



Spring Cleaning Guide

A holistic approach for creating
a healthier, happier green home



Out with the old and in with the new!

This is the mantra that Health Coaches at the Institute for Integrative Nutrition repeat during the transition from winter to spring. With warmer weather approaching, there is no better time to clear out the old grime and weightiness of winter in your home and start fresh this spring.

That's why we've created a Spring Cleaning guide to make it easy for you to get started! This guide will provide you with the tools and resources to help brighten your home organically. In the upcoming pages you will go green while you clean with our [DIY toxic-free cleaning tips](#), [learn how to Feng Shui your home for better health](#), and [discover 5 ways that houseplants can enhance your quality of life](#).

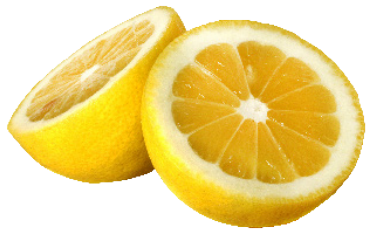
At Integrative Nutrition, our students learn the impact that their home environment has on overall health and happiness. It's what we like to call, [Primary Food: everything that nourishes your life](#). It's a critical component to holistic health and happiness and we're happy to bring this guide to you so you can spring forward into a healthy new you.



Go green when you clean with these 3 simple pantry staples

Home cleaning products are often filled with harsh corrosive chemicals, have strong, unpleasant odors, and are toxic for plants, animals, and people!

Rather than running the risk of inhaling pollutants and eating off bleach coated counters - you can replace most of the corrosive products in your cleaning caddy with three simple pantry staples and a good cleaning cloth. Yes, it's as simple as 1-2-3.



Lemons

Lemons have mild bleaching properties due to their high citric acid content, which makes them ideal for stain removal on clothing and fabrics. Lemons also have a citrus, clean smell that can keep your space feeling fresh for longer.

LEMON-FRESH TUB SCRUB

- ½ of a lemon
- ¼ cup baking soda

Directions: Sprinkle baking soda on the bottom of the tub and use the cut side of the lemon half as your scrubbing tool. Squeeze gently to release the juice while scrubbing. The combination of the lemon and baking soda will cut through that stubborn bathtub ring. Once you are satisfied completely rinse with water.



Vinegar

The acetic acid in vinegar possesses germ-fighting abilities and effectively eliminates grease, soap, scum, and grime.

SINK AND COUNTERTOP DISINFECTANT

- ¼ cup vinegar
- ¼ cup baking soda

Directions: Use a clean cloth to apply vinegar to countertops and sinks. Do not rinse with water, but instead allow air-drying.

Baking Soda



A pantry staple that does wonders for your home. The fine white grainy texture makes for an exceptional abrasive and has the ability to neutralize acids that aid in eliminating odors and effectively cut through grease.

STAINLESS STEEL APPLIANCE CLEANER

- 1 small spoonful of baking soda

Directions: Put a small spoonful on a damp sponge and squeeze the sponge a few times to form a thick paste. Rub lightly on stainless steel in the direction of the grain. Once satisfied, rinse thoroughly and buff with a paper towel to remove water spots.

Create a calm home with the chinese art of tidying up

Feng Shui is an ancient Chinese philosophical system that helps determine where objects should be placed in your home to direct the flow of energy. Follow the tips below to create a home environment that promotes a calm and happy feeling that nourishes your health.



Remove the clutter: Clear out clutter in your living space to help clear your mind. Clutter can create unnecessary stress in your life and can make it difficult to navigate in your home and find important items.



Add happy family photos in your line of sight: To increase the love in your life, display smiling photos of your family and friends in the hallways, kitchen or other high-traffic areas.



Cool, calm colors in the bedroom: Keep your bedroom space soft with calming “yin” colors like beige - no bright or harsh tones as they will interfere with sleep.



Pay attention to the airflow in your living space: Put in fans for air and energy movement and plants for air purification. This will provide peace and tranquility into your home, which will contribute to your own peace of mind and well-being.



5 Ways

houseplants will enhance
your quality of life!



Don't have time to get outdoors or live in a more urban environment? Bring some of what Mother Nature has to offer into your home. The feeling of nature in your home has a powerful way of rejuvenating the mind and body. Plants that are easy to care for such as bamboo, Chinese evergreen, or philodendrons can flatter your living space while also supporting overall health.

Here are 5 ways that house plants can enhance your quality of life:

1

Clean air. Many common houseplants have a filtration effect, removing airborne contaminants, allergens, and carbon dioxide from the air, while simultaneously releasing oxygen. Higher air quality purifies the blood, strengthens the immune system, and promotes healing.

2

Humidity. Plants control humidity levels, keeping them within the optimum range for human health, which is especially important for healthy skin and lungs.

3

Good mood. Plants increase dopamine production in the brain, which contributes to feelings of happiness, enhanced cognitive ability, and even heightened creativity.

4

Pleasant space. The addition of plants can instantly 'brighten up the room' due to their cheerful - and often interesting - color, shape, and texture. Having vibrant, healthy plants also means that you are literally adding life to a physical space.

5

Relaxation. The mere presence of plants reminds us of the comfort and ease of being in nature, which results in lower blood pressure, a calm nervous system, and hormonal balance.