- Hazardous substances

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5 ways TO LIVE A LIFE LESS TOXIC

What if the simplest changes in your daily routine could dramatically reduce your toxic load – and you've been overlooking them all along? Sadie Jade shares her tips



Reducing the toxic burden on our bodies and the planet isn't just about health, it's about reclaiming control over our wellbeing in a world filled with chemical exposures. Living with fewer toxins can help give you more energy, clearer skin, and reduce the risks of some illnesses. I invite you to join this quiet revolution, one small change at a time. Whether you've been vegan for a long time or you're just at the start of your journey, these tried-and-tested methods can help anyone create a safer, more natural environment. The path to a less toxic life begins with the very next choice you make, so why not start today?

1 DITCH AIR FRESHENERS

Terrible for animals as well as humans, air fresheners often contain toxic chemicals like volatile organic compounds (VOCs), phthalates, and formaldehyde, which can cause respiratory issues, allergic reactions, and other health problems, especially with long-term exposure. Instead, opt for more natural scented products such as essential oils (be sure to check which ones are safe for your furry friends though!).



Above Fragrance your home the natural way.

2 USE A STAINLESS STEEL OR GLASS WATER BOTTLE

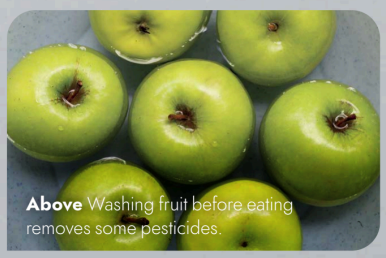
This simple switch eliminates your daily exposure to plastic chemicals and saves hundreds of disposable bottles from landfills. Plastic bottles can pose health risks due to potential chemical leaching and the presence of microplastics, which can disrupt the endocrine system and harm the body.

3 WASH WITH UNSCENTED LAUNDRY DETERGENT

Conventional laundry products contain fragrances that cling to clothes and expose your skin to chemicals all day. Switching to fragrance-free, plant-based detergents (many are certified vegan) can dramatically reduce skin irritation. It takes a little adjusting to, but you'll be amazed at how quickly you start to enjoy the fact that your clothes simply smell clean rather than artificially scented. Air dry where possible to increase freshness.

4 SOAK FRUIT AND VEG IN BICARBONATE OF SODA

In an ideal world, we'd all eat organic fruits and veggies but recognising that's not always possible, there's an easy hack you can do to help remove some surface pesticides and other residue. Simply soak in a bowl of water and bicarb for 10 minutes, remove and pat dry (or allow to air dry if washing soft fruits like raspberries).



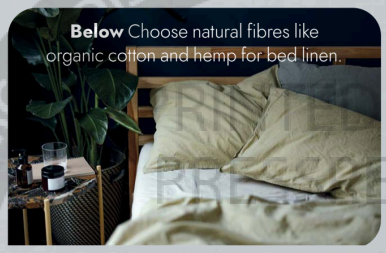
Above Washing fruit before eating removes some pesticides.

5 USE AIR-PURIFYING HOUSEPLANTS

Adding specific plants like snake plants, spider plants and peace lilies to your home will improve indoor air quality naturally. These living air purifiers remove common household toxins like formaldehyde and benzene. Position them strategically in bedrooms and high-traffic areas for maximum benefit.

6 CHOOSE NON-TOXIC PAINT AND FURNITURE

When renovating or purchasing new homeware, investigate VOC levels and opt for solid wood over pressed wood products that off-gas formaldehyde. This requires more research but creates a fundamentally healthier home.



Below Choose natural fibres like organic cotton and hemp for bed linen.

7 CHOOSE NATURAL FIBRES

Starting with bedding (where we spend a third of our lives) can make the biggest impact on reducing your nighttime exposure to flame retardants and formaldehyde. Many vegans already scrutinise clothing for animal materials, making the additional consideration of synthetic chemicals a natural extension of conscious consumption. Choose cotton, hemp, linen, and other natural fibres over synthetic.

8 INSTALL A WATER FILTER

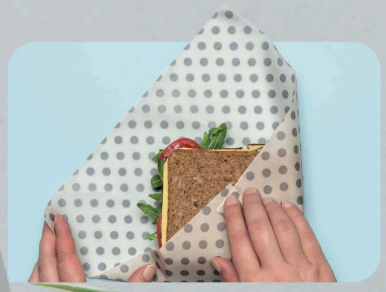
Whether a simple pitcher or under-sink system, filtered water removes contaminants that can accumulate in our bodies over time from drinking tap water. Different water filters have different functions; some make your water taste better, others remove harmful chemicals and germs, so it's important to research what works best for you. Although some require an initial investment, they last for years.



Above Water filters remove potentially harmful contaminants from your H_2O.

9 SWITCH TO NATURAL FOOD WRAPS

Like some other plastics, cling film can release chemicals such as phthalates and bisphenol A (BPA) into food, especially when exposed to heat or high-fat content. Silicone food covers, vegan wax wraps (using candelilla or soy wax), or cotton bowl covers eliminate the need for cling film and keep food fresh without any endocrine-disrupting chemicals.



Above Soy-based wax wraps are a good alternative to plastic.

"Living with fewer toxins can help give you more energy, clearer skin, and reduce the risks of some illnesses."

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Above Natural scrubs are cheaper and healthier!

10 SWITCH TO NATURAL PERSONAL CARE PRODUCTS

Conventional beauty products often contain concerning ingredients like parabens, phthalates, and synthetic fragrances. Replace items as they run out to reduce waste, and for an added feel good factor, try supporting vegan-owned brands when you shop, many of which are often pioneers in toxin-free formulations, recognising the connection between animal welfare and human health.

11 MAKE YOUR OWN CLEANING SCRUB

Equal parts bicarbonate of soda and salt with a few drops of castile soap creates a powerful scrub for sinks, baths, and tough kitchen stains.



12 CLEAN WITH WHITE VINEGAR

An absolute powerhouse and chemical free, white vinegar can be used for infinite cleaning tasks around the home such as shining mirrors and windows, disinfecting worktops, descaling kettles, and even softening clothes. Make up a spray bottle of diluted vinegar (1:1 with water) for countertops and bathrooms, adding a few drops of essential oil like lemon or orange. Don't worry if you don't like the smell, it disappears after 5-10 minutes. Using vinegar also aligns with vegan values of minimising harm, as there's no animal testing involved and no harmful chemicals entering into waterways that can contribute to aquatic toxicity.

13 REPLACE PLASTIC FOOD CONTAINERS WITH GLASS

Store leftovers and other food items in glass without worrying about chemicals leaching into your food, especially when reheating. If you're already paying close attention to what goes into your body through food choices, this is a natural extension of that mindfulness – ensuring the containers are as clean as the food they hold for all members of the household.

14 INVEST IN RE-USEABLE PERIOD PRODUCTS

Tampons and sanitary towels can contain harmful chemicals like phthalates, parabens, volatile organic compounds (VOCs), bleaching agents, and even trace amounts of heavy metals like lead and arsenic, some of which are known endocrine disruptors. Invest in re-useable sanitary products prioritising materials like organic cotton or bamboo, ensuring they are free from harsh chemicals and dyes, or choose a menstrual cup made from medical-grade silicone.



Below Store refillable pulses in glass jars.

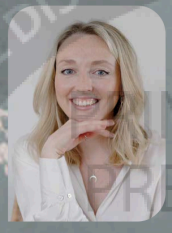
15 DETOX YOUR DIGITAL LIFE

While not a physical toxin, the constant bombardment of information and screen time affects our mental and physical health causing stress, sleep disruption, and anxiety. Set yourself a cut-off time before bed to put away electronics and instead read a book or have a herbal tea. Set timers on socials to remind you when you're nearing a limit that you're comfortable with so you don't spend more time than you want to on it. Just as we can choose what we consume physically, we can intentionally select our digital inputs.

Living with fewer toxins doesn't require perfection or deprivation. Each small change creates momentum toward a cleaner life that benefits everyone. The journey to low toxicity parallels many aspects of veganism: it's about making informed choices, aligning actions with values, and recognising that personal health cannot be separated from planetary health. Start where you are, with what you have, and watch how these simple changes ripple outward into a more conscious way of living. ♥

GET YUKA

DOWNLOAD THE FREE YUKA APP AND START SCANNING THE BARCODES OF FOOD AND PERSONAL CARE PRODUCTS TO SEE HOW THEY RATE FOR HARMFUL TOXINS.



THE AUTHOR

Sadie Jade is author of *The Vegan Lifestyle Journal*. A dedicated animal rights advocate and promoter of ethical living, Sadie has inspired countless individuals to make compassionate choices and live their best vegan lives through her writing and public speaking. Connect with Sadie Jade at sadiejade.com or follow her on Instagram: @imsadiejade.

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