

YOUR HEALTH MATTERS.

The Ultimate Checklist To A Healthy Toxin Free Lifestyle:

**Small Changes you
Can Make For
Yourself And Your
Family!**

**GET ACCESS TO
INFORMATION ON HOW
YOU CAN CHANGE YOUR
LIFESTYLE!**





Hey there, I am Kelly from The Supplemental Mom. I help busy moms convert their home into a healthy home, using natural, and safe products, forgoing toxic chemicals, and change their lifestyle.

I do this through education and access to resources, so you can make the changes you need to convert your home and focus on your family.

The Ultimate Checklist will help you get started and focus on what you can control...making your home safe for yourself and your family.

Without it, you will feel lost, not knowing what to look for when converting your home into a healthy home, as there are so many options and products out there.

With it, you can feel secure in knowing how you can make a positive change for you and your family, changing your health for the future.



Most people want to help the environment, have a safer home for their kids, and live a healthier lifestyle, but don't know how to go about it. Making small changes to start is the first step in creating a big difference.

You will have to make changes to the overall you, not just change the amount of exercise you do or your diet. Change what you have in your home. Start by taking the toxins out of your cleaning products, medicines, and beauty products.

Make the switch to organic, environmentally safer products in categories you already use, so there is no additional spending.

Inspired by nature proven science, we define value as the perfect combination of science, ingredients, performance, easy access, and prices so you can bring wellness home affordably.

If you want to help a child with Asthma, get the toxins out of your life, lose weight, or provide the safest environment for your family, this is the way to start.

When making these small changes to taking the toxins out of your home, make sure you check all the boxes below.



The Ultimate Checklist To A Healthy Toxin Free Lifestyle

Eco Friendly Products

- Don't use products that contain phosphates, bleach and ammonia and other harsh chemicals that you don't want to end up in your water and on your kitchen counters.
- Find products that contain plant based ingredients, powered by enzyme with biodegradable ingredients.
- Use safe products for your kids using plant based products and forgoing toxic chemicals.

Concentrated Products

- Use products that come in smaller bottles that can be diluted, last longer and use less plastic.

Supplements

- Find supplements that will provide the right minerals and vitamins to help you maintain a healthy lifestyle.
- Help support nutrition and promote digestive health backed by scientific studies.
- Products are specially formulated with no soy, no artificial sweeteners, no gluten, non-GMO and Kosher, finest ingredients that are delicious and healthy!

Convenience and Budget

- Access affordable products that won't break your monthly budget.
- Products ordered online and delivered to your door for convenience.



ULTIMATE CHECKLIST

Swap to Toxin-Free Brands

- Energy Shots
- Craving Control Shakes
- Digestive Enzymes
- All Purpose Cleaner
- Immune Support
- Antioxidants
- Mood Support
- Hair Skin and Nails
- Bone Health
- Joint Health
- Probiotic
- Facial Cleanser
- Facial Moisturizer
- Anti-Aging Creams
- Foundation
- Mascara
- Eye Shadow
- Lipstick
- Vegan Meal Replacements
- Vegan Snack Bars
- Foot Care
- Sun Screen
- After Sun Gel
- Insect Repellent
- Dishwashing Liquid
- Laundry Detergent
- Floor Cleaner
- All Purpose Cleaner
- Window Cleaner
- Toilet Bowl Cleaner
- Shower Cleaner
- Disinfectant Cleaner
- Spot Treatment
- Hand/Dish washing liquid
- Hand Soap
- Stain Remover
- Hand Lotion
- Shampoo and Conditioner
- Body Wash
- Hand Lotion
- Fabric Freshener
- Toothpaste
- Deoderant
- Essential Oils
- Nutrition Packs
- Weight Management Bars
- Protein Bars
- Zero Calorie Hydration Drinks

You are in possession of a tool that can not only get you started on the journey to a healthier home but help you get the clarity you need to help change your lifestyle. But unless you understand how to implement these ideas and apply them, you'll potentially get lost in the process even before you get started.

It's like having the keys to a gorgeous car, but not knowing how to drive it.

So if you would like to use this checklist to its fullest potential, I can show you how through education and resources to convert your home and take back control of your health.

**[CLICK HERE FOR MORE
INFORMATION](#)**

