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INTEGRATIVE MEDICINE

THE
HEALTHY

HOME
DIGITAL GUIDE

C R E A T I N G A H E A L I N G H O M E

With more of staying indoors and in our homes-our spaces our know our havens- and creating a healthy, healing environment so important as we navigate the stress and anxiety of this time.

We also know that almost 75% of immune system and cancer are the result of environmental and lifestyle factors.

Our external space reflects our internal being- for example, clutter, disorganization, not cooking or cleaning our external signs of our internal lack of self nurture-for ourselves or our families.

Here is my beginners guide to creating a healing home.

I THE SENSES

OUR HOMES AND SPACES HAVE TO MAKE US FEEL GOOD- AND THAT INVOLVES ACTIVATING ALL OR OUR SENSES- SIGHT, SOUND, TASTE, SMELL AND TOUCH.



SIGHT

Lighting- create ambient , soft light with lots of natural light for enhancing mood and lowering cortisol

1. Replace fluorescent bulbs, led bulbs
2. Add lamps, recessed lighting where needed
3. Consider Sun lamps for darker spaces
4. Take advantage of natural light by adding task lamps in these spaces



COLOR

Play with color palettes in the rooms of your home, alternating between energizing and relaxing spaces.

Color can be healing and color influences our feelings. For example:

Teal- associated with purity, relaxation and calmness

Red- power, vitality, energy

Magenta- emotional balance

Yellow- cheerfulness



PLANTS

Household plants reduce indoor air pollution and add nature elements to rooms.

My favorite house plants include: Peace Lily, Ferns, Aloe, Snake Plants, and Lemongrass



CLUTTER

Remove old items and throw away anything not needed or used.

Retaining old items often signifies inability to release past trauma.

Take an inventory of all rooms and throw out old items.

Organize spaces and create personal areas for each member of the family.



SOUND

Uplifting Music- playing music throughout the house or rooms can change mood.

Portable speakers like the Wonderboom or Sonos are easy ways to wire your music while sound systems in homes can help too.

Pro tip: The sound of water can also help with relaxation. Baths and fountains are a way to create this in the home.



TOUCH

Alternating fabric quality of sofas, pillows, sheets, bedspreads and can change how we feel as well.

Surround your spaces with comfy pillows, floor cushions, and throws to help satisfy your sense of touch.



TASTE

Kitchen and pantry organization - we will all eat healthier if we are organized.

Here are my suggestions:

1. Create a spice cabinet, herb cabinet, oil area.
2. Organize flours, sugars, baking needs.
3. Place all vegetables in one place in the fridge. Ditto with fruits. Place prechopped vegetable in containers that are clearly labeled.
4. Organize pots and pans, baking sheets.

Pro tip: Consider your water quality. Water filtration systems for the house or fridge helps reduce toxicity and improve taste and quality of water. From Britta filters to whole house systems, improving in home water quality is a new reality.



SMELL

Healing scents - Our sense of smell is connected to our limbic system and can influence how we feel.

Aromatherapy is a great way to improve indoor scents. Diffusing these oils in the home can reset the family's mood and energy.

Here is my essential oil guide for your home:

Anxiety/ Worry- Lemongrass, lavender or bergamot

Mood Elevators- Lemon, Orange, Rose

Stress Relievers- Vetiver, Clary sage

Digestive Relief- Ginger, Peppermint

Headaches- Peppermint, Rosemary

Congestion - Eucalyptus, Rosemary

II LOWER WIFI/ ELECTROMAGNETIC RADIATION

THE REALITIES OF ELECTROMAGNETIC TOXICITY ARE REAL- WITH EMF WAVES CONTRIBUTING TO ANXIETY, STRESS, SENSORY ISSUES IN CHILDREN AND HORMONE DISRUPTION. USE THE FOLLOWING TO HELP LOWER THE EMF EXPOSURE OF YOUR HOME.

1. Use emf blocking screens on computers, iPads.
2. Invest in wearable emf blowers- pendants, bracelets.
3. Whole house emf blockers including plug ins and harmonizers that you install on your circuit boxes. 5G is coming to many areas and there are significant health consequences of this exposure. Understanding this concept now is critical and its impact on our overall health.

III REDUCE TOXICITY

INDOOR AIR POLLUTION AND OFF GASSING ARE ALSO NEW CONTRIBUTORS TO DISEASE. THERE ARE MANY SOURCES OF INDOOR AIR POLLUTION IN HOMES- INCLUDING:

VOCS- volatile organic compounds like benzene, toluene in paint and flooring.

Pesticides- now linked to almost 60% of current cancer Pthalates/

PVS- plastic derivatives, chemicals in carpets, shower curtains

Heavy Metals- cook ware, light bulbs, treated wood

PDBE- chemicals in furniture, flame retardant clothing

Mold- increased humidity in homes with climate change

Steps to reduce indoor air pollution:

1. No shoes in the home
2. Buy Fresh organic produce
3. Open windows and make sure there is cross ventilation
4. Use Natural cleaning products and limit chemical pesticides to outside the home
5. Use Himalayan salt lamps to clean indoor air
6. Use plastic containers with a 1, 4 or 5 on them for lower pthalates exposure and recycling containers with a 3
7. Pick cotton fill over polyester/ rayon fill
8. Reduce Dust
9. Houseplants mentioned above reduce vocs as well

I V
I N V E S T I N H E A L I N G
G A D G E T S / T O O L S
D R . T A Z F A V E S



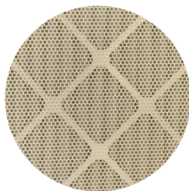
1. Infrared Sauna - assist in detoxification, muscle and joint pain



2. Massage chairs to relieve stress and tension



3. Epsom salts for your bath



4. Hepa filters, air purifiers for the home- Molekule, Dyson, Coway, Honeywell



5. Lipse water, Culligan for improved water quality