



SHARE SHOP AND CARE

**DYLAN APPROVED BRANDS
FOR A HAPPY HOME
FOR PEOPLE AND PETS!**



Share, Shop and Care: Dylan Approved Brands for a Happy Home for People and Pets!

There are so many great products in the market today that can help us live happier, healthier lives without hurting our families or the planet. And many of these products won't break the bank or take any extra time out of our day!

I put together a short list of some of my favorite products that I use – none of these are paid endorsements. These are products I actually use and love.

BAGGU
baggu.com

The plastic bags we get in stores are really bad for the earth – they are made with polyethylene derived from petroleum, and far too many of them end up in our oceans. In California, there is legislation in the works to ban single-use plastic bags, and I'm really proud of my state for taking the lead on this.

What can you use in the place of plastic bags at the grocery store? Baggu!

Baggu bags are my absolute favorite totes. They bundle up very small but hold a lot of stuff! I've pushed my Baggu bags to limits unknown with fruit, paper towels and bottles of wine all in one. I also love that if something spills they can easily be put in the washing machine. And they have new animals designs which are very cute. I keep a Baggu in my purse and my car at all times.



Mrs. **MEYER'S**
CLEAN DAY
www.mrsmeyers.com

Did you know that many cleaning products put more toxins in the air than they “clean” away? In fact, studies now show that the air in our homes is more toxic than the air outside if we use commercial cleaners. I visited the site for the Centers for Disease Control and Prevention and learned that “every 13 seconds a poison control center in the US gets a call about a possible poisoning,” and that “more than 90% of these exposures occur in the home. Poisoning can result from medicines, pesticides, household cleaning products, carbon monoxide, and lead.” So let's read that again: Every 13 seconds a call goes into to a poison control center and the number three reason for that call is household cleaning products. Woah!

In addition, the majority of these household cleaning products in which we place so much trust have been tested on animals, which doesn't even conclusively prove either positively or negatively that the chemicals I list below can cause “acute or immediate hazards such as skin and respiratory irritation, watery eyes, chemical burns, and even cancer.” Instead, even if these products choked, burned or flat-out killed a small domestic rabbit, cat or dog in lab tests, that chemical could still be in the cleaner and could still poison your own pets or children. Good grief.

Below is a brief, but not exhaustive, list of words and/or chemicals you do NOT want in your cleaning products because they are toxic and cause health problems. For more info on why each of these are toxic see my blog here <http://dylankendall.com/are-your-cleaning-supplies-slowly-killing-you/>.



- **Phthalates:** “MOUNTAIN FRESH! LEMON SCENTED!”
- **Perchloroethylene or “perc”:** Gets in bed with dry cleaners and spot removers.
- **Triclosan:** Disguises itself as “antibacterial” in liquid hand soaps and dishwashing detergents.
- **Quarternary ammonium compounds or “quats”:** Makes your clothes soft in the dryer but a fish dies when you wash the product down the drain.
- **2-Butoxyethanol:** Makes your window cleaners smell fresh.
- **Ammonia:** Having shiny home-decor bling and clean windows can also lead to chronic bronchitis and asthma.
- **Chlorine aka Bleach:** Those cute little scrubbing bubbles are hiding many a toxin including chlorine which may be a thyroid disrupter.
- **Sodium Hydroxide:** Also known by its nom de guerre: LYE. Sodium hydroxide can cause severe burns and heaven forbid this stuff gets in your eye.

Also, some cleaning products use animal by-products in cleaning and house supplies. Animal fat (horses) aka dihydrogenated tallow dimethyl ammonium chloride (TALLOW) is used to make your clothes softer and is either impregnated into dryer sheets or added to liquid fabric softener.

After having read all this, you’re probably asking: is there a better way to have a clean home?

Fortunately, yes. Finding cleaning products which are earth and animal-friendly has never been easier. Target carries a number of them including Seventh Generation, Mrs. Meyers, and Method. I am personally a fan of Mrs. Meyers but I also like vinegar, baking soda and lemons. And if you like scent, try essential oils. Tea-tree oil is a magical anti-bacterial and lavender helps calm you as you clean.



www.groundsforchange.com

So what keeps me going when I do all this cleaning? Coffee!! Let's talk caffeine. Tea or coffee, I love them both. But I'm careful when I buy coffee to make sure that the coffee I purchase comes from a company that respects the coffee grower and uses no pesticides. Buzz words you want to look for when buying coffee are:

Fair Trade - guarantees farmers a minimum price, and links farmers directly with importers, creating long-term sustainability. Through Fair Trade, farmers earn better incomes, allowing them to hold on to their land and invest in quality.

Organic and Shade Grown – no chemical pesticides or fertilizers and coffee beans are grown in way that protects migratory bird habitat, reduces deforestation and promotes biodiversity

I love Grounds for Change. I can order online and the coffee is dropped at my doorstep. Plus, they have very large bags. ☺



primaloft.com/home

I love ducks – *Make Way for Ducklings* was my favorite book as a kid and when I learned how duck feathers were harvested, I couldn't support that kind of pain and death to ducks in my own house. For the past few years, I've been slowly swapping out all my down pillows and quilts with an absolute outstanding substitute: Primaloft®. Primaloft® has all the softness of down without any pain or torture of ducks, and it's hypoallergenic.



PET happy homes!

I love animals – I really do – from my own domestic companion kitties to the big wild ones and all of the others in between. I also love a clean home. Or rather, I strongly dislike my home to smell of pets or to be covered in pet hair – floor or furniture. So how do I keep my home happy and clean?!

My best picks, if you, too, want to have a fur-free happy home!



Lilly Be Forever Furless Brush (www.lillybrush.com/be-forever-furless-brush): For quick fur pickups on your favorite arm chairs, couches and quilts, there is nothing more handy and effective than this brush. With one pass, fur gets picked up quickly and your guests will never know that your favorite recliner is your dog's fav, too.



A robot vacuum: I love my **NEATO** (www.neatorobotics.com) vacuum. And I have to share that I use my NEATO every day and I am still shocked when I clean the dust bin at how much fur is picked up (and even the occasional long red lock!).



Austin Air (austinair.com): Ahhh fresh air.... The Austin is hands down one of the best air purifiers on the market. Not just for pet owners but for all. Clean air is healthy air and a house that smells like a fresh summer breeze is a happy one! The trick with Austin Air, while expensive, is that the filters don't require changing that often. An air purifier is an investment in deep breathing!