

wellness mama laundry detergent

Wellness Mama Laundry Detergent: A Deep Dive into a Popular Choice

Are you tired of harsh chemicals in your laundry detergent, worried about the impact on your family's health and the environment? You're not alone! Many parents are seeking safer, more natural alternatives, and Wellness Mama Laundry Detergent has become a popular choice. This in-depth guide dives into everything you need to know about this detergent, exploring its ingredients, benefits, drawbacks, alternatives, and ultimately, helping you decide if it's the right fit for your family. We'll address common questions and concerns, providing a comprehensive overview to guide your decision-making process.

Understanding Wellness Mama's Approach to Laundry

Wellness Mama, a well-known advocate for natural living and healthy family practices, has created a laundry detergent reflecting her core philosophy. The brand emphasizes using plant-derived ingredients, avoiding harsh chemicals commonly found in conventional detergents, and prioritizing sustainability. This commitment resonates with many consumers seeking eco-friendly and health-conscious options for their laundry needs. It's important to understand that this isn't just about a pretty label; it's about a whole approach to cleaning that aligns with specific values.

Ingredients: A Closer Look at What's Inside

Transparency is key when it comes to natural cleaning products, and Wellness Mama delivers on this front. The ingredient list is usually straightforward and easily understandable. You'll find ingredients like soap nuts (saponins), washing soda (sodium carbonate), borax, and essential oils. Let's break down what each of these does:

Soap Nuts: These are naturally derived and act as a gentle yet effective surfactant, lifting dirt and grime from clothing.

Washing Soda: This acts as a booster, increasing the cleaning power of the soap nuts and helping to soften water.

Borax: A naturally occurring mineral salt, borax helps to boost cleaning power and acts as a natural disinfectant. (Note: While generally considered safe, some individuals may have sensitivities to borax.)

Essential Oils: These are added for their pleasant scent and potential antimicrobial properties. The specific essential oils can vary depending on the scent option chosen.

The absence of harsh chemicals like phosphates, sulfates, synthetic fragrances, and optical brighteners is a

significant selling point for many Wellness Mama customers.

Benefits of Choosing Wellness Mama Laundry Detergent

The appeal of Wellness Mama Laundry Detergent extends beyond its natural ingredients. Here are some key benefits frequently highlighted by users:

Gentle on Sensitive Skin: The lack of harsh chemicals makes it a suitable choice for individuals with sensitive skin or allergies. It's often recommended for babies and those with eczema.

Eco-Friendly: The plant-derived ingredients and sustainable packaging contribute to a smaller environmental footprint compared to many conventional detergents.

Effective Cleaning: Despite its natural formulation, many users report that it effectively cleans clothes, removing stains and leaving laundry fresh.

Pleasant Scent: While the scent is subtle compared to heavily fragranced detergents, the essential oils provide a pleasant, natural aroma.

Versatile: It's typically suitable for various fabrics, including delicates, though always check individual garment care instructions.

Potential Drawbacks and Considerations

While Wellness Mama Laundry Detergent offers many advantages, it's crucial to acknowledge potential drawbacks:

Cost: Compared to conventional detergents, it can be more expensive per load.

Dissolving: Some users report challenges with complete dissolving, particularly in cold water. Pre-dissolving in hot water can mitigate this issue.

Availability: It may not be as widely available in stores as mainstream brands, potentially requiring online ordering.

Effectiveness on stubborn stains: While generally effective, some stubborn stains might require pre-treatment or additional effort. This is common with many natural detergents.

Individual Sensitivities: While generally considered safe, individual sensitivities to specific ingredients (like borax or essential oils) are always a possibility.

Alternatives to Wellness Mama Laundry Detergent

If Wellness Mama Laundry Detergent doesn't quite meet your needs or budget, there are several other natural laundry detergent options available. Researching brands focusing on plant-based ingredients and avoiding harsh chemicals is key. Look for detergents that clearly list their ingredients and specify what they don't contain.

Making the Right Choice for Your Laundry Needs

Choosing a laundry detergent is a personal decision, influenced by factors like budget, environmental concerns, and individual sensitivities. Wellness Mama Laundry Detergent represents a strong option for those prioritizing natural ingredients and a gentler approach to cleaning. However, carefully weighing its benefits and drawbacks against other available alternatives is essential to making an informed choice that aligns with your specific family's needs and values. Remember to always read labels and conduct patch tests if you have sensitive skin.

Conclusion

Wellness Mama Laundry Detergent offers a compelling alternative to conventional detergents for those seeking a natural, eco-friendly, and gentler option for their laundry. While it may come with a slightly higher price tag and require some adjustments in washing habits, its commitment to transparency and plant-based ingredients makes it a popular choice among health-conscious consumers. By understanding its strengths and weaknesses, you can make an informed decision about whether it's the right fit for your household.

FAQs

1. Is Wellness Mama Laundry Detergent safe for babies' clothes? While generally considered safe, it's always advisable to perform a patch test on a small, inconspicuous area of your baby's clothing before washing a full load.
1. Does Wellness Mama Laundry Detergent work well in cold water? It may dissolve less effectively in cold water compared to hot water. Pre-dissolving the detergent in hot water before adding it to the washing machine is recommended for optimal results.
1. Can I use Wellness Mama Laundry Detergent in a high-efficiency (HE) washing machine? Yes, it's generally suitable for HE machines, but using the recommended amount is crucial to prevent residue build-up.
1. Where can I buy Wellness Mama Laundry Detergent? It's available for purchase directly from the

Wellness Mama website and also through various online retailers and select stores carrying natural cleaning products.

1. How do I store Wellness Mama Laundry Detergent? Store it in a cool, dry place away from direct sunlight and moisture to maintain its quality and effectiveness.

wellness mama laundry detergent: The Wellness Mama Cookbook Katie Wells, 2016-12-27

A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, knows firsthand how difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The recipes and practical advice Katie offers in *The Wellness Mama Cookbook* will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

wellness mama laundry detergent: Coconuts & Kettlebells Noelle Tarr, Stefani Ruper, 2018-08-07 Achieve lasting health—without cutting calories or following dieting “rules”! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance—but when they discovered that the secret to improving wellness was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the *Coconuts and Kettlebells* program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, *Coconuts and Kettlebells* provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating

higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, *Coconuts and Kettlebells* provides the knowledge and tools you need to be healthy inside and out.

wellness mama laundry detergent: *The Wellness Mama 5-Step Lifestyle Detox* Katie Wells, 2018-12-11 Katie Wells, author of *The Wellness Mama Cookbook* and founder of Wellness Mama, finally shares the secret of how she manages six kids, a company, and a career without sacrificing a healthy lifestyle with this step-by-step, comprehensive guide to clean, natural living. By following her simple detox plan, you'll be able to implement a system for better living by reducing toxic exposure, transforming your diet, and regaining control over your health. Katie provides practical tips for slowly incorporating this rewarding lifestyle into an already busy schedule, giving you the option to choose what area of life you'd like to work on first. You can detox your body with whole foods and natural medicines; clean up your beauty regime with all-natural moisturizers, cleansers, hair products, and makeup; get rid of toxic household products that include bleach, ammonia, and acids; try a digital detox for you and your family; or learn how to de-stress by adopting healthier sleeping habits and finding time for yourself. *The Wellness Mama 5-Step Lifestyle Detox* is the natural answer to matters of home, nutrition, and motherhood with over 150 homemade versions of essential household and personal products like: - Citrus Fresh All-Purpose Cleaner - Unscented Liquid Laundry Detergent - Lavender and Honey Face Wash - Mineral Foundation - Lemon Cinnamon Cough Syrup - Chamomile Calming Balm

wellness mama laundry detergent: *The Prairie Homestead Cookbook* Jill Winger, 2019-04-02 Jill Winger, creator of the award-winning blog *The Prairie Homestead*, introduces her debut *The Prairie Homestead Cookbook*, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin *The Pioneer Woman Cooks* meets *100 Days of Real Food*, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen. - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, *The Prairie Homestead Cookbook* shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

wellness mama laundry detergent: *Natural Solutions for Cleaning & Wellness* Halle Cottis, 2017-02-07 Health remedies and green cleaning solutions without toxins or chemicals--Cover.

wellness mama laundry detergent: *Clean Mama's Guide to a Healthy Home* Becky Rapinchuk, 2019-03-05 In *Clean Mama's Guide to a Healthy Home*, Becky Rapinchuk, author of *Simply Clean* and creator of the popular cleaning website *Clean Mama*, provides a step-by-step guide to take charge of your home's wellness with a comprehensive, all-natural cleaning system. Scientific

evidence points to a clear link between household chemicals and a number of diseases and chronic health issues. Drawing on this research, Rapinchuk's program delivers an organized, beautiful, toxic-free, environmental-friendly household by providing readers with: A room-by-room guide to cleaning and removing harmful toxins in one's home A Weekend Kick-Start Detox to ease readers into the program Over 50 simple, organic DIY cleaning product recipes Easy to digest research on common toxic products in the home, why they are dangerous to our health, and what to replace them with Tips and tools from a trusted source to create cleaner, safer homes, resulting in healthier families Cleanliness is about detoxing, embracing organic, all-natural methods and products, and protecting the environment. Moms look to Becky to guide them in the best cleaning practices for their home, and will welcome Clean Mama's Guide to a Healthy Home, which shows that going natural isn't just a better way to a cleaner home—it's vital to the health of our bodies, our families, and our planet.

wellness mama laundry detergent: *Clinical Case Studies for the Family Nurse Practitioner* Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

wellness mama laundry detergent: *The Metabolism Reset Diet* Alan Christianson, 2019 With a life-changing 4-week liver detox--Jacket.

wellness mama laundry detergent: *The Antianxiety Food Solution* Trudy Scott, 2011-06-02 It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In *The Antianxiety Food Solution*, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way! The book also includes an easy-to-use index. In *The Antianxiety Food Solution*, you'll discover: How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients Foods and nutrients that balance your brain chemistry Which anxiety-triggering foods and drinks you may need to avoid Easy lifestyle changes that reduce anxiety and increase happiness

wellness mama laundry detergent: *My SuperHero Foods* Haley Scheich, Tarek Pacha, 2021-09 *My SuperHero Foods* is a one-of-a-kind book that will stimulate your children's curiosities about healthy eating. They'll learn the super powers they'll gain from eating broccoli, carrots, salmon, almonds, and much more as they join Ethan and Sophie on a fun super power packed day! Beautifully illustrated with lots of fun details that your kids will love, *My SuperHero Foods* will serve as a priceless foundation for teaching your kids about healthy eating.

wellness mama laundry detergent: *The Healing Power of Essential Oils* Eric Zielinski, DC, 2018-03-13 NATIONAL BESTSELLER • Discover the life-changing benefit of essential oils and aromatherapy in this soup-to-nuts guide from the host of the Essential Oil Revolution summits “A powerful new approach that can help you safely reverse the effects of modern scourges, including depression, chronic stress, and mood disorders.”—Alan Christianson, N.M.D., New York Times bestselling author of *The Adrenal Reset Diet* Aromatic plants and their extracted oils have been used medicinally and in religious traditions for thousands of years; they represent nature in its most concentrated form. Through modern distillation processes, essential oils offer natural treatments for a host of health conditions, from anxiety and depression to hormonal imbalance, digestive distress,

candida, sleep disorders, and even autoimmune disease. The Healing Power of Essential Oils includes DIY recipes and formulations for all of these health needs and more—all backed by extensive scientific research and the trusted guidance of public health researcher and aromatherapist Eric Zielinski, D.C. Some of the unique recipes you will master: • Morning Prayer or Meditation Body Oil • Sweet Slumber Diffuser Blend • Citrus-Powered Pain Relief Roll-On • Deet-Free Bug Spray • Essential Oil-Powered Mouthwash • Anti-aging Body Butter • Lemon Fresh Laundry Detergent • Hot Spot Spray for Pets • Perineum Healing Soap • Menopause Relief Ointment From lavender, peppermint, and frankincense to tea tree and ylang ylang, essential oils are God's gift to those seeking to take control of their physical and mental health. Whether you're new to essential oils or you're ready for advanced techniques, Dr. Z's thorough, evidence-based approach equips you with the knowledge to build daily rituals that fit your unique needs—and lead to amazing results!

wellness mama laundry detergent: *Raising Goats For Dummies* Cheryl K. Smith, 2010-01-28 Learn to raise goats and start reaping the benefits of owning these fun and useful animals Raising goats is a major part of human life (and survival) around the world. The movement has increased in popularity in recent years as consumers embrace a more sustainable lifestyle, reject commercialism, move to organic food options, and raise concerns about industrial agriculture practices. Raising Goats For Dummies provides you with an introduction to all aspects of owning, caring for, and the day-to-day benefits of raising goats. Breaks down the complicated process of choosing and purchasing the right goat breed to meet your needs and getting facilities for your goat set up. Provides in-depth information on proper grooming, handling, feeding, and milking Covers the basics of goat health and nutrition Offers tips and advice for using your goat to produce milk, meat, fiber, and more You'll quickly understand what makes these useful and delightful creatures so popular and gain the knowledge and skills to properly care for and utilize their many offerings with help from Raising Goats For Dummies.

wellness mama laundry detergent: *Green Enough* Leah Segedie, 2018-03-20 A real, no-holds-barred take on making smart, healthy choices for you and your family. In *Green Enough*, Mamavation blogger Leah Segedie uncovers the truth behind the food and household products that are misleadingly labeled all-natural and healthy but are actually filled with chemicals and toxins. From furniture to packaged food, Leah guides you through detoxifying your home, diet, and lifestyle, showing you how to make the best choices possible. She exposes the brands and products that contain toxic and hormone-disrupting ingredients and gives guidelines on choosing safer products and organic produce that are free from toxic and persistent pesticides. She instructs you on making the move to meat, dairy, and eggs that are free of antibiotics, GMOs, growth hormones, and dangerous pathogens. She explains at what phases of childhood children are the most vulnerable and need more protection. And she includes delicious and kid-approved recipes to help you detoxify your cooking routine. It's not about being perfect or 100% clean—none of us are—it's about being green enough.

wellness mama laundry detergent: *Dirty Genes* Ben Lynch, 2018-01-30 Instant National Bestseller After suffering for years with unexplainable health issues, Dr. Ben Lynch discovered the root cause—"dirty" genes. Genes can be "born dirty" or merely "act dirty" in response to your environment, diet, or lifestyle—causing lifelong, life-threatening, and chronic health problems, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, and diabetes. Based on his own experience and successfully helping thousands of clients, Dr. Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans, including healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means. Many of us believe our genes doom us to the disorders that run in our families. But Dr. Lynch reveals that with the right plan in place, you can eliminate symptoms, and optimize your physical and mental health—and ultimately rewrite your genetic destiny.

wellness mama laundry detergent: *The Essential Oils Diet* Eric Zielinski, DC, Sabrina Ann

Zielinski, 2019-05-07 The first diet program that harnesses essential oils and bioactive foods for weight loss and disease prevention, from the nation's trusted authority in essential oils and natural remedies. The runaway success of *The Healing Power of Essential Oils* showed that there is a growing interest in using essential oils to heal the body. Now, in *The Essential Oils Diet*, Dr. Eric Zielinski teams up with Sabrina Ann Zielinski ("Mama Z") to teach readers how bioactive plant compounds--those found in essential oils and in foods like matcha green tea, chia seeds, almonds, and avocados--can aid in weight loss, boost energy levels, and trigger the body's natural immune defenses to fight chronic diseases like type 2 diabetes and autoimmunity. The *Essential Oils Diet* features a sensible, evidence-based, two-phase program—first, the 30-day essential fast track, which helps you banish excess pounds quickly, followed by the essential lifestyle, a gentle, practical maintenance program you can follow for life. Featuring delicious, easy recipes, meal plans, and strategies to keep you on track, you'll learn how to harness essential oils and bioactive foods to help your body reach the homeostasis necessary to help you achieve and maintain a healthy weight and abundant health.

wellness mama laundry detergent: Joyous Health Joy McCarthy, 2014-05-06 Six weeks to a healthy new you from the creator of the popular Joyous Health blog. Joyous Health, a fresh new approach to eating, will change the way you think about food with its simple and practical path that will create a healthy lifestyle. In just six weeks, holistic nutritionist Joy McCarthy guides you through an easy-to-follow and flexible program and puts you on a permanent path to good health with amazing results, including improved digestion, weight loss, balanced hormones, lowered blood pressure and cholesterol, and much more. Joyous Health celebrates eating delicious whole foods and enjoying an invigorating lifestyle. Inside you'll learn all about the best foods and most nutritious habits for vibrant health, foods to avoid, and detox solutions. Featuring beautiful color photography throughout, Joyous Health includes eighty healthy recipes like Carrot Cake Smoothie, Coconut Flour Banana Pancakes, Thai Beetroot Soup, Curry Chicken Burgers, and Double-Chocolate Gluten-Free Cookies.

wellness mama laundry detergent: Mama Doc Medicine Wendy Sue Swanson, 2014 Presents evidence-based advice on raising children, enhancing a collection of the author's blog posts with statistics, charts, and summaries to discuss four themes--prevention, social-emotional support, immunizations, and work-life balance.--

wellness mama laundry detergent: The Mama Manual - How Busy Mums Get Organised Nakita Attard Vassallo, 2018-07-27 HOW OFTEN HAVE YOU WISHED FOR AN EXTRA HOUR OR TWO DURING THE DAY? Learn how to simplify tasks, organise your life, and CREATE TIME you didn't even know existed! If you think you do not have time for this book, think again! This book was written by a fellow mum who once struggled to manage her time. Nakita is a working mum of two, a wife, a homemaker, blogger, writer, avid reader, slow cooker aficionado, and a social media influencer. Yes, she finds the time to do it all, and practices self-care daily! Nakita shares her self-taught knowledge through her practical tips and strategies which you can apply on the spot for instant results! She has empowered hundreds of mums reclaim their time, and themselves. the Mama Manual is not about balancing a successful juggling act. It's about being intentional, being more present, and showing up - not just for those around you, but for yourself. HOW TO USE THIS MANUAL For best results read five pages of this manual daily - unless you're too busy, in which case you should read ten! I found myself nodding in agreement as I read this. A fantastic resource for mums looking for easy ways to save time! Clare Agius - mother, TV producer & presenter Incredibly organised mummy - she's contagious! Claire Agius Ordway - mother, TV producer & presenter Being organised is a key factor to successful parenting, and this manual is a great reference! Pauline Agius - mother, TV producer & presenter

wellness mama laundry detergent: The Menopause Reset Dr. Mindy Pelz, 2023-06-20 A transformational plan for women who find themselves struggling through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, weight gain, and hot flashes. Are you struggling

through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge, no matter how hard you try. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In *The Menopause Reset*, you will learn: What hormone changes cause, symptoms, and proven strategies to fix them The best way to stop your menopause-related memory loss How you can put an end to your symptoms without the use of medications How to unstick your metabolism and finally lose the extra weight How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

wellness mama laundry detergent: *M Is for Mama* Abbie Halberstadt, 2022-02-01 Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. *M is for Mama* offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

wellness mama laundry detergent: *Why Does He Do That?* Lundy Bancroft, 2003-09-02 In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

wellness mama laundry detergent: *Low Tox Life* Alexx Stuart, 2018-06-27 Ever stopped to read the list of ingredients in the products you use every day? In *Low Tox Life*, activist and educator Alexx Stuart gently clears a path through the maze of mass-market ingredient cocktails, focusing on four key areas: Body, Home, Food and Mind. Sharing the latest science and advice from experts in each area, Alexx tackles everything from endocrine-disruptors in beauty products to the challenge of going low plastic in a high-plastic world, and how to clean without a hit of harmful toxins. You don't need to be a fulltime homesteader with a cupboard full of organic linens to go low tox. Start small, switching or ditching one nasty at a time, and enjoy the process as a positive one for you and the planet.

wellness mama laundry detergent: *Homesong* Amanda Watters, 2019-04-09 Create a home filled with intentional living, streamlined home management, spirituality, and live-giving

relationships . Homesong offers practical insights, tools, and encouragement for slower-paced, mindful living.

wellness mama laundry detergent: The Big Book of Kombucha Hannah Crum, Alex LaGory, 2016-03-17 2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want — for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink's history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). "This is the one go-to resource for all things kombucha." — Andrew Zimmern, James Beard Award-winning author and host of Travel Channel's Bizarre Foods

wellness mama laundry detergent: The Plant Paradox Family Cookbook Dr. Steven R. Gundry, MD, 2019-11-19 From the New York Times bestselling author of The Plant Paradox comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of The Plant Paradox in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In The Plant Paradox Family Cookbook, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, The Plant Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.

wellness mama laundry detergent: The Forever Dog Rodney Habib, Karen Shaw Becker, 2024-09-10 #1 New York Times Bestseller In this pathbreaking guide, two of the world's most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine companions. Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans--cancer, obesity, diabetes, organ degeneration, and autoimmune disorders--also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can't make health and lifestyle decisions for themselves, it's up to pet parents to make smart, science-backed choices for lasting vitality and health. The Forever Dog gives us the practical, proven tools to protect our loyal four-legged companions. Rodney Habib and Karen Becker, DVM, globetrotted (pre-pandemic) to galvanize the best wisdom from top geneticists, microbiologists, and longevity researchers; they also interviewed people whose dogs have lived into their 20s and even 30s. The result is this unprecedented and comprehensive guide, filled with surprising information, invaluable advice, and inspiring stories about dogs and the people who love

them. The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food—including what the commercial manufacturers don't want us to know—and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel up the leash. Medical breakthroughs have expanded our choices for canine health—if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

wellness mama laundry detergent: The cLEAN Momma Workout Carolyn Barnes, 2012-12-26 Lose weight, get fit, and stay healthy while you clean your house! With an endless to-do list getting in the way of her workout time, busy mom Carolyn Barnes decided to take matters into her own hands. She created the ultimate multitasking program: The cLEAN Momma Workout. Soon she was losing weight fast and her home was cleaner than ever. Barnes's Taskercise program will allow you to get fit, lose weight, and have fun—all while making your home sparkling clean. You'll get both your home and your body in shape, no matter where your household chores take you. Just a few of the Taskercises you'll learn are: In the kitchen: The Rag Drag Cupboard Calf Raise In the living room: The Vacuum Lunge Pillow Plump and Pump While doing laundry : Detergent Bottle Dumbbells The Laundry Leg Lift With Taskercise, you can stay active anywhere: in the car, at the playground, in the supermarket, on an airplane, at the pool, and at the gas station. In addition, dozens of healthy, kid-friendly recipes make cLEAN eating possible for the whole family. Get more out of life with The cLEAN Momma Workout, and discover how easy it is to look and feel great while taking care of everything on a modern family's to-do list.

wellness mama laundry detergent: Own Your Everyday Jordan Lee Dooley, 2019-05-14 USA TODAY BESTSELLER • ECPA BESTSELLER • An empowering girlfriend's guide to a purpose-driven life, from the young entrepreneur and rising star behind SoulScripts and the SHE Podcast “This book will meet you right where you are with a giant hug while also giving you a little kick in the pants.”—Audrey Rolloff, New York Times bestselling coauthor of *A Love Letter Life*, founder of Always More, cofounder of Beating50Percent Does it ever seem like you still have to find your purpose or that you're stuck with “unfigured-out dreams”? Do you feel the pressure to prove yourself or worry about what others will think? You are not the only one. From accidentally starting a small business instead of using her college degree, to embarrassing herself onstage in front of thousands, to wasting time worrying about what others think or say, Jordan Lee Dooley knows exactly how that feels—and she's learned some important lessons about living a purposeful life along the way. An influential millennial widely recognized for her tagline turned international movement, “Your Brokenness is Welcome Here,” Jordan has become a go-to source that women around the world look to for inspiration in their faith, work, relationships, and everyday life. Now, in this approachable but actionable read that's jam-packed with practical tools, Jordan equips you to • tackle obstacles such as disappointment, perfectionism, comparison, and distraction • remove labels and break out of the box of expectations • identify and eliminate excuses and unnecessary stress about an unknown future • overcome the lie that you can't live your God-given purpose until you reach a certain goal or milestone If you ever feel you need to shift your mindset but don't know how, this book will help you overcome shame, practice gratitude, and redefine success.

wellness mama laundry detergent: The Rebel Mama's Handbook for (Cool) Moms Nikita Stanley, Aleksandra Jassem, 2018-04-24 If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh*t along the way, congrats: you've just found the parenting book of your dreams. The Rebel Mama's Handbook for (Cool) Moms is a girlfriend's guide to early motherhood. It's the Coles Notes for all those boring baby books you never read. It's the instruction manual you wish your kid(s) came with - complete with cocktail list.

Welcome to motherhood. Let's do this.

wellness mama laundry detergent: Mom's Guide to a Clean & Healthy Home Laura Ascher, 2021-04-13 Natural Remedies and DIY Cleaners for a Safer, Natural Home Mom's Guide to a Clean & Healthy Home is a guidebook for using essential oils to keep your household naturally healthy and clean. It includes simple homemade recipes for everyday purposes: skincare, haircare, cleaning, and medicine, with a few extra natural remedies along the way! Revamp your entire home with natural, safer products. Mom's Guide to a Clean & Healthy Home contains a wealth of information about natural essential oils, what they are, how they work, and how to use them safely. In this book, find several simple recipes for clean beauty products, and even everyday cleaning products. All of these practical recipes can be used on a regular basis. Plus, discover natural health tips and learn how to make some swaps in the laundry room that will save you time and money! 100 DIY all-natural recipes, numerous natural living tips, and valuable essential oil education--this book has it all. In Mom's Guide to a Clean & Healthy Home, author Laura Ascher, the wellness advocate and essential oils expert behind the blog and YouTube channel Our Oily House, teaches you how to: Use essential oils safely and effectively to create a more natural lifestyle for your family Feel empowered to put together homemade skincare products, haircare products, and DIY cleaners Use essential oils for natural remedies for common ailments, and more! Readers of natural home and essential oil books like The Healing Power of Essential Oils, Clean Mama's Guide to a Healthy Home, or Simply Living Well will love Mom's Guide to a Clean & Healthy Home.

wellness mama laundry detergent: Clean Mama's Guide to a Peaceful Home Becky Rapinchuk, 2020-12-29 The creator of the popular cleaning website Clean Mama and author of Clean Mama's Guide to a Healthy Home shows you how to establish systems and rituals to transform your home into a clean, organized, and comfortable space for you and your family. We all want our homes to be cozy and comfortable spaces where we can leave the challenges of the outside world behind and connect with our families. But too often the mess and disorder only add stress. For years, Becky Rapinchuk has taught people how to simplify and improve cleaning routines, and now she reveals a game-changing method to help us find joy and make our chores effortless. By pairing up systems—how we get things done so that they become automatic—with rituals—tasks that bring calm and happiness—we can feel more at peace in our homes. Walking readers through each room of the house, Rapinchuk shows how to put new systems and rituals in place that will make the whole home operate more efficiently. Featuring decision trees, checklists, and space to reflect and record progress, Clean Mama's Guide to a Peaceful Home makes homekeeping a breeze, allowing us to slow down and focus on the things that really matter.

wellness mama laundry detergent: Hands Free Mama Rachel Macy Stafford, 2014-01-07 Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

wellness mama laundry detergent: Yes, You Can Get Pregnant Aimee E. Raupp, 2014-05-22

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

wellness mama laundry detergent: Feeding You Lies Vani Hari, 2020-02-18 This follow-up to New York Times bestseller *The Food Babe Way* exposes the lies we've been told about our food--and takes readers on a journey to find healthy options. There's so much confusion about what to eat. Are you jumping from diet to diet and nothing seems to work? Are you sick of seeing contradictory health advice from experts? Just like the tobacco industry lied to us about the dangers of cigarettes, the same untruths, cover-ups, and deceptive practices are occurring in the food industry. Vani Hari, aka The Food Babe, blows the lid off the lies we've been fed about the food we eat--lies about its nutrient value, effects on our health, label information, and even the very science we base our food choices on. You'll discover:

- How nutrition research is manipulated by food company funded experts
- How to spot fake news generated by Big Food
- The tricks food companies use to make their food addictive
- Why labels like all natural and non-GMO aren't what they seem and how to identify the healthiest food
- Food marketing hoaxes that persuade us into buying junk food disguised as health food

Vani guides you through a 48-hour Toxin Takedown to rid your pantry, and your body, of harmful chemicals--a quick and easy plan that anyone can do. A blueprint for living your life without preservatives, artificial sweeteners, additives, food dyes, or fillers, eating foods that truly nourish you and support your health, *Feeding You Lies* is the first step on a new path of truth in eating--and a journey to your best health ever.

wellness mama laundry detergent: Research Methods in Human Development Paul C. Cozby, Patricia E. Worden, Daniel W. Kee, 1989 For undergraduate social science majors. A textbook on the interpretation and use of research. Annotation copyright Book News, Inc. Portland, Or.

wellness mama laundry detergent: Hashimoto's Protocol Izabella Wentz, PharmD., 2017-03-28 Instant #1 New York Times Bestseller Dr. Izabella Wentz, the author of the phenomenal New York Times bestseller *Hashimoto's Thyroiditis*, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects. But there is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In *Hashimoto's Protocol*, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days. Drawing on her own personal experience as well as her work consulting with thousands of patients, *Hashimoto's Protocol* offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. *Hashimoto's Protocol* also features original recipes. Grounded in the latest science, *Hashimoto's Protocol* is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

wellness mama laundry detergent: Hashimoto's Thyroiditis Izabella Wentz, Marta Nowosadzka, 2013 Hashimoto's is more than just hypothyroidism. ... The body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion,

inflammation, and thyroid hormone release abnormalities. ... The lifestyle interventions discussed in this book aim to dismantle the vicious cycle piece by piece, ...allowing the body to rebuild itself.--P. 4 of cover.

wellness mama laundry detergent: First-Time Mom's Pregnancy Activity Book Tabitha Blue, 2020-06-23 Games, activities, and advice to get new, soon-to-be moms ready for the big day Your first pregnancy probably has you feeling excited and maybe a little nervous. This pregnancy activity book is a fun collection of 100 creative puzzles, exercises, writing prompts, and advice to support you and help you stay positive as you prepare for motherhood. Featuring everything from coloring pages and crossword puzzles to tips for diet, exercise, and preventing morning sickness, this guide will keep you entertained, help you record how you feel, and give you the tools to take on parenthood with confidence and good humor. This first time mom pregnancy journal features: Fun activities—Unlike a classic journal, the prompts in this book are quick and light so you can do them anytime. Helpful advice—Lists and questions will give you guidance on finding a doctor or hospital, asking your OB/GYN questions, and more. Fun for each trimester—This book is organized into three trimesters and includes a section on childbirth, so the activities and advice will progress along with you. Discover 100 enjoyable ways to stay sane and get ready for your bundle of joy.

wellness mama laundry detergent: Art of Attention Elena Brower, Erica Jago, 2016-02-01 Yoga begins with physical well-being—but it can also lead us into a lifelong exploration of presence, elegance, and possibility. With *Art of Attention*, Elena Brower and Erica Jago show us the way. Distilled from their acclaimed workshops and training programs, this multifaceted book can be used as:

- A step-by-step illustrated workshop of five sessions to merge movement-based mindfulness with traditional yoga
- A “tool kit” of asanas, meditations, self-inquiry questions, and healing practices for customizing your own daily practice
- An uplifting source of visual beauty and wisdom insights for inner reflection and inspiration

For students and teachers at every level, *Art of Attention* takes us further into yoga—and the art of living—with clarity, creativity, wonder, and depth.

wellness mama laundry detergent: Slow Death by Rubber Duck Rick Smith, Bruce Lourie, 2009 Funny, thought-provoking, and incredibly disturbing, *Slow Death by Rubber Duck* reveals that just the living of daily life creates a chemical soup inside each of us. Pollution is no longer just about belching smokestacks and ugly sewer pipes - now, it's personal. The most dangerous pollution has always come from commonplace items in our homes and workplaces. Smith and Lourie ingested and inhaled a host of things that surround all of us all the time. This book exposes the extent to which we are poisoned every day of our lives. For this book, over the period of a week - the kind of week that would be familiar to most people - the authors use their own bodies as the reference point and tell the story of pollution in our modern world, the miscreant corporate giants who manufacture the toxins, the weak-kneed government officials who let it happen, and the effects on people and families across the globe. Parents and concerned citizens will have to read this book. Key concerns raised in *Slow Death by Rubber Duck*:

- Flame-retardant chemicals from electronics and household dust polluting our blood.
- Toxins in our urine caused by leaching from plastics and run-of-the-mill shampoos, toothpastes and deodorant.
- Mercury in our blood from eating tuna.
- The chemicals that build up in our body when carpets and upholstery off-gas.

Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better.

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