

# SIMPLE STEPS TO AVOID TOXINS

Environmental toxins are chemicals that we are exposed to which may be harmful to our health. These chemicals are both human-made and naturally occurring within our environment. They are dangerous because they can be cancer-causing agents, affect our endocrine system, and dramatically alter our biological structure. Therefore, it is important that we know how to take steps towards protecting ourselves and reducing our risk of exposure to these detrimental toxins.

## 1 CORE PRINCIPLE

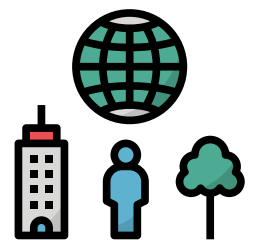
- There are easy, tangible steps you can take to make sure you and your family are minimizing your exposure to unnecessary toxins and pollutants.
- To get started follow the recommendations below.
- To learn more, visit [www.ewg.org](http://www.ewg.org).

## 2 WHAT CAN I DO TO REDUCE MY EXPOSURE TO TOXINS AT HOME?

- Live near green space/ natural environments to reduce exposure to air pollution.
- Reduce heat stress exposure and urban flood risk
- Reduce noise pollution exposure.
- Encourage participation in physical activity and social bonding.
- Foster a healthier immune system (meditation and mindfulness work well!).
- Keep plants in your home.
- Purchase an air filter or air purifier to improve your indoor air quality.
- Get your home, air, and water checked for Radon.
- Reduce exposure to lead (If your home was built prior to 1978 it is possible paint or pipes used can contain lead).
- Use the EWG healthy cleaning products guide.
- Get rid of conventional home cleaning products with ingredients you cannot pronounce.



- Endocrine disrupting chemicals (EDCs) and potential EDCs are mostly man-made found in various materials.
- By interfering with the body's endocrine system, endocrine disruptors produce adverse, multi-system effects:
  - developmental, reproductive, neurological, and immune effects in humans, abnormal growth patterns and in children, neurodevelopmental delays.



**newlife**  
PHYSICAL THERAPY

Courtesy of New Life Physical Therapy  
[newlifept.com](http://newlifept.com)

3

## WHAT CAN I DO TO REDUCE MY EXPOSURE TO TOXINS IN MY DIET & PERSONAL CARE PRODUCTS?

- Reduce your exposure to pesticides - follow the EWG Dirty Dozen & Clean Fifteen guide to know which fruits and veggies should be organic.
- Drink filtered water. Check your water quality in your hometown (see the link in the sidebar).
- Wash all fruits and vegetables before eating.
- Eat less meat and source meat and poultry that is organic and red meat that is grass-fed.
- Grow your own garden, free of Round Up. Use organic, non genetically modified (GM) seeds.
- Reduce the risk of mercury poisoning. Avoid eating shark, swordfish, tilefish, and king mackerel. Use the Monterey Bay Safe Fish List.
- Dispose of older home thermometers that may contain mercury.
- Reduce exposure to BPA, a human-made chemical, by minimizing use of plastic.
- Don't microwave food in plastic containers.
- Switch to items made of glass, porcelain, or stainless steel, including cups, containers, water bottles, travel mugs, and baby bottles.
- Exercise regularly: sweating has been know to support liver and kidney detoxification.
- Choose phthalate free toys and beauty products.
- Choose personal care products that are free of known endocrine disruptors. Also don't use nail polish with formaldehyde, toluene, and dibutyl phthalate (DBP). Use the EWG healthy personal products guide.
- Use hats and shade in the sun consistently.
- Use SPF 30 for intense sun; reapply frequently. Use the EWG Hall of Shame Sunscreen guide. Avoid SPF's above 50.

4

## WHAT SHOULD I AVOID TO IMPROVE MY HEALTH?

- Limit your exposure to unnecessary radiation.
- Avoid perfumes/fragrances in products, which are linked to allergic reactions.
- Avoid substance abuse -
  - Alcohol abuse One in eight Americans have been found to be a heavy drinker. AHA recommends 1 drink/day for women and 2 drinks/day for men. Heavy drinking is considering > 4 drinks/day or > 14 drinks/week for men and > 3 drinks/day or > 7 drinks/week for women
  - Tobacco use - More than 480,000 deaths annually in the U.S, accounts for 1 in 5 deaths.
  - Opioid abuse - Every day 116 people die from opioid-related drug overdoses. Since 1999 opioid deaths have increased 265% among men and 400% among women.
  - Stimulant abuse - Stimulants include a large array of drugs including amphetamines, methamphetamine, and cocaine. The mostly commonly used stimulant in America is caffeine.



There's An App for That!

To find out how clean your drinking water is, use this link: <https://www.ewg.org/tapwater/>

Free Apps for your Smart Phone:

- EWG Dirty Dozen
- EWG Healthy Living
- Monterey Bay Seafood Watch



References - Over 24 scientific references were used to create this educational handout. Learn more at [IntegrativeLifestyleMedicine.com](http://IntegrativeLifestyleMedicine.com)