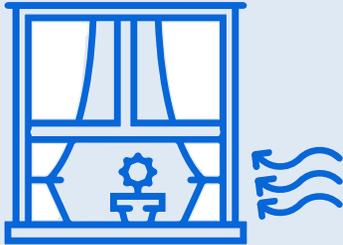


10 SIMPLE STEPS TO A HEALTHIER LIFESTYLE

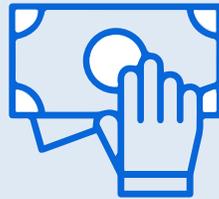
1 Ventilate to improve indoor air quality



2 Avoid antibacterial soap



3 Support companies that reduce the use of toxic chemicals and disclose all ingredients



5 Shop smart; Read labels + ask questions



4 Leave shoes at the door to avoid tracking in toxics



6 HEPA vacuum + wet mop



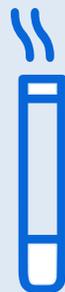
7 Make your own cleaners
Using ingredients like white vinegar, baking soda + lemon



10 Don't use aerosole sprays and fragrances.



9 Don't smoke indoors (or ever)



8 Don't use plastics 3, 6 and 7

