

home reset

P E L I N ' S G U I D E T O :

i m p r o v i n g
indoor air quality





WAYS TO

clean your indoor air:

- **Air it out.** Allow new products to off-gas outdoors before bringing them into your home.
- **Open sesame.** Open your windows and doors 30-60 minutes each day to remove polluted air and introduce fresh air. Operate kitchen and bathroom exhaust fans while cooking and bathing and for one hour afterwards.
- **Adopt indoor houseplants,** like the Boston Fern, Spider Plant, Snake plant, Peace Lily and Bamboo Palm. I recommend at least one plant per room. The bigger and leafier the plant, the better, since the amount of leaf surface area influences the rate of air purification.
- **Invest in a quality air purifier.** Ideally, you'll want a unit for your living space and bedroom, the areas where you spend most of your time. Look for one that has both a "true HEPA" and VOC filter.



PELIN'S PICKS:

- Austin Air
- Air Doctor Professional (use this [link for discount](#))
- IQ Air
- Molekule
- Amaircare Roomaid Mini (for small spaces up to 250 sq. ft.; great for cars)
- Dehumidifiers: Ultra-Aire



AIR-PURIFYING HOUSEPLANTS

that can help filter harmful toxins:

peace lily spider plant boston fern bamboo palm areca palm snake plant weeping fig

	peace lily	spider plant	boston fern	bamboo palm	areca palm	snake plant	weeping fig
XYLENE	✓	✓	✓	✓	✓	✓	✗
BENZENE	✓	✓	✗	✓	✓	✓	✓
TOLUENE	✗	✗	✓	✓	✗	✗	✗
AMMONIA	✓	✗	✗	✗	✓	✗	✗
FORMALDEHYDE	✓	✗	✓	✗	✓	✓	✓
TRICHLOROETHYLENE	✓	✗	✗	✗	✓	✓	✓



ABOUT PELIN

Pelin is an environmental toxins educator. Although she never intended on becoming a toxins expert, Pelin found herself struggling with crippling fatigue, depression, anxiety and digestive issues after the birth of her two children. When she took a closer look at what was underneath the surface of her already-healthy and active lifestyle, she discovered the omnipresence of toxins.

Pelin was surprised to find how pervasive toxins were in her everyday household products and foods, as well as how little she knew about the toxins that were finding their way into her body and contributing to her symptoms. She underwent a heavy metal and mold detox, as well as cavitation surgery to address dental infections, but a large part of Pelin's healing involved reducing toxin exposures in and around her home. She overhauled her family's household products (much to their dismay), replacing long-time favorite shampoos, laundry detergents, cookware and cleaning solutions with less-toxic options. Pelin's experience was so impactful to her and her family's health, that she's turned to educating others how to do the same. Contact her at [**toxinconscious@gmail.com**](mailto:toxinconscious@gmail.com).

(The information provided here is not a substitute for proper professional/medical advice or care, nor is it intended to be taken as the practice of medical or counseling care. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.)