



3 Steps to a naturally healthy home

Today I'm sharing three simple steps that I feel are a great place to begin getting a naturally healthy home.

1. Use Natural Cleaners

This is a simple, yet important step to take since household cleaners can contain toxic chemicals harmful to our bodies and the environment. ***You don't have to do this all in one go***, just replace products as they run out with healthier options.

You could purchase natural cleaners at the supermarket, but honestly, they are so easy and inexpensive to make there's really no need. In fact, a few simple ingredients will allow you to tackle most cleaning jobs around your home.

This post lists some recipes you can try:
[Non-Toxic Cleaners You Can Make at Home.](#)

2. Use Natural herbal remedies for everyday ailments

Organic herbal remedies harness the incredible healing power of herbs and make the perfect first aid kit for the whole family. Making a few small changes to your medicine cabinet will greatly enhance the health of your family.

While you may not be ready to give up the painkillers just yet, using natural remedies such as [Organic Honey and Thyme syrup](#) or [Eucalyptus pastilles](#) to soothe a cough, cold and sore throats will soon become household favourites.

Essential oils make natural remedies quick and easy to prepare. Mixed with a carrier oil such as sweet almond oil or grapeseed oil, added to a [room diffuser](#) or inhaled with steam, essential oils can be a great addition to your first aid kit.



- **Lavender** is good for healing minor burns, scrapes or cuts, bumps and bruises. It is a natural remedy for headaches (including migraines), hay fever and sinusitis.
- **Peppermint** can be used to ease nausea and indigestion, relax tense muscles, reduce muscle spasms, and relieve muscular aches, pains, sprains and strains.
- **Eucalyptus** eases the symptoms of colds, flu, and sinusitis, encourages the healing of burns and cuts, repels insects, and reduces irritation caused by insect bites.

3. Eat Real Foods

Food is natural medicine and has the power to change your health. It truly does.

'You are what you eat' is an old saying, but it is undoubtedly true that if you eat a healthy and natural diet, you can reduce the effects of ageing on your body. Substances such as antioxidants and essential fatty acids help keep your mind and body fighting fit and prevent many of the illnesses associated with ageing such as diabetes, heart disease and high blood pressure.

Adding more whole grains, fruit and vegetables, and beans and pulses to your diet can add years to your life.

In the beginning, it's easier to add real food to your diet than take well-loved, but not-so-good-for-you food out.

- **Add an extra serving of vegetables at dinner,**
 - **Whip up a green smoothie a few times a week, or**
- **Make a habit of eating a big salad with your lunch every day.**