

Mindd Foundation Top Tips For A Healthy Home

- **Clear your clutter**
- **Optimise air quality**
- **Optimise natural lighting**
- **Keep humidity below 50%**
- **Leave your shoes at the front door**
- **Promote the presence of negative ions**
- **Fill the house with plants that absorb toxins**
- **Use filter systems for kitchen, bath & shower water**
- **Limit the presence of electro magnetic radiation (emr)**
- **Eliminate chlorine, ammonia, formaldehyde, copper chrome arsenate and other toxins from your home**
- **Use non-toxic personal care, cooking, bedding, cleaning, auto, building, drycleaning, pest control & garden products & services**