



NewAutismPath: Reducing Everyday Toxins at Home

Everyday chemicals add stress to sensitive systems. Aim for steady improvements in air, water, food contact, and cleaning-progress over perfection.

Air and dust

- Use a HEPA purifier sized for the room.
- Ventilate during cleaning/cooking when air is good.
- Vacuum and damp-dust weekly.

Water and food contact

- Choose a reputable water filter.
- Use glass/stainless; avoid microwaving plastic.
- Wash produce; choose organic selectively.

Cleaning and fragrance

- Pick fragrance-free, low-tox cleaners; skip air fresheners.
- Simple products: soap, microfiber, diluted vinegar.
- Store chemicals away from living areas; ventilate well.

Special situations

- Pools: rinse after; consider saltwater/non-chlorine.
- Pest control: least-toxic, preventive methods.