



TOXINS In Your Home

Below is a list of toxins to avoid in your home:

- **Aluminum** (do not wrap food in aluminum- studies show a link to Alzheimer's and cancer). Opt for parchment paper instead.
- **LEAD** in your cookware/dishes. I recommend looking up the company of your dishes to see if they may have lead. I use FIESTAWARE (newer) as their glazes are lead free. Also check your crockpots. Opt for a VitaClay or Insta Pot.
- **Water** A simple shower can expose you to hundreds of chemicals in a short period of time. I recommend a simple shower head filter to help minimize exposure. There are many brands like Spritz that can be found online or in a local hardware store.
 - Drinking water- reverse osmosis is preferred. It is the only way to physically break the chemical bonds and clear the water of any chemicals. Most grocery stores offer reverse osmosis water that you can bring jugs in to fill. House reverse osmosis filtration systems are an option as well.
- **Common Household Cleaners**
 - **Formaldehyde** - Found in furniture polishers, car cleaners, disinfectants, rug and upholstery cleaners and toilet bowl cleaners.
 - **Ethylbenzene** - Found in bathroom tub and tile cleaners, floor and furniture polish, laundry starch preparations, and rug upholstery cleaners.
 - **Petroleum Distillates (Petrochemicals)** - Found in furniture polish and cleaners, lubricating oils, pet flea and tick products and collars, petroleum products, floor and furniture polish, dishwasher cleaners, aerosol sprays, and laundry detergents.



- **Chlorine** - Found in dishwashing detergent, laundry detergent, kitchen and all purpose cleaners.

Note: Any substances containing chlorine, when mixed with ammonia, toilet bowl cleaners or vinegar will produce deadly toxic fumes (chloramines or chlorine gas).

- **Benzene** - Used as optical brighteners (in surface cleaners, laundry and dishwashing detergents, surface polishers) and found in general performance sealants (PVAC, butyl, vinyl, etc.), laundry starch preparations, lubricating oils, scatter rugs, bath mats and bath sets.
- **Butyl Cellosolve** - Found in window cleaners and other all-purpose-cleaning products.
- **Phenol** - Found in disinfectants, antibacterial, antiseptics, hard surface cleaners, paint and varnish removers, and synthetic resin and rubber adhesives.
- **Plastics** Avoid plastic containers with the numbers 3, 6, and 7. Look for the numbers 1, 2, 4, and 5. Use glass containers for food storage and **never heat your food in plastic**. The chemicals in these plastics are endocrine disruptors that will mess with your hormones.
- **Flame retardants in your carpets, upholstery and technologies** Off-gassing of your new carpet/upholstery/computers etc. will release chemicals like formaldehyde, benzene, toluene, and xylene. It is best to unpack these things and let them sit outside in the sun or in the garage for a few days before bringing them into the house to minimize the off gases. Opt for no or low VOC products when shopping for new furniture and paint.
- **Mold** is found where ever there is water, if something gets wet in the house there is mold. Most mold is not visible and toxic indoor molds are responsible for neurotoxic illness. Symptoms of biotoxins



such as mold include morning stiffness, brain fog, constant sinus congestion, fatigue, digestive issues, and trouble seeing at night.

- **Beauty Care Products** can contain over 500 different chemicals. Below are just a few of the main ones:
 - Phthalates- Endocrine (Hormone disrupter) found in fragrance, nail polish, hair products and lotions
 - Parabens- Endocrine (Hormone disrupter) found in traditional makeup, skincare and haircare. It mimics estrogen.
 - Polyethylene Glycol (PEG) toxic to skin, can cause irritation and eruptions.
 - Nano particles that extremely small and penetrate the skin can add to toxin burden.
 - Bismuth Oxochloride- metal that especially found in nano mineral makeup can cause irritation and add to toxin burden.
 - Diethanolamine (DEA) is found in soaps, lotions, cosmetics, bubble baths, laundry and dishwashing detergents and more.
 - Propylene Glycol is a substance used in antifreeze solutions and hydraulic fluids as a powerful solvent. It is also found in cosmetics, toothpastes, shampoos, deodorants, and lotions.
 - Sodium Lauryl Sulfate (SLS) is used as a surfactant to break down the surface tension of water as a degreaser. It is found in soap, shampoo and even toothpaste.
- **Pesticides** cause serious illnesses such as cancer, reproductive problems and neurological diseases, among others. A recent lawsuit against Monsanto, the maker of the pesticide Round Up, acknowledged the link between pesticides and cancer.
- **WiFi/EMF Radiation (Electromagnetic field)** waves are now being studied as they are known to interfere with cellular signaling. We are constantly being bombarded from every direction with our cell phones, Bluetooth, tablets etc. Try cutting down your exposure by



not carrying your cell phone on your body, using Bluetooth when talking and shutting off your wifi at night.