

- House cleaning

DETOX YOUR HOME...

for a healthier, happier you

Autumn is a great time for a good clean and tidy up, but Charlie Lemmer says we can take it a step further and more thoroughly detox our homes to feel less stressed and to support our health... here's how.



WORDS: CHARLIE LEMMER. IMAGES: SHUTTERSTOCK



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YOU EAT CLEAN, MOVE your body and prioritise wellness, but is your home supporting your health or silently sabotaging it? I believe health begins at home. Even though most of us know it's important to eat well and do exercise, little attention is given to the effect that the built environment has on our health and that of the planet.

I always tell my clients: detoxing your body without detoxing your home is like swimming upstream in a polluted river. Your environment is the water you live in: when you align your surroundings with your body's natural needs, healing stops being a battle and starts becoming effortless.

Modern living has filled our homes with hidden toxins, from flame retardants in our sofas to synthetic scents in our cleaning products. These chemicals accumulate, and for many of us, our homes have become a "low-grade toxic soup" that we're marinating in daily.

Your home is an ecosystem. Think of your living space like a second skin or an extension of your body. Your health is affected by your spaces and environment. The air you breathe, the light you absorb, the materials you touch, these all have a huge influence on your hormones, nervous system, respiratory system and general wellbeing.

But here's the good news: detoxing your home doesn't have to be expensive or overwhelming. With my Stop, Swap and Boost approach, you can create healthier spaces one room at a time, whether you're on a budget or ready to go all in.

You needn't do all of the suggestions at once. But start small and start today. Pick one room, make one easy swap, and go from there. Change happens step by step. I truly believe that health starts at home, and with each conscious change, you'll feel more energised, clear-headed, and more in control of your health. Let's take a walk through your home, and transform it into a place that heals, not harms.

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FEEL BLISSFUL IN THE BEDROOM

You spend a third of your life in your bedroom. This space should be your ultimate sanctuary, but poor air quality, artificial light and EMFs (electromagnetic fields) can seriously disrupt your sleep and hormones.

STOP

- Charging your phone next to the bed or having it in your room at all.
- Sleeping on memory foam or polyurethane mattresses, which can off-gas chemicals.
- Sleeping on bedsheets made of synthetic materials.

SWAP

- Open your windows for 20 minutes morning and evening.
- Use blue light filters on screens after sunset.
- Choose bed sheets made from organic cotton or natural materials, and a mattress with natural fillings.
- Choose wooden bed frames not metal – metal conducts electricity.
- Swap normal curtains for full black-out ones – if you can see your hand in front of your face when trying to sleep, your room is not dark enough!

BOOST

- Try natural mattresses without springs – again, metal conducts electricity.
- Use a HEPA air purifier to remove dust, mould spores, and VOCs (volatile organic compounds).
- Choose a non-toxic bedframe (solid wood, no MDF or glues).
- Use blue light-blocking glasses when winding down before sleep.
- Consider adding a grounding sheet to your bed – these remove EMFs.
- Try an EMF-shielding bed canopy – especially good for urban environments where WiFi usage is high.



LIVE WELL IN THE LIVING ROOM

This is the heart of most homes. It's a place to rest, connect and restore. But flame-retardant sofas, textiles, carpet glues, paint fumes and candles can all off-gas harmful VOCs.

STOP

- Burning synthetic candles or using plug-in scent diffusers.
- Buying fast-furniture made with particleboard and formaldehyde.
- Sitting for long periods in poorly ventilated rooms.
- Using PVC flooring, which gives off hormone-disrupting chemicals.

SWAP

- Opt for beeswax or essential oil-based candles.
- Choose second-hand or solid wood furniture that doesn't off-gas chemicals.
- Open windows daily, especially if you have carpets or curtains.

BOOST

- Paint with mineral-based, low VOC brands like Graphenstone.
- Use an air-purifying HEPA filter.
- Strategically place plants for better air quality – peace lilies and spider plants are great at cleansing the air.
- Try ergonomic furniture that supports posture and energy levels.
- Consider an EMF filter or "dirty electricity" shield for your TV and WiFi setup.
- Carpets are dust collectors that can increase allergies and asthma – vacuum regularly or switch to hard-wood floors if possible.



‘Modern living has filled our homes with hidden toxins’

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ENJOY YOUR BATHROOM SANCTUARY

Bathrooms are often loaded with fragranced products and water-borne toxins that we absorb through the skin, our largest organ. I suggest the following...

STOP

- Using conventional shower gels, bubble baths, and scented shampoos as they are full of chemicals.
- Using run-of-the-mill sanitary products. Some well-known brands have pesticides in them at 40 times the amount even allowed in tap water, and these products are being used in the most vulnerable part of the body!

SWAP

- Choose organic, fragrance-free personal care items and swap

high-street tampons and pads for organic or reusable alternatives.

- Use a shower filter to reduce chlorine, microplastics and heavy metals in your water.
- Switch PVC shower curtains for cotton or hemp ones – PVC off-gasses harmful chemicals.

BOOST

- Do a home water test and customise your filtration system.
- Upgrade to refillable, zero-waste personal care dispensers.
- Try castor oil packs or magnesium baths for gentle body detoxing.



CREATE A CLEAN KITCHEN

The kitchen should nourish you, not expose you to hormone-disrupting chemicals. Yet it's often one of the most toxic spaces in the home due to plastics, poor air quality, chemical cleaners and non-stick cookware.

STOP

- Using bottled water and cling film, using plastic chopping boards and utensils, and heating food in plastic containers.
- Using non-stick cookware and aluminium pans – these cause huge health problems from autoimmune issues to cancers.
- Using chemical detergents and bleached sponges.

SWAP

- Install a water filter and go for a reverse-osmosis system if you can.
- Replace plastic containers with glass or stainless steel for storage and cooking.
- Use natural cleaning ingredients



like vinegar, lemon and baking soda.

- Choose cast-iron, stainless-steel, or ceramic pans.
- Switch to beeswax wraps or silicone pouches for cold storage.
- Use wood chopping boards and utensils.

BOOST

- Invest in a reverse osmosis water filter for targeted contaminant removal.
- Choose probiotic cleaning

products to support your home's microbiome.

- Upgrade to a range hood that vents outside to remove cooking pollutants.
- Ditch single-use plastic-laden tea bags and coffee pods for loose-leaf or French press.
- Join a veg box scheme or source unpackaged wholefoods from a local farm or fresh market.

Charlie Lemmer has 20 years' experience in property development, holistic health coaching and interior design, helping companies and individuals create living and work spaces for maximum wellness and productivity. She's host of *The Healthy Home Show Podcast* – find her at [instagram.com/thehealthyhomeshow](https://www.instagram.com/thehealthyhomeshow) and at charlielemmer.com.

