

## **SUGGESTIONS FOR DECREASING TOXICITY AND CHEMICAL EXPOSURES**

Certain chemicals applied to your skin or in the air can be absorbed by your body and may cause harm to your cells and organ systems. They can cause inflammation and increase the body's production of free radicals, thus increasing your likelihood of developing chronic health problems.

### **FOOD**

- Shift your food purchases and consumption to organic when possible. It is most important to use organic dairy products (*milk, cheese, yogurt, etc.*). Free-range meats and eggs are desirable to purchase as organic.
- Purchase organic strawberries, apples, and spinach (*especially the Dirty Dozen- see my BLOG on Eating Organic*) as advised by the Environmental Working Group or Consumers Reports websites to stay current about which fruits and veggies are most important to eat organic!

### **PRODUCTS**

- Purchase the most natural cleaning and other household products you can find (*consider making your own for health and cost savings*)
- Avoid (or limit) spraying pesticides or herbicides in your home or property.
- For hair products (*including shampoo and colors*) look for products without *alcohol, sodium lauryl sulfate, paraben, phthalate or other petrochemicals*.
- Avoid (or limit) using hair sprays.
- Avoid perfumes or other skin or hair care products that use synthetic fragrances.

### **SKIN CARE AND MAKEUP**

- Use low-toxin make-up and skin creams (avoid products with: phthalates, parabens, propylene glycol, alcohols and fragrances). In general, skin care products from health food stores without the above ingredients are a safer bet.
- Consider using antioxidant creams on your skin: low solvent products with CoQ10, Vit. C possibly DMAE and botanical squalene.

**Source: Designs for Health, Inc.**

## **WATER**

- Water can have many toxins and thus regular consumption of unfiltered water can significantly contribute to the toxic load of your body.
- Water quality will vary from city to city but in general it is better to filter tap water with a multi-stage carbon filter or reverse osmosis filter.
- Try to avoid bottled water in soft plastic containers as the plastics often leach into the water. Minimize the use of plastic water bottles that have been in a hot car.
- Minimize the use of camel-back type plastic water containers.
- Mineral waters in glass bottles are generally safe unless there is a question of the quality of the source.
- Have approximately 8-10 glasses of water or healthy liquids each day. Use glass, stainless steel, or ceramic when possible. *(Amazon has great options to carry on the go!)*
- Filter shower water in order to limit your exposure to chlorinated hydrocarbons.

## **PLASTICS**

- Plastics have been shown to disrupt hormones in your body.
- Avoid plastic bottles and containers with the numbers 3, 6 and 7 on the bottom. These are most likely to leach plastics into the food, juice or water that they contain.
- Avoid PVC's.
- Do not microwave in plastic containers.
- Minimize washing plastic containers in the dishwasher under high heat.
- Minimize the use of cling wraps; try to use paper wraps.

## **HOME**

- Use only green and low VOC products in a remodel or new home.
- Let a new car give off "gas" by keeping the windows open.
- Use an air filter such as a Hepa filter with a charcoal filter to clean the debris in the air.
- Minimize the amount of regular carpet in your home, or use natural carpets.
- Avoid using pesticides in your house.

## DENTAL CARE

- Avoid mercury amalgam fillings.
- Get second options on root canals.
- Avoid if possible having 2 different metals in adjacent teeth.
- Pick a dentist who is aware of healthy choices for the mouth-perhaps a more holistic or biologically oriented dentist who does not place new mercury fillings!

## ELECTROMAGNETIC FIELDS

- Minimize cell phone use.
- Minimize your use of portable phones at home and shift to corded phones.
- Take the clock radio away from your head and bed.

*Reference: [www.ewg.org](http://www.ewg.org)*

*Source: Designs For Health, INC*

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### **Small changes can Reap GREAT rewards to your health.**

The following are 10 changes could go a long way to better your health:

1. *Replace your daily refillable water bottle with a stainless steel version*
2. *Don't leave plastic water bottles in a hot car*
3. *Avoid microwaving in plastic*
4. *Use a water filter on your faucet in the kitchen*
5. *Drink 8-10 glasses of filtered water / day*
6. *Choose buying organic/local for the 12 fruit/veggies highest in pesticides (Dirty Dozen)*
7. *Take the plastic off your dry cleaning immediately before placing it in the car*
8. *Purchase organic dairy products*
9. *Avoid using air fresheners (select an all natural alternative at your local health store)*
10. *Make your own household cleaner (see Julie for recipe!)*

### **What are 3 changes you can make starting TODAY to limit your exposure?**

- 1.
- 2.
- 3.