

# S H E N K

*Pick an item from this list that you can do today for a quick win. Then return and pick items from this list that you can do in a few spare moments here and there.*

### Detox your household cleaners.

- Download the Think Dirty app and scan your cleaners.
- Trash products that score 8 - 10, they are toxic.
- Products that score 1-3 should not be considered toxic.
- Products that score 4-7, replace them with less toxic products when you run out.
- Write down cleaner recipes you'd like to try.
- Add non-toxic elements to your shopping list like white vinegar, baking soda, vodka, and essential oils.

### Detox your environment.

- Remove malignant items from your home.
- Clean out your car.
- Clean out your computer.

### Detox what you bring into your home.

- Unfollow brands on social media.
- Unsubscribe to email lists.
- Stop subscriptions services you aren't using.
- Clean out and organize your phone.