Chemicals are released into the environment in the manufacture and use of many products, which then enter our bodies through:

**AIR, WATER, FOOD, AND SKIN**

We are all exposed to various toxic chemicals in our everyday life, but there are ways to limit that exposure. Here we provide some information on how to adjust your eating, living and purchasing habits to succeed in that goal.

GET IN THE HABIT OF READING LABELS & LEARN ABOUT HOW CHEMICALS AFFECT OUR HEALTH.

Basic principles of environmental health and toxicology are presented in the free e-book, A Small Dose of Toxicology. More about all issues mentioned in here can be found on the Silent Spring Institute website http://www.silentspring.org.

PROTECT YOURSELF out of your life.

TODAY THERE ARE MORE THAN 80,000 CHEMICALS ON THE MARKET, MANY WITH KNOWN OR SUSPECTED HEALTH EFFECTS.
Polyvinyl chloride (PVC) requires the addition of plasticizers, such as phthalates, and stabilizers, such as lead and cadmium. These additives can leach out during normal use.

Untreated and unpainted wooden toys and untreated cloth toys offer safer alternatives.

Toxics and endocrine disrupting compounds are found in many personal care products. Adolescent girls are vulnerable to estrogenic effects.

Look for untreated natural materials such as wool, cotton, and hemp, or use naturally flame-resistant materials like wool or polyester. Avoid products that use polybrominated diphenyl ethers.

Avoid paints that contain chemicals such as carbon tetrachloride that are known to be mutagens. These additives can leak into clothing and other products, such as pillows, rubber bands, and rubber bands.

Fragrance often contains phthalates, endocrine disrupting compounds that have been associated with cancer, impaired fertility, and male birth defects.

Avoid baby powder, talcum powder, soaps, and personal care products that use phthalates. Use fragrance-free baby wipes and diapers.

Avoid products that use polybrominated diphenyl ethers.

Steer clear of furnishings that have been treated for stain resistance. Avoid clear or frosted furniture made from pressed wood or particleboard, which can release formaldehyde.

Avoid toys and baby items that have no polyvinyl chloride (PVC).

1. Choose toys and baby items that have no polyvinyl chloride (PVC).
2. Select your children’s personal care products wisely.
3. Educate your children about the dangers of chemicals.
4. Use fragrance-free baby wipes and diapers.
5. Discourage your child from wearing makeup and nail polish.
6. Don’t trust the “nontoxic” labels of a number of polymer clays.
7. Eliminate head lice using a comb rather than lindane, a pesticide.
8. Don’t paint the nursery if you’re pregnant.
9. Allow new furniture and floor coverings in the nursery to “off-gas” well before the baby arrives.
10. Care products must meet TB117-2013 standards.
11. Keep the room well ventilated with a fan blowing out the window. Don’t paint the nursery if you’re pregnant.

PVC contains a number of toxic chemicals such as carbon tetrachloride (PCC) mixed with phthalate plasticizers. Phthalates cause endocrine disruption in children and even cancer. Lindane, which may be used to control bedbugs, has been found to cause seizures in children and even cancer. Avoid products, such as household cleanser’s paint or dips.

Teach children to wash their hands before eating and after touching anything that has chemicals on it. Teach them the importance of washing hands with soap and water. Instruct them not to touch hazardous substances, such as paint strippers, shoe polish, or bleaches.

Educate your children about toys and baby items that have no polyvinyl chloride (PVC).

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