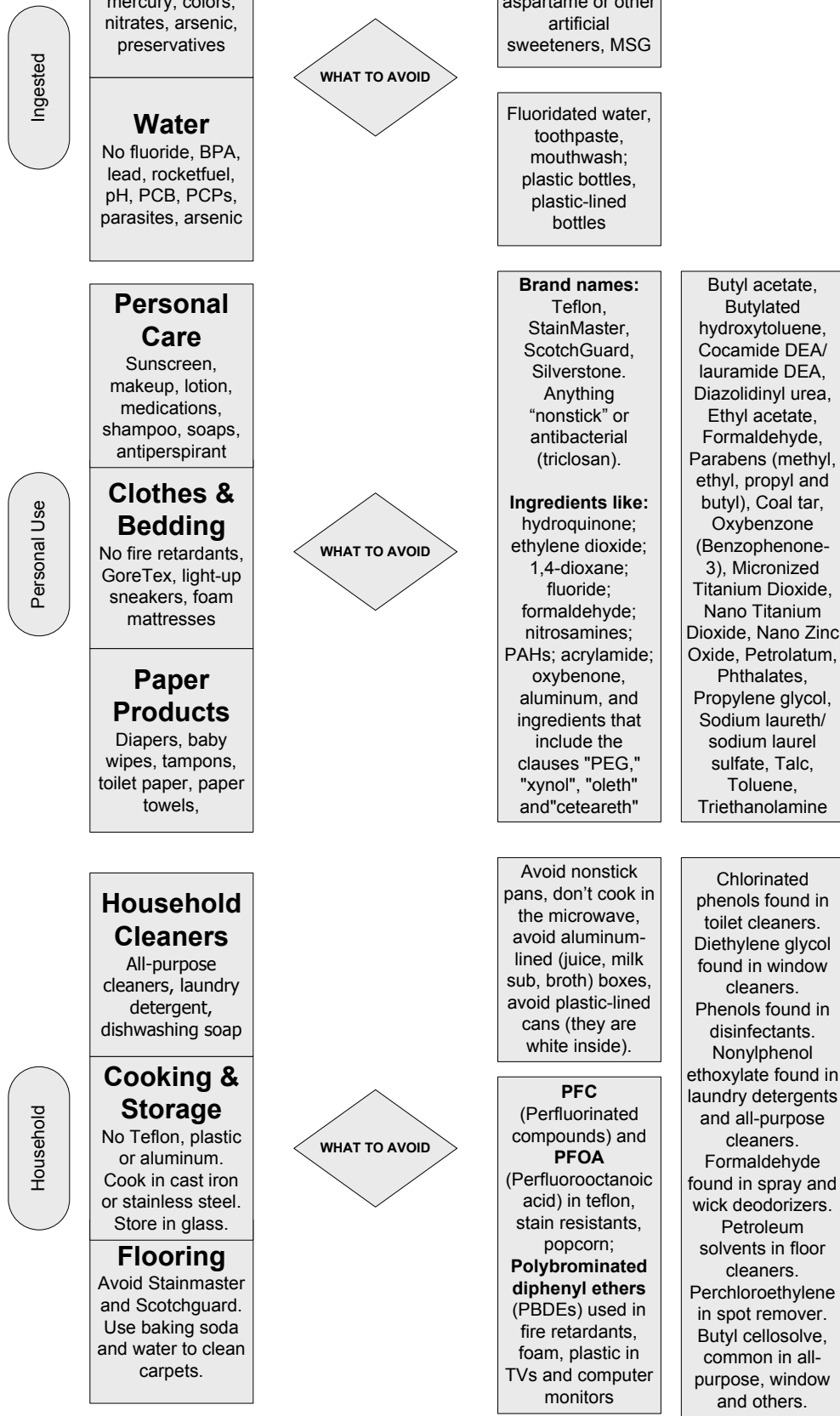


# Living in a Toxic World

Autism Journey Blueprint©

A visual foundation of best practices for your child



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/faq>
3. Pots and Pans
  - a. stainless-steel, cast-iron and enameled cast-iron cookware are best
  - b. no Teflon or aluminum
    - i. <http://www.ewg.org/node/21787>
4. 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
5. 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

- a. Plastic water bottles contain BPA and other toxins. 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. Packaging

- a. Plastics like food bags, plastic wrap, Tupperware should be avoided. Store food in glass.

8. Household 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.