



TRINITY
school of natural health

Myths vs. Facts

of Health Conscious Home Products

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Holistic Health Starts in Your Home

Holistic health is a life approach that focuses on the individual as a part of their environment.¹ It is important to take care of your body and provide it with the nutrition and care it needs, but it is just as imperative to keep your home healthy and safe to ensure overall wellness. Using health-conscious home products can be a great way to connect your living space to your healthy lifestyle choices and strengthen your self-care routine.

COMMON PRODUCT MYTHS

Unfortunately, many health-conscious home products are surrounded by hesitancy and stigmas that often keep people from experiencing their benefits. Many ask: What do they do? Are natural ingredients really better for my health? Can these home products actually make a difference?

Let's take a look at three home products:

I. Air Purifiers

Each day, you breathe in approximately 2,000 gallons of air.² Air purifiers can be a great way to improve your indoor air quality. Here are a few common myths surrounding air purifiers:

Myth: *Air purifiers don't do anything.*

Fact: Though they are typically quiet and still, air purifiers are far from useless. Air purifiers with a True HEPA filter can trap all sorts of particles, from dust, mold, smoke, pet allergens, and even bacteria and viruses.³ Individuals with air purifiers often report decreases in allergy and asthma symptoms.

Myth: *You don't need an air purifier if you have an air conditioner.*

Fact: The dark, wet climate inside your AC unit is a breeding ground for mold and bacteria. An air purifier can help prevent mold spores from contaminating your home.⁴

Myth: *Air purifiers create ozone.*

Fact: Though earlier versions of air purifiers used ozone, those with a True HEPA filter and an activated carbon filter are free from any dangerous emissions.





2. Aromatherapy Products and Essential Oils

Aromatherapy is becoming more popular as a beneficial home practice. One of the most common aromatherapy uses is diffusing essential oils, which can help you relax, manage pain, reduce stress, boost your mood, and give you clarity.⁶ Here are a few common myths surrounding aromatherapy products:

Myth: *Using an essential oil diffuser is harmful to pets.*

Fact: Using a diffuser for short periods in a room separate from pets can be safe and effective. Though there are a few oils that you should avoid around your four-legged friends, such as pennyroyal, tea tree oil, and wintergreen, many oils are perfectly safe. A quick search can help you discover which oils are right for your home.⁷

Myth: *Essential oils never expire.*

Fact: Many factors, including storage and exposure to light, can influence the shelf life of an essential oil. Some should be thrown out once they exhibit signs of oxidizing or going rancid, but many can be used after expiration for cleaning or other purposes.⁸ Educating yourself in aromatherapy can help you determine when and how each oil can be used.

Myth: *Using an essential oil diffuser can be bad for your lungs.*

Fact: Aromatherapy diffusers can help clear airways for healthier breathing. Rosemary essential oil has been shown to soothe the muscles in the throat, and lavender and clove oils have been shown to decrease symptoms of asthma.⁹

3. Water Filters

Do you have filtered water in your home? Many people value clean water but do not invest in water purification systems. Here are a few common myths surrounding water filters:

Myth: *Water purification does not retain essential minerals.*

Fact: Water filters remove the harmful chemicals in water while still preserving the taste and purity of water without losing minerals.¹⁰

Myth: *Boiling water is enough to remove impurities.*

Fact: Boiling water can help you get rid of any pathogens that have made their way in, but it does not remove other contaminants and chemicals. Tap water can contain chemicals like arsenic, lead, and pesticides that get picked up as the liquid travels through pipes.¹¹ Water filters are a faster, more efficient way to ensure that the water you are drinking is clean and safe.

Myth: *Bottled water is safer than filtered water.*

Fact: Companies that produce bottled water often do not have the vigorous standards of quality that filter manufacturers do. Unfortunately, contaminants may also come from the plastic bottle. Trusted water filters can keep each step of the process pure and safe.¹²





Conclusion **Myths vs. Facts of Health Conscious Home Products**

Using home products like air purifiers, essential oil diffusers, and water filters reinforce holistic wellness in your life. Doing research before choosing what products to use is the safest way to ensure you get the best items for you and your household.

At Trinity School of Natural Health, we teach students how to maximize nutrition, adopt a healthier lifestyle, and equip others to live well too. Enroll in our Certified Natural Health Professional program today by calling 800-428-0408, option 2, or visit our website to learn more at Trinityschool.org/program/cnhp.

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