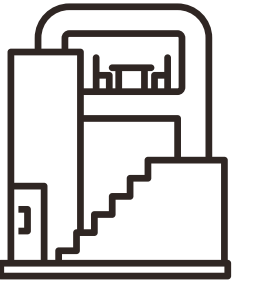


# Change the Air Foundation

4 weeks 4 rooms - Healthy Home Makeover  
Presented by Awakening Spaces & Keto Canary.



# A HEALTHY HOME

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AWAKENING SPACES X KETO CANARY

change the air foundation



# MAKING CONSCIOUS DECISIONS

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## Why it Matters

Every single item in our home has the ability to nurture our health or create a burden on our body moving us further away from our goals.

Building materials, furniture, finishes, appliances, and decor all invite different chemicals and pollutants into our indoor environment.

When we introduce new items into our home, we also introduce whatever chemical or biological material the item is composed of into our home which can all impact the indoor air we breath every single day.

Our bodies have to figure out how to process what we eat, what we breath, and what we consume. The best approach to lowering exposure is AVOIDANCE, but before we can AVOID, we must be AWARE.

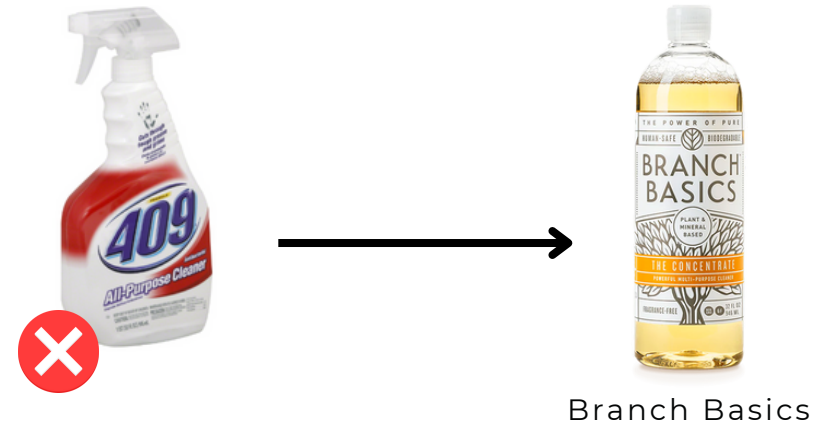
# CLEANING GUIDE

## QUICK SWAP GUIDE

A NOTE ON "KILLING/CLEANING" MOLD  
Dead mold is just as toxic as living mold, mold should never be killed it should be REMOVED.



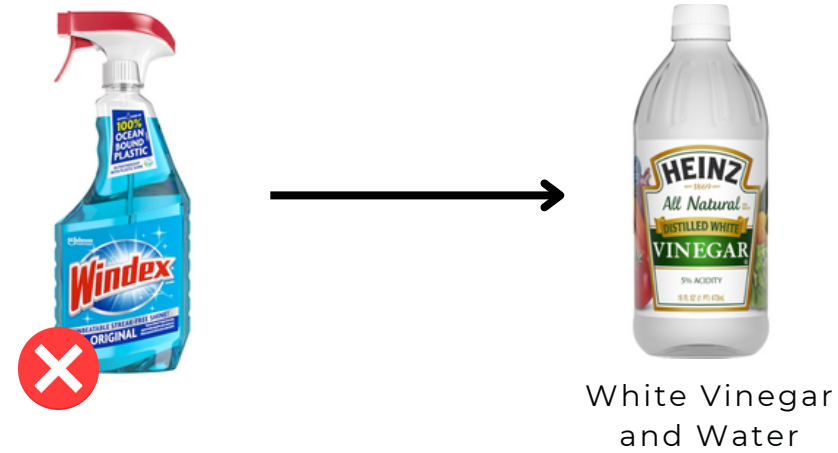
### ALL PURPOSE / GENERAL CLEANERS



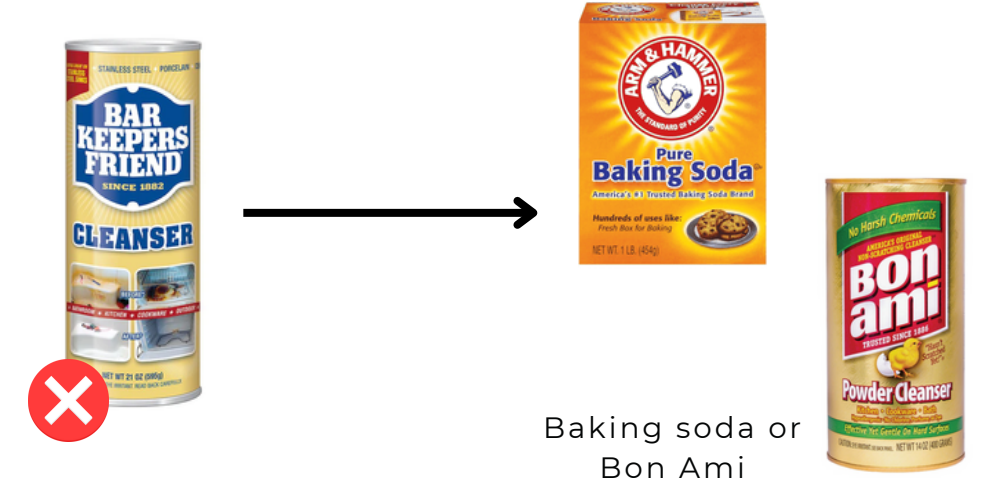
### DISINFECTANT CLEANERS



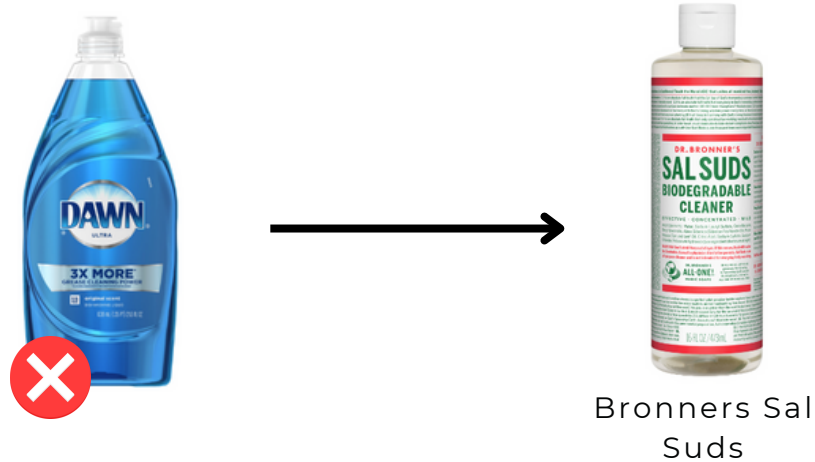
### GLASS CLEANERS



### ABRASIVE CLEANERS

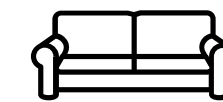
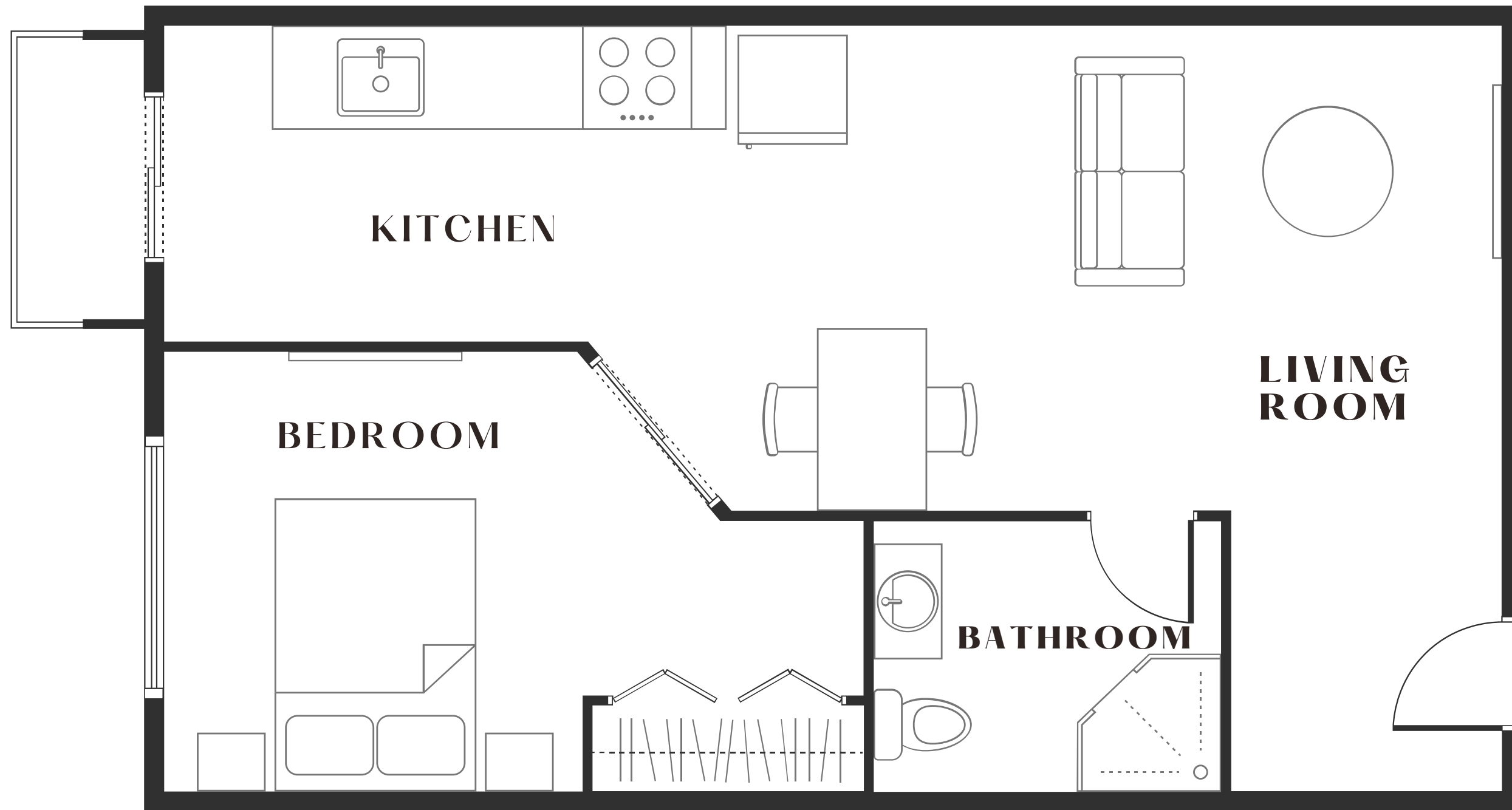


### SOAP



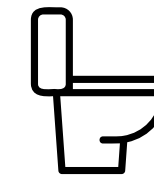
### DETERGENT





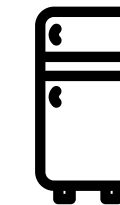
## LIVING ROOM

This is going to cover furniture, decor, rugs, paints, flooring, plants, EMFs from TVs, Wi-Fi, etc.



## BATHROOM

As one of the wettest areas of the home, the bathroom deserves special attention and maintenance to prevent mold and bacteria issues from arising.



## KITCHEN

Kitchens are another "wet" area of the home. They are also a place where we handle raw foods and preparing the food we will consume. This is why this room of the home needs special attention.



## BEDROOM

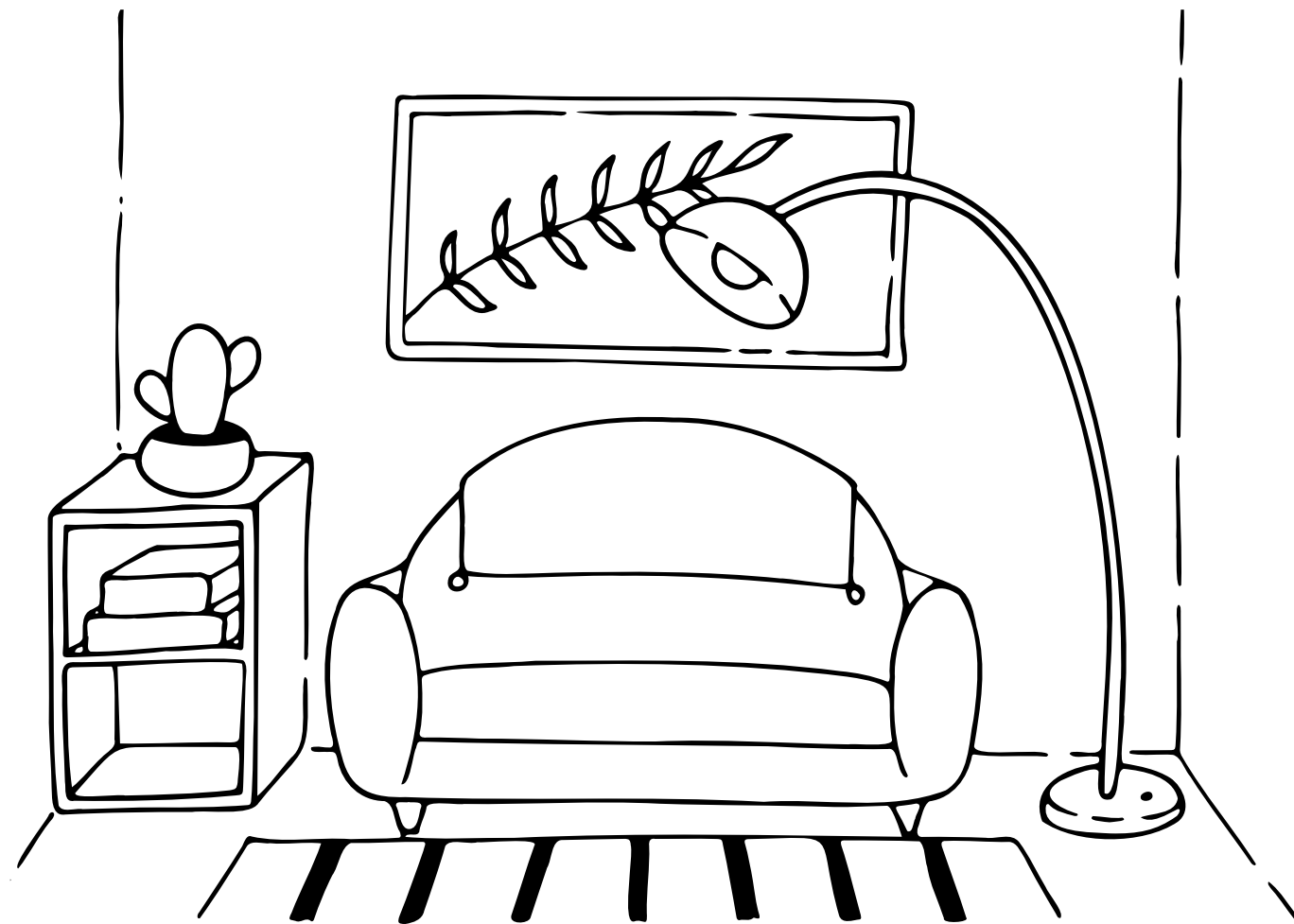
The bedroom is where our bodies rest and repair each night after a day of hard work. These rooms should be designed for optimal health to allow for the best possible recovery.

# 4 ROOMS

THE IMPORTANCE OF KEEPING THESE SPACES HEALTH

# THE LIVING ROOM

## A HEALTHY HOME MAKEOVER



### SHOES OFF AT ENTRY



Removing your shoes before entering the home is the best way to avoid tracking pesticides, bacteria, and other pollutants into the home.

### CANDLES & FRAGRANCES



Fragrance is a huge source of indoor air pollution and breathing these chemicals in can cause endocrine disruption, allergies, and asthma. Opt for beeswax candles as studies have shown these to improve indoor air quality.

### MOISTURE MANAGEMENT



Get into the habit of monitoring the moisture of your home. A home should be between 30-45% Relative Humidity to avoid mold, bacteria, and viruses from thriving.

### AIR PURIFIERS



Clean air is essential, air purifiers can really help trap airborne pollutants. Once you've adopted a moisture management plan and cleaning routine, consider an Air Purifier for additional indoor air quality support.

### INTERIOR FINISHES



Be cautious when making home improvements as paint, flooring, adhesives, grout, mortar, sealants, and caulking (+more) can bring harsh chemicals into our indoor air.

### FURNISHINGS



Furnishings, especially those containing petroleum based foam products can bring toxic chemicals into our home. If you have upholstered furniture that is ripped, be sure to fix it ASAP so not to expose yourself to the chemicals in the foam. Avoid petroleum based foam furnishings when possible.

### RUGS & DRAPERIES

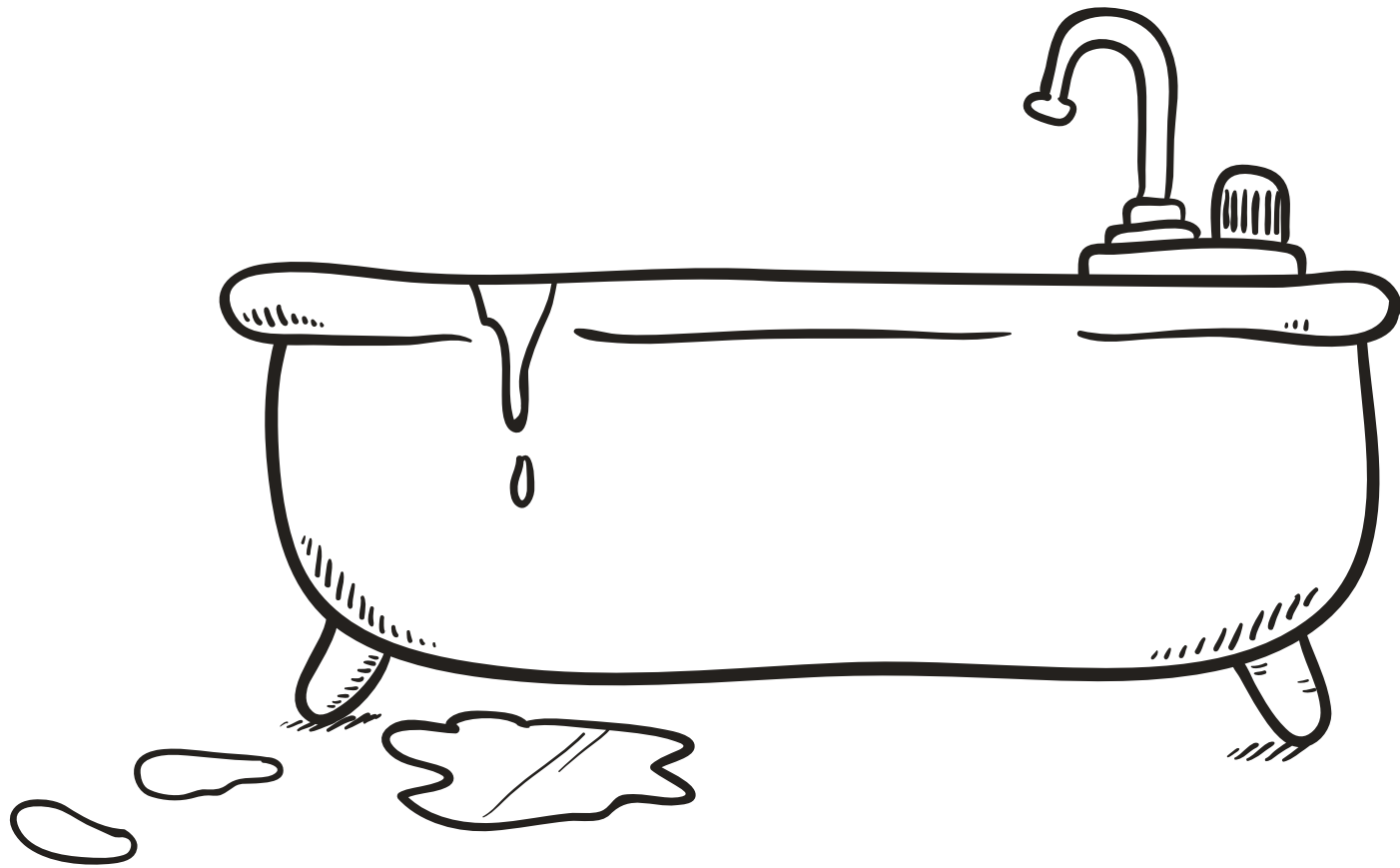


Rugs and carpets are reservoirs for dirt and pollutants. Reserve rugs for high traffic areas only and opt for no carpet in new builds. Healthier rug options are widely available, but even these are difficult to clean and expose us to chemicals trapped in the bottom. Choose draperies without vinyl and flame retardants and opt for natural options.

# THE BATHROOM

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## A HEALTHY HOME MAKEOVER

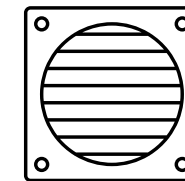


### SHOWER CURTAINS



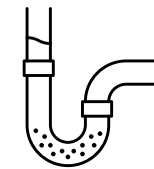
Avoid vinyl shower curtains that likely contains harmful phthalates (endocrine disruptors). Opt for natural materials and wash curtains regularly. Leave curtains closed when done taking a shower to allow for the curtain to dry out completely.

### EXHAUST FAN



Run your exhaust fan for 30 minutes after your shower with the door closed. Confirm the EF does not vent into the attic. If you don't have an EF, crack a window and monitor the relative humidity to make sure it does not stay above 45% for long. If so, buy a dehumidifier.

### REGULAR CLEANING



Regular cleaning is incredibly important in our bathrooms. Especially our sink and shower drains. hair and dust slide down the drain creating build-up trapping moisture and allowing mold and bacteria to thrive.

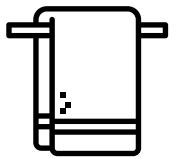
Clean drains once a month with baking soda and vinegar.

### MONITORING



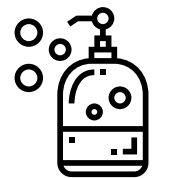
Monitor the bathroom regularly and look for leaks. Check underneath the sinks, behind the toilet, and drips at the shower/bath tub. After a shower, make sure to dry down all of the walls. Keeping this space dry is crucial for preventing mold and bacteria growth.

### BATH MATS AND TOWELS



Bath mats can become a reservoir for mold and bacteria if they aren't cleaned regularly. Do not hang wet towels or bathmats up against a wall where they cannot fully dry. Towels can also contain harmful pesticides, look for OEKO-TEX certified towels.

### PERSONAL CARE PRODUCTS



Personal care products get applied directly to our skin. It's important to choose products that do not contain endocrine disrupting chemicals. See next slide for more detail.

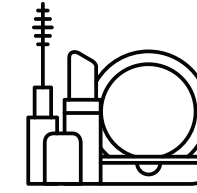
# BEAUTY PRODUCTS

## A HEALTHY HOME MAKEOVER



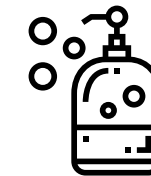
SAFE PRODUCT SEARCH  
[WWW.EWG.ORG/SKINDEEP](http://WWW.EWG.ORG/SKINDEEP)

### CLEAN BEAUTY MAKEUP



It's important to choose products that have safe ingredients. Currently we have little to no regulation in this industry so it's important be your own advocate. Refer to the EWG's product search for safe products such as Beauty Counter.

### CLEAN SHAMPOO & DEODORANT



Because shampoos often contain parabens, phthalates, and even formaldehyde, it's really important to choose safe, clean, healthy ingredients. Deodorants with Search for safe products on the EWG's safe product search.

### CLEAN BODY WASH



Because your skin is your largest organ and absorbs whatever is applied it's important to choose safe, healthy ingredients. Also note many beauty care products contain gluten which is another inflammatory irritant that should be avoided.

### CLEAN BEAUTY SKINCARE



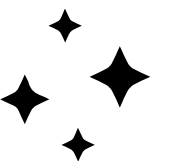
Your skincare routine should be good for your skin and healthy for you. Many skincare products contain harmful ingredients known to cause dis-ease. Refer to EWG's product search for safe skincare such as Beauty Counter.

### ORAL CARE & DEODORANT



Fluoride is just one harmful common ingredient in toothpaste. Known to be a neurotoxin it's best to avoid ingredients like these. Deodorants are best without aluminum as it's a known toxin and disrupts the body's natural ability to detoxify.

### PERFUME / BODY SPRAY



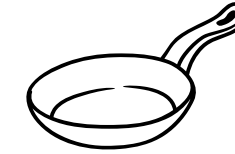
Fragrance contains hormone disrupting chemicals and phthalates. Phthalates can cause dis-ease within the body and often trigger an inflammatory response. People in general should avoid fragrance, especially those who are sensitive.

# THE KITCHEN

## A HEALTHY HOME MAKEOVER

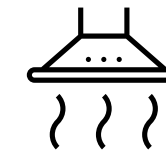


### NON TOXIC COOKWARE



Cookware can contain toxic PFAs which are known as forever chemicals. When heated to a certain temperature, pans with these coatings can vaporize and we can inhale the toxic fumes. Additionally, these coatings can peel off making them more likely to consume.

### VENTILATION



Kitchen ventilation is important. When we cook, our food aerosolizes into nanoparticles that we breath in and can be carcinogenic. Gas stoves can release carbon monoxide and other combustion gasses into our home, which is why proper ventilation is crucial.

### DISHWASHERS



Dishwashers should be inspected often and cleaned regularly. The seal, corners, and filter are a hiding place for mold. Additionally, these have the opportunity to leak and could benefit from an automatic water shut off in the event of a leak.

### STORAGE CONTAINERS



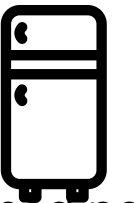
Ditch plastic storage containers and if you do use them, be sure that you do not put hot food in them that can leach plastic into whatever you're consuming.

### THE SINK



The sink is a weak spot in our kitchens. Monitor below the sink often and make sure there are no leaks. Clean the sink on a weekly basis to remove harboring mold/bacteria. Clean garbage disposal weekly, if applicable.

### REFRIGERATORS



Refrigerators need to be maintained per manufacturers recommendations to make sure the seal is still intact, the coils are cleaned and maintained, and old food is not sitting stagnant in the unit for long periods of time where it can harbor mold. We advise against the use of refrigerator water dispensers and if used, these should be cleaned regularly.



# THE REFRIGERATOR

## A HEALTHY HOME MAKEOVER



### ORGANIC FOODS



Because our produce is heavily sprayed with pesticides and fertilized with chemicals it's extremely important to choose organic. Always remember that the best method of detoxification is avoidance.

### GRASSFED & ORGANIC MEATS



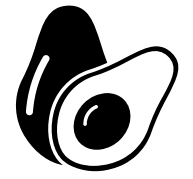
Always choose grassfed & organic meats as they are higher in nutrients and the animals aren't fed antibiotics as part of their diet which leads to antibiotic resistance in humans.

### WATER FILTRATION



The lines and water dispenser of a refrigerator can be a sneaky place for mold to hide. If you're going to use these, invest in a high quality water filter and make sure that you follow the manufacturer recommendations on how to clean the drain line.

### WHOLE REAL FOODS



Whole real foods are much higher in essential nutrients and vitamins and will decrease risk of health issues vs. processed foods are highly inflammatory and will lead the body to dis-ease.

### CLEANING & FRESH FOODS



It's important to routinely clean out your refrigerator so that old food is not sitting stagnant in the unit for long periods of time where it can harbor mold. It's also best to eat foods fresh as the longer foods sit the higher in histamine they become.

### BLUE LIGHT

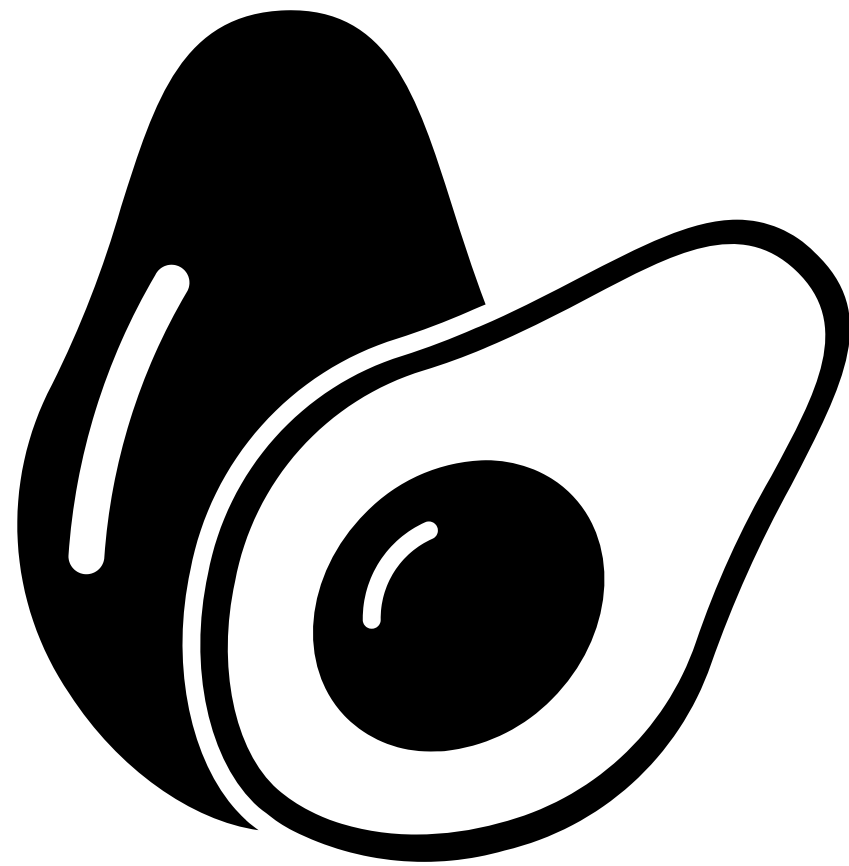


Blue light can impact our circadian rhythm. Most refrigerator lights have a harsh blue light, so keep that in mind when you're opening the refrigerator after dark.

# MAKING HEALTHY FOOD CHOICES

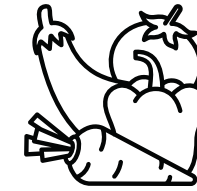
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## WHAT TO LOOK FOR



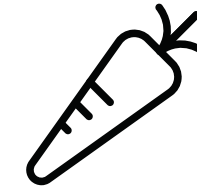
### CHOOSE ORGANIC & WASH PRODUCE

The best method of detoxification is avoidance. Always choose organic produce and ingredients. Organic has less pesticides, and toxins as well as a higher nutrient count than conventional foods.



### NOTHING PROCESSED

It's best to shop in the perimeter of the grocery store. The produce section, meats, and seafood. Stay away from the middle aisles of processed foods with hidden added inflammatory sugars.



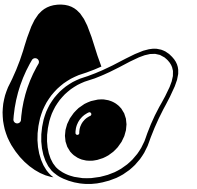
### CHOOSE WHOLE REAL FOODS

Choose whole, real foods. Paleo is a clean way of eating if you are choosing organic. Nothing processed, all real foods from nature. Fruits, vegetables, meats, fish, eggs, and nuts.



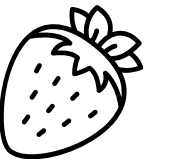
### CONSIDER GOING LOW CARB OR KETO

To lower inflammation go on a strict paleo or keto diet to decrease inflammation, increase energy levels, lose weight, increase detoxification, clear brain fog, and more. Follow @KetoCanary for weekly recipes and healthy lifestyle tips.



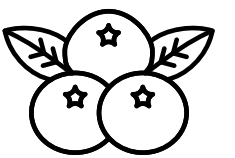
### DIRTY DOZEN

The EWG has put together a list of produce with the highest amounts of pesticides. Never eat these conventionally grown items : strawberries, spinach, kale, nectarines, apples, grapes, peppers, cherries, peaches, pears, celery, tomatoes.



### STAY AWAY FROM ADDED SUGARS

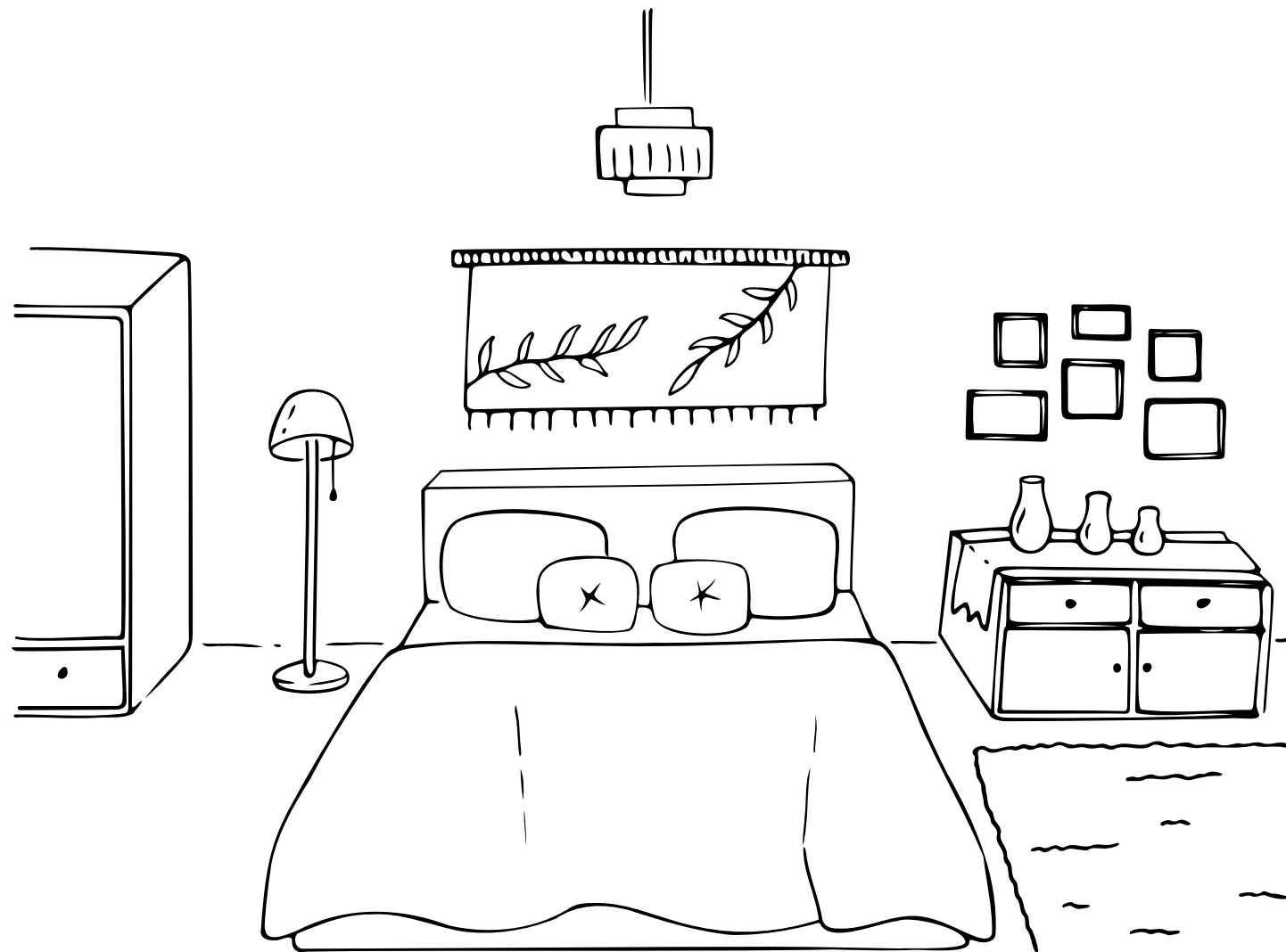
Sugar is highly inflammatory and it's best to stay away from sugars and added sugars altogether. Always read ingredient lists and see what's been added in your chosen item.



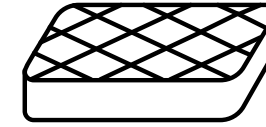
# THE BEDROOM

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## A HEALTHY HOME MAKEOVER



### MATTRESSES



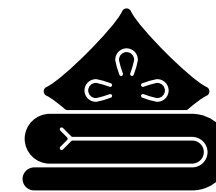
Mattresses are where we spend the majority of our time, not to mention, we sleep extremely close to them breathing in whatever they are made of. Choose mattresses made of natural materials instead of those made of petroleum based products.

### FURNITURE & FURNISHINGS



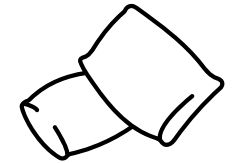
Furniture made from wood composite products can introduce formaldehyde into our indoor air. Try to find solid wood furniture with low VOC and water-based finishes.

### BEDDING



Synthetic bedding can create a static electric environment that is uncomfortable to be in. Select bedding that is made of natural materials and natural dyes. Cotton is one of the most heavily sprayed crops, so it's important to look for organic or OEKO-TEX certified products.

### PILLOWS



Pillows, like mattresses, are slept on in close proximity. Choose Pillows made of natural materials and covers that are OEKO-TEX certified or made from natural materials.

### LIGHTING



Blue light can throw off our circadian rhythm. Avoid turning on the lights in the bedroom after dark or opt for blue light free light bulbs in lamps.

### EMFS



Create a sleep sanctuary where you can disconnect from technology. Don't allow technology in the bedroom. Opt for battery operated clocks, as those that plug into the wall can emit high levels of electric fields.

# JUMPSTART TO A HEALTHY HOME

## CHECKLIST



- ✓ CHOOSE ONLY ORGANIC FOODS
- ✓ IMPLEMENT A NO SHOE RULE
- ✓ REMOVE ALL CANDLES AND FRAGRANCE
- ✓ GET IN THE HABIT OF MONITORING MOISTURE
- ✓ DUST YOUR HOUSE REGULARLY
- ✓ INVEST IN AN AIR PURIFIER
- ✓ RUN EXHAUST FAN FOR 30 MINUTES AFTER SHOWER WITH THE DOOR CLOSED
- ✓ CLEAN YOUR BATHROOM ONCE A WEEK
- ✓ DITCH TOXIC PERSONAL CARE PRODUCTS USING THE EWG APP OR SWITCH NATURAL APP - REFER TO BEAUTY PRODUCTS SHEET
- ✓ DO NOT HANG WET BATH TOWELS AGAINST THE WALL WHEN USING THEM
- ✓ AVOID USING PERFUMES OR ANYTHING WITH "FRAGRANCE"
- ✓ USE KITCHEN VENTILATION EVERY TIME YOU COOK
- ✓ SWAP YOUR COOKWARE AND FOOD STORAGE CONTAINERS FOR NON TOXIC OPTIONS
- ✓ AVOID BLUE LIGHT AFTER DARK & CREATE A BEDROOM SLEEP SANCTUARY
- ✓ ONLY DRINK FILTERED WATER
- ✓ BECOME A MASTER AT MONITORING YOUR HOME FOR LEAKS
- ✓ BECOME EMF AWARE



Change the Air Foundation  
[www.changetheairfoundation.org](http://www.changetheairfoundation.org)



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Keto Canary  
[ketocanary@gmail.com](mailto:ketocanary@gmail.com)  
[www.ketocanary.com](http://www.ketocanary.com)

# CONNECT WITH US!

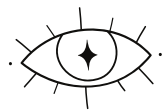
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## AWAKENING SPACES



# OUR MISSION

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Awakening Spaces  
hello@awakeningspaces.com

We support health conscious individuals in creating safe, nurturing spaces by educating them through renovations, new builds and home maintenance strategies to prevent exposure to mold, chemicals, and EMFs.

We offer in home EMF assessments, pre-purchase home evaluations, and renovation and new build consulting to support and guide those who want to implement safe building practices.

Learn how to properly maintain your home to prevent harmful exposures that will impact your health. We have developed the Awakened Homeowner to guide you on what, when, and how to protect your home so you can protect your health.

01

02

03



AWAKENING SPACES

**KETO  
CANARY**



# OUR MISSION

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Keto Canary  
ketocanary@gmail.com  
@KetoCanary

We share I share healthy lifestyle tips, clean beauty, and low carb, gluten free recipes supporting those along their health journey.

We offer weekly low carb, gluten free recipes and organic eating tips.

We offer clean beauty consultations, simple swap guides, and everything you need to get your started on the fundamentals of daily detox through avoidance.

01

02

03

**Keto Canary**

**CHANGE THE AIR  
FOUNDATION**



**OUR  
MISSION**

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Change the Air Foundation  
[changetheairfoundation.org](http://changetheairfoundation.org)

To empower the world to achieve better health by meaningfully addressing the impact water damage, mold and other pollutants have on indoor air quality.

01

**Change the Air Foundation**