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/]().
To whiten clothes naturally, add lemon juice to wash cycle and let them dry in the sunlight.

Chlorinated hot water in the washing machine can release chloroform, believed to be a carcinogen.

Choose clothing made from natural fibers: cotton, wool, linen, hemp, silk, ramie, jute, and sisal.

Fabric treatments may emit toxic chemicals. However, certified organic may still have pesticide residues.

If you must use traditional dry cleaning, open the plastic bag outdoors, discard the plastic, and air your clothes out.

Instead of conventional detergents, use baking soda or white vinegar with a gentle plant-based detergent to clean, brighten, and soften clothes while removing odors and fighting stains.

If you have stored clothing in mothballs, open the containers outside. Let the clothes air out thoroughly before wearing them.

5. Minimize your use of chlorine bleach & fluorescent whitening agents.

Chemical structure of chloroform

Chemical structure of perchloroethylene (PCE)

Chemical structure of PBDEs

Chemical structure of naphthalene

Chemical structure of paradichlorobenzene

To avoid commercial fabric softeners which contain undisclosed chemicals.

4. Avoid commercial fabric softeners which contain undisclosed chemicals.

If you use dry cleaning services, request wet cleaning, which uses liquid carbon dioxide rather than PCE.

PCE has been linked to various cancers.

2. Avoid flame-retardant clothing treated with polybrominated diphenyl ethers (PBDEs).

PBDEs affect thyroid hormones and the brain and nervous system, so they can affect brain development, IQ, weight, depression, energy, and muscle control.

To avoid pesticide residues, buy organic natural fiber cotton with low-impact dyes.

Look for the hang tag that says “must be snug fitting” and “not flame resistant.”

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1/4 for high efficiency machines)

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