

Healthy Home Protocols

A room-by-room checklist



KITCHEN



BATHROOM



BEDROOM



LAUNDRY



Health starts at home

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You don't need a new house

Somewhere between the first hot flash and the fourth night awake, someone tells you it's your house. Your pans. Your candles. Your laundry. And suddenly a problem you already couldn't solve has a shopping list attached to it.

Here's what's true. Your hormones are already shifting in midlife, and your home doesn't need to add to the load. Endocrine-disrupting chemicals are real, they're common, and the exposures that matter most are boring and cheap to fix.

Here's what's also true. You don't have to replace your whole kitchen this weekend.

So this is where I'd start, in order, and what I'd skip. The list is ranked on purpose. The first swaps matter most, several of them are free, and you don't have to do all of it at once. You just have to start at the top.

And if you want the room I'm working on this month, plus what I'm actually testing in my own house, stay to the last page.

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HOW TO USE THIS AUDIT

- 1 Walk through your house room by room.
- 2 Make the free or lowest cost fixes first.
- 3 Only throw out items that are already worn.
- 4 Don't get overwhelmed! Small changes add up over time.



1 Kitchen

START HERE

What's actually happening. Heat plus plastic is the biggest everyday source of hormone-disrupting chemicals, and that added load lands harder as your own hormones shift. Warm, fatty and acidic foods pull the most out of a container, which is why last night's dinner sitting in a plastic tub is the most common exposure in an otherwise careful kitchen.

What people get wrong. They start with pans, because pans are the thing you can buy. The free move outranks the expensive one here: stop putting hot food into plastic, and you've done the highest-yield thing in this room before you've spent a dollar.

This room has its own guide — The Hormone-Safe Kitchen Swap Guide walks it good, better, best.

THE SWAP LIST

- ☐ Stop microwaving or storing hot food in plastic (**free — do this first**)
- ☐ Swap worn or scratched nonstick pans for stainless or cast iron
- ☐ Choose fragrance-free dish soap and surface sprays
- ☐ Filter your drinking and cooking water

2 Bathroom & Personal Care

HIGHEST SKIN HOURS

What's actually happening. Skin-contact hours are high here, and fragrance and preservatives are common sources of endocrine disruptors. What matters is not the mask you use once a month. It's the three or four things you put on every single day without thinking about it.

What people get wrong. Buying an entire new “clean” shelf. Subtraction beats substitution: every product you simply stop using is an exposure you never have to research, verify or pay for again.

THE SWAP LIST

- ☐ Choose fragrance-free where you can
- ☐ Scan labels for phthalates (hidden inside “fragrance” / “parfum”) and parabens
- ☐ Simplify — fewer products means fewer exposures

3 Bedroom

A THIRD OF YOUR LIFE

What's actually happening. You spend a third of your life in this room, skin to fabric, while your body is trying to sleep and regulate its own temperature. Midlife sleep is already fragile enough without adding a fragranced sheet to it, and this is the room where a small change tends to get noticed fastest.

What people get wrong. Replacing the mattress first. It's the most expensive object in the room and the one you have the least contact with — there are sheets, a pillowcase and sleepwear between you and it. Start with the layers touching your skin every night, and let the mattress wait until it's genuinely worn out.

THE SWAP LIST

- ☐ Fragrance-free laundry for sheets and sleepwear
- ☐ Natural-fiber bedding (cotton, linen, wool) over synthetics

IF YOU ONLY DO FOUR THINGS — THE FREE ONES

- ☐ Never put hot food into plastic
- ☐ Use fewer products, not different ones
- ☐ Stop buying dryer sheets
- ☐ Burp the house once a day

None of these cost a dollar, and together they beat most of what gets sold to you.

4 Laundry

IT TOUCHES EVERYTHING ELSE

What's actually happening. Fragranced detergent and dryer sheets coat everything you wear and everything you sleep in, which makes this the one room that quietly undoes the work you did in the other four. Fix it once and it stays fixed.

THE SWAP LIST

- ☐ Switch to a fragrance-free detergent
- ☐ Drop dryer sheets (wool dryer balls work if you want softness)

5 Air & Water

WHOLE HOUSE

What's actually happening. These are the two exposures everyone in the house shares, and the only two with no taste or smell to warn you. Indoor air is routinely more concentrated than the air outside, and it is free to change: open windows on opposite sides of the house and let it cross for a few minutes.

If you're on a well, testing is the step people skip. You can't filter what you haven't measured.

THE SWAP LIST

- ☐ Ventilate daily — “burp the house” with a cross-breeze **(free)**
- ☐ Run a HEPA filter in the rooms you use most
- ☐ Filter drinking water, and test it if you're on a well

SKIP THE HYPE — WHERE I'D SAVE YOUR MONEY

- **Replacing everything at once.** Attrition beats overwhelm every time.
- **Pricey “EMF” gadgets** sold on fear, without evidence behind them.
- **Tossing sealed, intact plastic you never heat.** A steel bottle with a plastic cap is fine.



FREE WEEKLY NEWSLETTER · IN THE SADDLE

The next room, and what I'm actually testing in my own house

Every week I walk one more piece of this — the swap I made, the one I decided wasn't worth it, and the clinical reason behind both. No shopping list you didn't ask for. Just what I'd do in my own house, with my own money.

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