

CLEAN HOUSEHOLD SWAPS

Find these swaps and more at: www.amazon.com/shop/drgreghealth

LAUNDRY ROOM

- [Molly's Suds](#)
- [Puracy](#)
- [Branch Basics](#)



- Recipe: 1/4 cup baking soda, 1/4 cup washing soda, 1/4 cup liquid Castile soap in one gallon of water. Use the same as liquid laundry detergent

TOOTHPASTE

- [Redmond Earthpaste \(15% off\)](#)
- Uncle Harry's
- Risewell
- Revite
- Boka



- Instead of mouthwash, try oil pulling in the morning on an empty stomach

IN THE KITCHEN

- [Stainless steel](#)
- [Cast Iron](#)
- [Le Creuset](#)



- 360 Cookware
- Sal's Suds
- Doterra dishwasher pods
- Branch Basics pods

ON YOUR BODY

- [Castille soap & water: 1:10 ratio](#)
- [Badger Sunscreen](#)
- [Lumé Deodorant](#)
- [Primally Pure Deodorant](#)



SURFACE SPRAY

- Branch Basics
- Doterra multi-surface concentrated cleaner



MAKEUP

- Beauty Counter
- Mineral Fusion
- W3ll People
- Credo Beauty
- Natural Poppy



MATTRESS

- Savvy rest
- Naturepedic
- Avocado
- Mygreen mattress



APPS TO FIND CLEAN PRODUCTS

- EWG
- YUKA



VITAE FUNCTIONAL MEDICINE