Ingested

Personal Use

Food

No pesticides, aluminum, MSG, mercury, colors, nitrates, arsenic, preservatives

Water

No fluoride, BPA. lead, rocketfuel, pH, PCB, PCPs, parasites, arsenic



Artificial colors, preservatives, pesticides, nitrates, sulfites, artificial sweeteners, MSG

Fluoridated water, toothpaste, mouthwash; plastic bottles, plastic-lined bottles

Brand names:

Teflon.

StainMaster,

ScotchGuard,

Silverstone.

Anything

"nonstick" or

aspartame or other

Personal Care

Sunscreen, makeup, lotion, medications. shampoo, soaps, antiperspirant

Clothes & Bedding

No fire retardants, GoreTex, light-up sneakers, foam mattresses

Paper Products

Diapers, baby wipes, tampons, toilet paper, paper towels.



antibacterial (triclosan).

Ingredients like: hydroquinone; ethylene dioxide; 1,4-dioxane; fluoride: formaldehyde: nitrosamines; PAHs; acrylamide; oxybenone, aluminum, and ingredients that include the clauses "PEG." "xynol", "oleth" and"ceteareth"

Butyl acetate, Butvlated hydroxytoluene, Cocamide DEA/ lauramide DEA, Diazolidinyl urea, Ethyl acetate, Formaldehyde. Parabens (methyl, ethyl, propyl and butyl), Coal tar, Oxybenzone (Benzophenone-3), Micronized Titanium Dioxide, Nano Titanium Dioxide, Nano Zinc Oxide, Petrolatum, Phthalates, Propylene glycol, Sodium laureth/ sodium laurel sulfate, Talc, Toluene, Triethanolamine

Household Cleaners

All-purpose cleaners, laundry detergent, dishwashing soap

Cooking & Storage

No Teflon, plastic or aluminum. Cook in cast iron or stainless steel. Store in glass.

Flooring

Avoid Stainmaster and Scotchguard. Use baking soda and water to clean carpets.



Avoid nonstick pans, don't cook in the microwave, avoid aluminumlined (juice, milk sub, broth) boxes, avoid plastic-lined cans (they are white inside).

PFC

(Perfluorinated compounds) and **PFOA**

(Perfluorooctanoic acid) in teflon, stain resistants. popcorn;

diphenyl ethers (PBDEs) used in fire retardants, foam, plastic in

Polybrominated TVs and computer monitors

Chlorinated phenols found in toilet cleaners. Diethylene glycol found in window cleaners. Phenols found in disinfectants. Nonylphenol ethoxylate found in laundry detergents and all-purpose cleaners. Formaldehyde found in spray and wick deodorizers. Petroleum solvents in floor cleaners. Perchloroethylene in spot remover. Butvl cellosolve. common in allpurpose, window and others.

Household

Avoid products with "Warning", "Caution", or "Danger: labels (i.e., cleaning products and pesticides). These labels are there because one or more of the ingredients has the potential for causing serious harm or death.



Living in a Toxic World

1.	Toxins - MSG, aspartame, nitrates, colors, preservatives,	
	arsenic, fluoride, acetaminophen, aluminum, chlorine,	
	molds, Teflon, aspartame, HFCS, pesticides,	
	phenols/salicylates, lead, mercury, cadmium, BPA, water.	
	a. http://www.tacanow.org/family-resources/toxins	
	-in-foods-the-environment/	
	b. http://www.foodnews.org/	
2.	Go Organic – Not all "organic" is created equal.	
	a. "100% organic" - single ingredient such as a fruit,	
	vegetable, meat, milk and cheese (excludes water	
	and salt).	
	b. "Organic" - multiple ingredient foods which are 95 to	
	100% organic.	
	c. "Made with organic ingredients" - 70% of the	
	ingredients are organic. Can appear on the front of	
	package, naming the specific ingredients.	
	d. "Contains organic ingredients" - contains less than	
	70% organic ingredients.	
	e. '9 is fine'. On the produce PLU code, if the first	
	number is a 9, it's organic.	
	f. http://www.organic.org/home/fag	
3	Pots and Pans	
٦.	a. stainless-steel, cast-iron and enameled cast-iron	
	cookware are best	
	b. no Teflon or aluminum	
	i. http://www.ewg.org/node/21787	
1		
٦.	Household Cleaners and paper products	
	a. All-purpose cleaners, laundry detergent, dishwashing	
	soap, diapers, baby wipes, tampons, recycled toilet paper, tissues, and paper towels	
	i. Seventh Generation and Ecover available	
	nationally	
	ii. No legal mandate for labeling or safety	
	iii. Use HEPA air filters	
	iv. http://www.greenlivingonline.com/article/six-	
	household-chemicals-avoid	
_	b. Prescriptions and Over the counter meds	
э.	Personal Hygiene and medications	
	a. Shampoo, conditioner, lotion, deodorant, toothpaste,	
	soaps, bubble bath, sunscreen, make up	
	i. For sunscreen, look for zinc oxide or titanium	
	dioxide, and avoid oxybenzone and	



		sunscreens with fragrance. Choose SPF 30 and higher that block UVA and UVB. ii. Avoid aluminum in food packaging like juice or broth many body lotions and creams, most cosmetics, shampoos and conditioners, soaps, suntan lotions, lip balm.	
6.	Water	Plastic water bottles contain BPA and other toxins.	
	a.	Use unlined stainless bottles like Klean Kanteen.	
	b.	Have your home water tested – check your county's	
		Cooperative Extension office for testing. Install	
		Reverse Osmosis and any other needed filters, either for the whole house or just for the faucet you drink	
		out of.	
7.	Packa		
	a.	Plastics like food bags, plastic wrap, Tupperware should be avoided. Store food in glass.	
8.		ehold items containing PFCs	
	a.	Non-stick pans, carpeting, furniture, cosmetics, household cleaners, clothing, and packaged food	
		containers can all contain PFCs, many of which	
		break down into PFOA in the environment or in the	
		human body. The brand names are well-known: Teflon, Stainmaster, Scotchgard, SilverStone, and	
		others.	
	b.	Mattresses with foam and fire-retardants give off toxic gasses.	
		toxic gasses.	

