, pillars, votives, aromatherapy candles with essential oils, birthday candles, seasonal and more.

[Pure Plant Home](#): Hand poured, coconut vegetable wax and essential oils.

[Elk Field](#): I love these lightly scented handcrafted organic beeswax candles.

[Hemlock Park](#): Makes lovely nontoxic scented candles in beautiful glass jars that are made with coconut wax, essential oils and crackling wooden wicks.

[Arctic Wicks](#): Makes lightly scented nontoxic coconut and beeswax candles.



Air Purifier:

[AirDoctor](#): The quality of the air we breathe inside our home has so much to do with how we feel. According to the Environmental Protection Agency, indoor air can be up to 5 times (and sometimes even 100 times) more polluted than outdoor air. AirDoctor's UltraHEPA™ filter has been independently tested and shown to remove airborne particles as small as .003 microns in size (like bacteria, viruses, mold spores, smoke, pet dander, pollen, and more). That's 100 times smaller than the HEPA standard. For extra savings, I always share when they have sales in my newsletters.

More Affordable Options: I have used GermGuardian HEPA Air Purifiers that [cover 743 sq. ft.](#) and [915 sq. ft.](#) and BLUEAIR HEPA Purifiers that cover [432 sq. ft.](#)

♥ **THANK YOU** for the care and intention you're pouring into your home and your health. It's an honor to walk alongside you on this natural living journey.

Here's to vibrant health, lasting wellness and the joy of simple, nourishing swaps.

With heartfelt gratitude,

xo Emily

Let's stay connected!

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