

Below are a few items that could be used during the time of removing the leavening from your home:

Oral Care:

Toothpaste: Sudantha Toothpaste (It's going to say homeopathic herbal toothpaste for total oral protection: can be found on Amazon (in a white, blue, and green box w/ red underlining the title))

Body/Hygiene:

Lotion: 100% shea butter, if you get other shea butter for the scent, make sure to thoroughly check the ingredients. Remember leavening and leavening agents are two different things.

Deodorant: If you cannot find/ contact YAHisha for 1 week supply homemade

Soap: women and men can use this: Natural Sense Plant Based Pure Castile Soap Lavender (can be found at your local dollar tree for \$1.25; comes in a brown box. We've only checked the lavender scent out to stay safe)

Cleaning supplies:

**be careful of magnesium chloride, sodium citrate, etc in seven generations products*

Things have been added to safe products that we could normally use.**

Throw old mops out/ check brooms

For homemade products and cleaning supplies, you can also contact YAHisha for 1 week supply of cleaning supplies and/or body deodorant. (678)328-0806