

5 Essential At-Home Natural Health Gadgets

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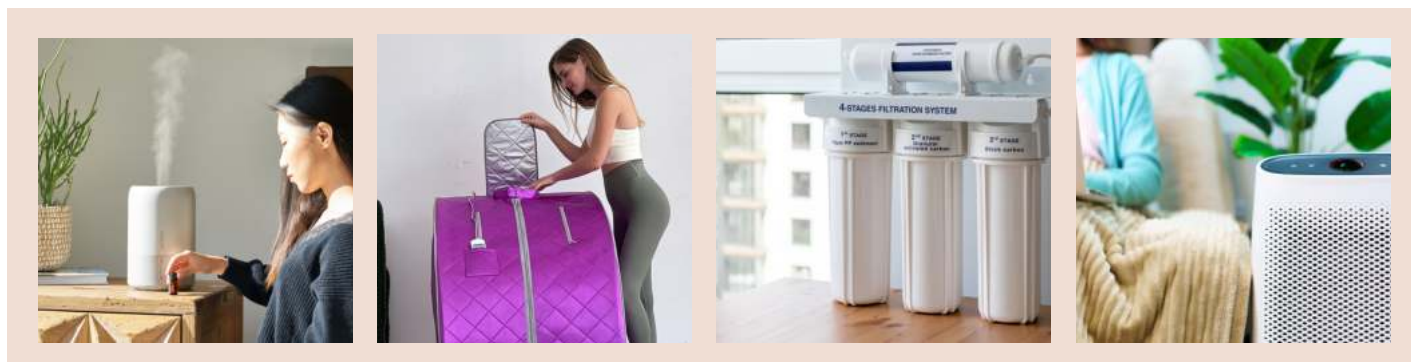


Natural health is a practice and philosophy that can be applied daily to your lifestyle choices, work environment, and home life. From all-natural cleaning supplies to selecting organic produce and products, you can embrace a holistic lifestyle in numerous ways. And technology is no exception! We compiled a list of essential natural health gadgets that can make your home healthier, help you relax, and benefit your well-being. Let's dive in!

1. Water Filtration Systems

Distilled and reverse osmosis are the two best sources of water. Both of these methods of filtration result in pure H₂O, which is water that's free of additives, chemicals, metals, and other contaminants. At-home water distillers are great for small production, but reverse osmosis is best for large output, which makes these devices one of our go-to natural health gadgets. Reverse osmosis devices can be purchased for your entire home, under your sink, or for your countertop. A whole house system is the most expensive option. Under-the-sink and countertop varieties are similarly priced. However, you can generally expect the under-the-sink version to be slightly more costly. The under-the-sink option requires installation, whereas the countertop model can be used right out of the box and placed wherever you'd like.

If you opt for the countertop or under-the-sink options, we also recommend purchasing a showerhead water filter as a second source of filtration before the water reaches your hair, skin, and nails. Shower head water filters can come with or without tanks. Some systems include the showerhead, while others can be attached to your pipe and current showerhead. Style, design, quality, and filtration capability can all affect cost.





2. Light Therapy

You can consider adding two types of light therapy to your at-home routine: light therapy beauty products and light therapy products that can help boost your mood, especially in the winter. Products that purport to boost mood and even address depression can help improve your circadian rhythm and sleep patterns, balance the activation of serotonin, and increase alertness. Known as light therapy boxes or lamps, they mimic natural sunlight. Their benefits depend on how long you use them, your circadian rhythm, and the device's light wavelength. The average brightness of these devices is between 2,500 and 10,000 lux, so look for a product that is within those specifications.

There are also LED light therapy devices that you can use in your all-natural skincare routine. Some popular at-home products are light facial masks and light wands. In a recent article, we explain more about the benefit of LED light therapy and how it's used:

LED Light Therapy utilizes low levels of different wavelengths of red, blue, amber, and green light. Acne is typically targeted with blue light to help kill the bacteria responsible for the condition and lessen oil production, which can cause the hair follicle to become clogged, resulting in acne. Red and blue light combined can help ease inflammation and redness. Red light alone can stimulate collagen production to help tighten, smooth, and soften skin, help heal wounds, and reduce the appearance of wrinkles and fine lines. Speak with your doctor to ensure light therapy is right for you, especially if you are taking antibiotics or acne medication or have eye problems, and always wear eye protection when utilizing light therapy.

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3. Far Infrared Saunas

Far infrared saunas are a great addition to any naturally minded home. They are generally less expensive and don't take up as much space as a traditional sauna. There are also more budget-friendly options for infrared sauna products like infrared blankets. Infrared saunas heat the body directly instead of heating the air like other saunas. Common reasons to seek out an infrared sauna include support for chronic conditions, heavy metal and microplastic detoxification, workout recovery, weight loss, improved circulation, mitochondria activation, pain and inflammation, or sore muscles. Some also use infrared saunas to help reduce stress and anxiety. Despite your reason, it's important to always talk with your doctor before trying any sauna, especially if you are on medication or have a pre-existing condition.

4. Air Purifiers/Monitors

Air purifiers help filter the air in your home. From pet dander to dust, air purifiers can help expel impurities and alert you to the air quality in your home. Air purifiers come in various sizes, but it's important to select a unit designed for the size of your room. For example, a small air purifier is appropriate for a space of up to 200 square feet, a medium-sized one is for 200-400 square feet, and a large one can cover 400 square feet or more. The healthiest types of air purifiers utilize mechanical filters and activated carbon filters. If you opt for air purifiers with mechanical filters, choose a HEPA-certified filter, which traps 99.77% of particles, including viral droplets, smoke from burning wood or cigarettes, dust and dust mites, and pet dander. Activated charcoal filters are better at trapping gases and odors but less effective at trapping particles than mechanical varieties. They also require more frequent replacements. A third option that provides consumers with the best of both worlds is a combination of HEPA-certified mechanical and activated charcoal filters.

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5. Ultrasonic Essential Oil Diffusers

Ultrasonic essential oil diffusers utilize water and ultrasonic waves to create a fine mist, dispersing the essential oils added to the water. Depending on the essential oils being diffused, these tools can help you feel more alert, relaxed, or happy. When shopping for an ultrasonic diffuser, look for glass or ceramic versions to ensure that plastics aren't being introduced into the air in your environment. Additionally, you should only purchase pure, therapeutically tested essential oils. Please note that some essential oils are toxic to children and pets. Essential oils may also not be a good fit for individuals with respiratory issues. We recommend speaking with an aromatherapy expert to determine which essential oils may be right for you.

Conclusion

No matter what brand you choose for a product, it's important to review the manufacturer's instructions, follow the directions, and always have a "safety first" mentality. If you'd like to learn more about other techniques and tools to improve your environment and health, consider enrolling in our Certified Natural Health Professional program. Visit trinityschool.org/program/cnhp or call 800-428-0408, option 2, for more information about the CNHP program.



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