

# 7 TIPS FOR clean living

## 1 Buy organic when it counts!

The Environmental Working Group (EWG) creates two lists each year: the [Dirty Dozen](#) and the [Clean Fifteen](#). Focus on organic for at least the Dirty Dozen, and know you can get away with conventional versions for the Clean Fifteen. [View the full list of foods tested here.](#)

## 2 Clean up personal care products

On average, we put 125 unique chemical ingredients on our skin DAILY! Reduce that number and use safer products by checking out the EWG's [Skin Deep Guide](#).

## 3 Use safe cleaning products

Why use toxic cleaning products when there are gentler ones with the same effect? [Check this directory of over 2000 products tested](#) to make sure what you're using is safe!

## 4 Drink clean water & breathe clean air

Use the EWG's [Water Filter Guide](#) to help you determine the right filter for your water. As long as it eliminates chlorine, chloramine, fluoride, lead and other toxins, the best filter is largely personal preference! Also, use air filters at home to clean the air you breathe.

## 5 Store your food safely

Don't let hormone disrupting chemicals like BPA seep into your food. Use glass or stainless steel containers to store your food. Even "BPA-free" products contain hormone disrupting chemicals!

## 6 Eat and live clean

Despite our best efforts, we'll still be exposed to harmful chemicals every day. Eating whole foods, drinking enough water, having daily bowel movements, sweating, managing stress and quality sleep all play a role in how well our bodies detox on their own!

## 7 There's an app for that!

Not sure about a product? The EWG has a fantastic [Healthy Living app](#) to help you decide on the healthiest products when you're at the store.