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 protecting yourself.

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**

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](http://www.silentspring.org).
There are three main ways that heavy metals such as lead could contaminate garden crops.

1. Deposition from the air.
2. Uptake into plant roots.
3. Direct contamination by garden soil.

Lead and arsenic are the most widely documented pollutants in urban soils. In addition, other contaminants can also be found in these areas, including DDT, PCBs, creosote, and other toxic substances.

Testing is usually for lead only, but it can serve to signal the presence of other contaminants.

1. Have your soil tested before planting.
2. Use organic products and practices.
3. Educate them about the dangers of pesticides and herbicides.
4. Encourage your neighbors to use organic practices.
5. Compost lawn mowers, leaf blowers, and snow blowers.
6. Do not resort to burn barrels.
7. Replace your gasoline-powered lawn mowers, leaf blowers, and snow blowers.
8. Choose an electric lawn mower.
9. Replace your gasoline-powered leaf blowers and snow blowers.
10. Use organic products and practices for gardening and lawn care.

Prevent weed Teddy planting ground
Control weeds by pulling them offen species.

Control weeds by pulling them off. Sowing them in the ground.

Edible plants in the ground.

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Dioxins and furans are unwanted by-products of incineration. They can get into your body through contaminated air, drinking water, and eating contaminated food. These cancer-causing substances can also cause changes in hormone levels.

Choose lead-free metals such as lead-cold.

Replace gasoline-powered leaf blowers and snow blowers with electric ones or use human-powered tools such as the rake or shovel.