TODAY THERE ARE MORE THAN 80,000 CHEMICALS ON THE MARKET, MANY WITH KNOWN OR SUSPECTED HEALTH EFFECTS.

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

KEEPING HARMFUL CHEMICALS out of your life.
1. White distilled vinegar: disinfects, deodorizes, pulls dirt from wood and dissolves residues.

2. Lemon juice: used as a cleaner to cut grease, polish metal, lighten stains, and brighten laundry.

3. Baking soda: neutralizes odors, de-greases and deodorizes drains, used for scrubbing ovens and sinks.


6. Clean with microfiber cloths: these cleaning aids lift dirt, grease, and do not use chemical cleaning agents.

Shoes can track pesticides and other toxic chemicals into your home, increasing your exposure to an array of harmful chemicals. Doormats placed on the outside and inside of your home's entranceway can help minimize the spread of outdoor pollutants to the indoors.

Endocrine disruptors are commercially produced flame retardants that are often added to polyurethane foam, various plastics, and electronics equipment. These disrupt hormones and other bodily functions.

- Choose natural, less toxic, and fragrance-free products.
- Wash hands frequently.
- Avoid flame retardants in your household furnishings.
- Control household pests without using pesticides.
- Choose electronic equipment that does not contain polybrominated diphenyl ethers.
- Take measures to improve your indoor air quality.
- Avoid antibacterial soaps that contain a chemical called triclosan, which has been shown to disrupt thyroid function.

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These five natural housekeeping necessities that can clean almost anything:

1. Control pests in your home by using borax or sticky traps.
2. Use mint and lavender to ward off mice and roaches.
3. Choose untreated cloth shower curtains.
4. Avoid tracking pollutants into your home.
5. Avoid plastic shower curtains.
6. Avoid tracking pollutants into the outdoors.

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