

## Environmental Toxins and Solutions

This topic can feel daunting. When we look at all the places, we find toxins, it can feel overwhelming to make changes to reduce this load. I want to emphasize that every little bit helps. If you can switch out a single thing each week or month, it will add up. And the smaller steps you take to reduce the toxins in your life, the less overwhelming it will feel. Just take it one day and one item at a time and stick to it.



### FOCUS ON AREAS OF POTENTIAL TOXIC SOURCES AND REMOVE TOXIC INPUTS

#### TOXIC SOURCE

##### Personal Care Products

- Shampoo
- Conditioner
- Soap and body wash
- Deodorant
- Face cream and moisturizer
- Sunscreen
- Lotion
- Shaving cream
- Feminine hygiene products
- Hair styling products
- Makeup

#### WHATS THE PROBLEM

- Triclosan
- Fragrance
- Retinyl palmitate/retinol
- Formaldehyde/formalin
- Toluene
- Dibutyl phthalate (DBP)
- PEG
- Polyethylene

- Parabens
- DMDM hydantoin
- Oxybenzone
- Diazolidinyl urea/imidazolidinyl urea
- Cetareth
- Aluminum

#### WHY?

These chemicals are associated with allergies, reproductive concerns, interference

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with hormones, toxic accumulation, microbiome imbalances, and others. Much of what you put on your skin absorbs into your bloodstream and makes its way to your organs in a matter of seconds— and the additive effect of these chemicals is potentially deadly.

### SOLUTION

- Use the Environmental Working Group's [Skindeep App](#) to help identify problem ingredients and safer alternatives.
- Stick with plant-based products
- Aim for organic
- Find non-nano barrier sunscreen (zinc oxide)
- Use non-aluminum deodorant (like Native brand)
- Look for brands with Vegan, Crueltyfree, and Organic
- Dry brush skin to remove dead skin cells and lymphatic massage

### TOXIC SOURCE

Dental Amalgams

### WHATS THE PROBLEM

Mercury

### WHY?

Mercury amalgams “silver fillings” (extremely popular to fill cavities) can cause mercury vapors to be released during chewing. At high levels, mercury can damage your brain, kidneys, or more. Mercury can be neurotoxic.

### SOLUTION

Find a biological dentist in your area to see if your amalgams should be removed <https://iabdm.org/>

### TOXIC SOURCE

Plastics

- Water bottles
- Baby bottles
- Baby pacifiers
- Aluminum can liners
- Cash register receipts
- Plastic toys
- Epoxy paint and coatings

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- Bisphenol A (BPA)
- Bisphenol S (BPS)
- Bisphenol F (BPF)

### WHATS THE PROBLEM

BPA can leach into the things it touches. This is made worse by duration and extreme temperatures, like freezing food in a plastic container, or heating in the microwave. BPA is an endocrine disruptor by mimicking hormones. This can cause a multitude of reproductive issues, cell damage, development, and behavior to only name a few. BPS and BPF (often found in “BPAfree” plastics) have also been shown to have just as much endocrine disrupting effects.

### SOLUTION

- Glass
- Stainless steel
- Solid wood
- Sustainably sourced and made bamboo
- Medical-grade silicone
- Rubber

### TOXIC SOURCE

Non-stick Cookware

### WHATS THE PROBLEM

- Teflon
- Perfluorooctanoic Acid (PFOA)
- Polyfluoroalkyl substances (PFAS)

### WHY?

These man-made chemicals can leach into your foods and remain in your body for an awfully long time. They have been associated with certain cancers, disruption in hormones, and fetal development.

### SOLUTION

- Stainless steel
- Pure ceramic

### TOXIC SOURCE

Chemicals Found In Your Home

- Mattresses
- New furniture
- New car
- New carpets
- Infant car seats
- Paint

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- Toxic mold

### WHATS THE PROBLEM

- These can circulate causing your air to become toxic as well
- Volatile Organic Compounds (VOCs) including:
  - Polyurethane or polyester in crib mattresses
  - Organohalogen flame retardants (halogenated) in toys, mattresses, furniture
  - Polybrominated diphenyl ethers flame retardants (PBDEs)

### WHY?

These chemicals leach into your air and dust and circulate indoors. They have been associated with lower IQ, cancers, hyperactivity, impaired memory, endocrine disruption, low-weight babies, headaches, fatigue, respiratory irritation, among others.

### SOLUTION

- Look for items labeled Low- or No-VOC
- Use wool as a natural flame-retardant material in crib mattresses
- Find used furniture that have off-gassed much of their chemicals
- Use an air filter
- Find non-toxic mattresses

### *\*PROTIPS FOR AIR QUALITY CONTROL IN YOUR HOME*

- Increase ventilation by opening all the windows in the house at least once a day.
- Get some live houseplants. Even NASA has found that live plants dramatically improve the air! Lists of 10-best pollution-busting houseplants.
- Do not hang dry cleaned clothing in your closet immediately. Instead, hang them outside for a couple days. You can also see if there is an eco-friendly dry cleaner in your city that uses some of the newer dry-cleaning technologies, such as liquid CO<sub>2</sub>.

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- Upgrade your furnace filters. Today, there are more elaborate filters that trap more of the particulates. Have your furnace and air conditioning ductwork and chimney cleaned regularly.
- Avoid storing paints, adhesives, solvents, and other harsh chemicals in your house or in an attached garage.
- It is also crucial to ensure your car is properly ventilated—especially if your car is new—and chemicals from plastics, solvents, carpet, and audio equipment add to the toxic mix in your car’s cabin. That “new car smell” can contain up to 35 times the health limit for VOCs, “making its enjoyment akin to glue-sniffing,”

Invest in an air filter for your home. Here are some suggestions:

-Austin Air Purifier

-Mercola’s Pure & Clear Air Purifier

- Air Doctor Air Purifier

\*Check out <http://www.how-to-choose-the-best-air-purifier.com/index.html> to get educated on air filters and choose the one that is right for you.

### TOXIC SOURCE

EMF’s (Electromagnetic Frequencies)

### WHATS THE PROBLEM

- TV’S
- Computer
- WiFi
- Cellphones
- Electrical and phone wires

### WHY?

Wireless radiation or radio frequency radiation is emitted from all wireless devices. Within seconds the body at a cellular level recognizes the need to protect itself

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from attack. Unfortunately, the protein coating on each cell cannot recognize EMF as our body did not evolve to recognize this unnatural signal.

As a result, we may experience symptoms such as:

- NAUSEA
- HEADACHES
- FATIGUE
- DIZZINESS
- SLEEPLESSNESS
- SKIN RASHES
- SORE EYES
- VERTIGO
- HEART PALPITATIONS

As all people are not the same each person may experience different symptoms with different levels of exposure. Some symptoms may not be related to EMF exposure so we must be sure to find out by experimenting a little. If you are in doubt about any symptoms, please see your health professional for advice.

### **SOLUTIONS**

- Get a battery powered alarm clock or put the plug-in one across the other side of the room.
- Get a latex or foam mattress and make sure your head is not near any electrical outlet or wiring near the wall.
- Turn off router Wi-Fi and wireless phones when possible and while sleeping.
- Make sure appliances, (for example a TV), even if switched off on the other side of the wall is not at your headboard where you sleep.
- Do not sleep with your mobile phone switched on or under your pillow, if you must have it on, make sure it is at the other end of the house.
- No meter on the other side of the wall where they sleep. These are extremely dangerous and have an extremely high EMF output.
- Live in a home or work in the path of 5G towers near you.
- Place EMF blockers on your cellphones, tablets, computer.
- Place around you and wear EMF blocking jewelry with Shungite natural stones for added protection.

### **TOXIC SOURCE**

Non-organic Food

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### WHATS THE PROBLEM

- Heavy metals
- Pesticides, like glyphosate
- Antibiotics
- Synthetic hormones

### WHY?

Studies show that [non-organic foods](#) (including conventionally raised meats) have higher levels of toxins, chemicals, artificial hormones, antibiotics, and heavy metals. Opt for organic when possible.

### SOLUTIONS

If not possible, follow [EWG's Clean Fifteen](#):

- Avocado
- Sweet Corn (try to find non-GMO)
- Pineapple
- Onion
- Papaya
- Sweet peas
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew melon
- Kiwi

And avoid the [Dirty Dozen](#) (find these organic only):

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Hot peppers