

3 Steps to Keeping your Resolutions for a Healthier Lifestyle Throughout the Year

We are at the start of a brand-new decade. Take that into consideration when determining your new year's resolutions. This is a perfect time to make really big changes. For instance, it's common to resolve to make healthier choices in their diet and exercise plans. A really big change would be to make healthier choices in skin care and household products (if you don't already), opting for safe, effective, non toxic alternatives to products that contain harmful ingredients.



Here are three steps to help you make the best decisions on which products to buy in order to keep your resolution for a healthier lifestyle:

1. Get to know the ingredients to avoid

This will help you to make better informed choices about the products you and your family members use in your home and on your skin every day. Toxic ingredients like “fragrance” are included in nearly all store-bought products. Fragrance is a term that hides an untold number of harmful chemicals like phthalates, which are linked with birth defects, breast cancer, diabetes, obesity, autism, and ADHD (campaign for Safe Cosmetics – 2002 “Not Too Pretty” Report).

2. Read home and skin care product labels just as you would food labels.

Not sure what an ingredient is? Look it up and be sure it's something you want to use in your home or apply to your skin. Cleaning product fumes from can be harmful when breathed in, and the ingredients can be toxic when they come in contact with your skin, as can various ingredients in skin care.

3. Find a supplier you can trust.

Other companies may use words like all-natural or organic to trick consumers into believing they're safe, when they're really not. Even products that contain all the right ingredients may include toxic preservatives that negate all the good intentions of other ingredients. Pure haven products are toxin free, no compromises, and our pure protect preservation system uses zero harmful chemicals to preserve our products. No other company is doing this.

Need more suggestions for leading a healthier lifestyle with non toxic products? I can help! Here's to a safe, healthy, non toxic new decade!

If you are ready to order products that are amazing and toxic free....., go to my site.

Questions? Let's schedule time to chat about your needs.

www.purehavenessentials.com/jschumacher