



# **Your Home & Your Health (The Connection You Can't Ignore)**

Plus the three step process you can  
take to start cutting out toxins today

by Amanda Klecker





## *Hello there!*

Are you ready to create a home that supports your health and wellness?

SO  
READY

I'M NOT  
SURE

Are you ready to feel unburdened and living at your optimal health?

Are you ready to leave the guilt of using toxic products behind you and move forward?

Are you ready to feel confident in the choices you make for your home and family to ensure your space is healthy?

**If you answered "YES" to any of the questions above, you can't afford to miss watching this training where I'll save you hours of trial and error, self-doubt and precious energy when it comes to creating a truly toxin free home.**

I'll be sharing MANY examples of how my Healthy House families have started (and completely changed) their healthy home journey by using some must-do mindset shifts and implementing the most important habits. Hearing these stories, while learning the strategies I'm going to teach you, will give you the momentum you need to make some bold moves forward.

I'm looking forward to connecting with you soon, and I can't wait to share all the fun surprises I have planned.

*Amanda*

# DAILY HABITS

1. Start a "No-Shoe" policy and keep shoes in a designated area by the door
2. Use a vented fan during bathing and for 20 minutes afterward to reduce moisture levels
3. Open windows as often as possible throughout your home
4. Use a water filter for your drinking water *BONUS: Test your drinking water for contaminants)*
5. Move electronics away from your sleeping area and into another room  
(BEST OPTION) or at least to the other side of your sleeping space  
(BETTER OPTION)

notes:

# WEEKLY HABITS

1. Dust with a wet cloth (silver infused is an excellent option)
2. Avoid raising humidity levels through habits: Cook with lids on pots and pans if possible, line dry laundry outside and don't overwater plants
3. Wipe down any surfaces that retain moisture (window condensation, tub surfaces, etc.)
4. Vacuum with a HEPA filter vacuum
5. Wash your sheets every week in hot water and let them dry completely.

*notes:*

# PLANNING AHEAD

1. Check your cleaning and soap products on an app like EWG, ThinkDirty or ClearYa and make a plan to swap them out.
2. Make a plan to replace sheets with 100% organic cotton sheets (BEST option) or OEKO-Tex Standard Cotton Sheets (BETTER OPTION)
3. Make a plan to stop using plastic water bottles and food storage containers (use glass instead)
4. Add a DEEP CLEAN dusting & vacuuming to your schedule every month or quarter.
5. Make a detailed plan for each room of your home moving forward to both reduce toxins and create a healthier space inside.

*notes:*

# Healthy House Tools

## GET THE ANSWERS & GUIDANCE YOU NEED

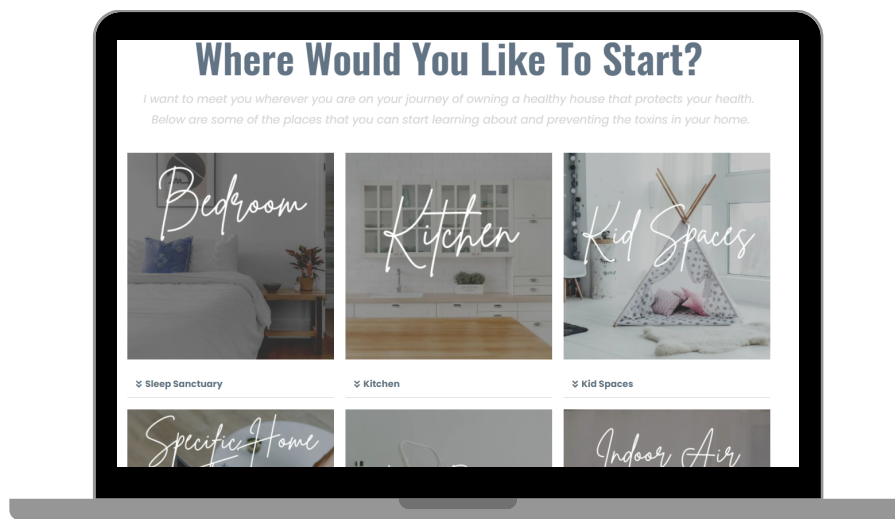
As a home inspector and certified building biologist, my goal is to help you understand how your house can be used to keep you healthy. Often times when I meet with clients and customers, I spend much of my time teaching them healthy habits before we even get started. Maintaining a healthy house is basically understanding a few key concepts that I will discuss and expand on in this e-book.

The great thing is anyone can follow these steps and quite easily create a healthy living space in a short amount of time. These habits don't require much extra effort and will soon become second nature.

Perhaps you're ready to move beyond the basic steps and you're ready journey even deeper into a healthy house. I would love for you to join me in my course, [The Healthy Home Blueprint](#) to gain a greater understanding of just how your home can be used to your benefit.

Being in the housing industry, I have come across various tools that have helped my clients and homeowners create a healthy living environment right at home. These tools paired with healthy habits at home have aided in creating an environment that promotes health.

Please visit [healthyhouseontheblock.com/online-learning](http://healthyhouseontheblock.com/online-learning) for additional information on each of these layers (or simply click the image below):



# Want More?

## ***WHERE TO LOOK WHEN YOU'RE READY TO MOVE FORWARD WITH YOUR HOME.***

By completing even ONE of these changes, you've done yourself, your family and your home a huge favor by reducing the number of toxins inside. Any step is a positive one; and when combined with several steps, you'll begin to see a transformation take place within your home.

When you're ready to delve into a particular area more or you are looking for additional information, here are some places I can help you:

- **WORKBOOKS & GUIDES**
- **CREATING A HEALTHIER HOUSE ONLINE GROUP**
- **DAILY TIPS ON INSTAGRAM**

Remember to leave the worry behind when it comes to anything you're not able to change immediately. If it's something you can make a plan for in the future, then write it out and check in once in a while. Otherwise, remember that any step you take is making your home healthier.

*Amanda*