



Health, Environmental Toxins and Sex

What do these topics have to do with each other?

Household cleaning products are often filled with neurotoxins and synthetic substances that can affect your overall health, as well as your sexual health.

Neurotoxins are basically like they sound - destructive to your nerve tissue. We are all familiar with the push to eliminate lead paint in homes. Lead is a neurotoxin which basically means it will cause nerve and brain damage to anyone that breathes it or gets it into their bodies.

Pull out all cleaning products in your home. Read the labels.

Products containing 1,4-Dioxane, formaldehyde, benzene, ethylene oxide, Nonylphenol Ethoxylate, fragrance (yes synthetic or supposedly natural "fragrance" is generally a hormone disrupter- causing over production of estrogen and potentially creating internal inflammation), phthalates, alcohol ethoxylate, alcohol ethoxy sulfate, ethanol, PEG, or any other suspicious names need to be replaced.

There are literally hundreds of chemicals in everyday products. Search engine a listing if you are uncertain. If you find them to be toxic, discontinue their use. If there is a hazardous liquid disposal at your local trash dump, place them there.

Just because a product says free and clear, which generally refers to fragrances, it doesn't mean its free and clear of toxins.

So what has this got to do with sex your sex life? Many of these chemicals can be responsible for the onset of things such as Erectile Dysfunction. This is due to several reasons, one being the increased production in estrogen that the body makes when neurochemiclas are absorbed in the body.

The type of excess estrogen that is produced from these chemicals is not healthy for women either. It can cause a drop or changes in fertility and other childbearing issues.

Eating right, drinking enough water, exercising are great ways to stay healthy. But be sure you're not making those benefits null and void by bringing in added toxins with your laundry and cleaning product choices.



And what can you do about it?

Here's a list of some ways to "clean up your household act" with natural products:

<https://branchbasics.com/pages/cleaning-tips-tricks> - They have great natural cleaning products

<https://earthley.com/product-category/home-care/>

Please support me by letting earthly know how you found out about their products by using this link:

<https://earthley.com/ref/iva.veazey/>

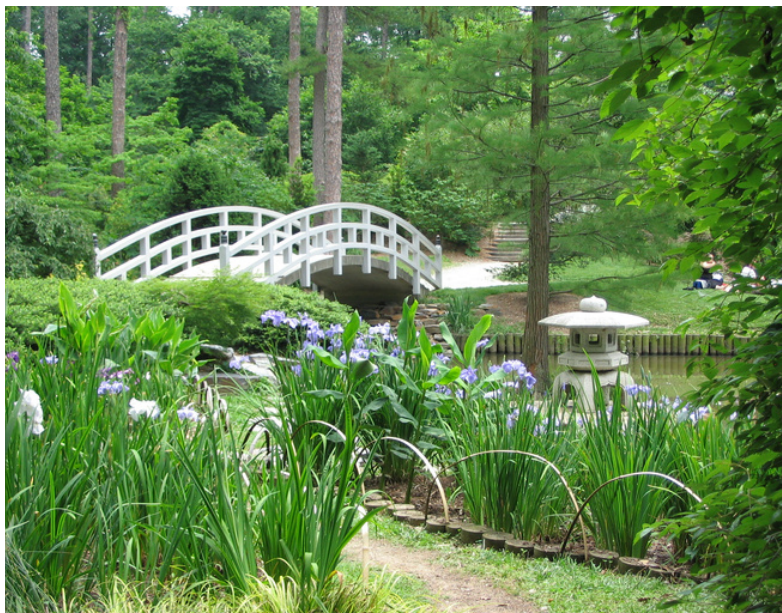
http://www.bonnybath.com/store/p94/Household_Cleaner_Refill.html

Looking for easy DIY recipes for household cleaning products?

Using baking soda and /or vinegar is a great way to clean and sanitize just about anything from

1. toilet cleaning (pour 1/3 cup Baking Soda into the toilet, add a little vinegar, let bubble, then scrub as usual) to
2. a laundry detergent substitute (put about 1/2 cup or more of Baking Soda into the washer, fill the rinse cup on the washer with vinegar and for an extra boost add a little squirt of castile soap in the detergent cup)

Also check your local farmers market for natural, cleaning products. Consider locally made products to replace all the strangely colored and synthetically fragranced items you may currently use to clean your home.





Tips on Products for Sexual Health

Time to give some thought to your body products, especially ones related to your sex life!

Let's talk about sex lubes, since it goes on the most sensitive skin on our bodies. Your skin drinks in what you put on it. So whether it's massage oil, body lotion or sex lube, be sure to read the label. Experiment with coconut oil. Look for body products with the most natural and compatible to you products. Do not buy lubes with glycerine, parabens, propylene glycol, petroleum oils, fragrances, sugars, flavors.

KY is a big NO.

goodcleanlove.com offers body safe lubes, massage oils and wonderful PH balancing genital products for all bodies.

wickedsensualcare.com has really nice water based and hybrid sex lubes. Personally I would avoid their scented massage creams and flavored lubes.

<https://uberlube.com> is the slickest, longest lasting lube. For use on stainless steel or glass toys, as well as for skin to skin. Do not use with silicone toys or condoms.

sliquid.com has some great lubes in their natural and organic lines. Once again, read the ingredients list before purchasing. Some of their products contain aspartame and other ingredients you may be incompatible with.

Synthetic chemicals can effect your libido and overall sexual health. Often a low sex drive, low energy can be a reflection of high toxicity in the body. Bottom line, choosing nontoxic household and personal products can assist in alleviating allergy issues, skin problems, and sometimes even awaken your sex drive.

