

MINIMIZE TOXIC EXPOSURES

Toxins are everywhere. They're in our food, water, dirt and air. We are even born with some, inherited from our parents. Toxic chemicals harm your body. They overwhelm your liver, which is your main detoxifying organ, leaving you susceptible to physical and mental dis-ease and often debilitating illness. Here are a few steps you can take to begin limiting the amount of toxins you and your family are exposed to so your body can function the way it was meant to.



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BECOME AWARE

BECAUSE TOXINS ARE UBIQUITOUS, IT CAN BE PRETTY DAUNTING WHEN YOU SET OUT TO MINIMIZE THEM. SITES LIKE EWG.ORG REGULARLY EVALUATE FOOD, WATER, CLEANING SUPPLIES AND PERSONAL CARE PRODUCTS SO YOU CAN MAKE MORE INFORMED CHOICES.

START WITH WATER

FROM PESTICIDE AND HERBICIDE RUNOFF TO PRESCRIPTION MEDS TO PLASTICS AND HEAVY METALS, WATER CARRIES TONS OF TOXINS. YOU CAN BEGIN TO ADDRESS SOME OF THESE WITH SIMPLE PITCHER-STYLE WATER FILTERS, FAUCET SYSTEMS, EXPENSIVE UNDER-SINK PURIFICATION SYSTEMS AND OTHERS. READ WHAT PROSPECTIVE SYSTEMS FILTER OUT AND MAKE THE BEST CHOICE YOU CAN BASED ON YOUR BUDGET AS WELL AS YOUR FAMILY AND HEALTH PRIORITIES.

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BUY ORGANIC

NON-ORGANIC PRODUCE CAN BE SPRAYED WITH SYNTHETIC CHEMICALS TO PREVENT INSECT INFESTATION AND WEED GROWTH. GENETICALLY-MODIFIED PLANTS ARE TYPICALLY DESIGNED TO BE MORE TOLERANT OF THESE CHEMICALS. CERTIFIED ORGANIC PLANTS ARE NON-GMO AND HAVE BEEN GROWN WITHOUT THE USE OF SYNTHETIC CHEMICALS. SINCE ORGANICS CAN BE PRICEY, CHOOSE THE ORGANIC VERSION OF THE MOST CONTAMINATED FRUITS AND VEGGIES AND BUY NON-ORGANIC VERSIONS OF THE LEAST CONTAMINATED. YOU CAN SEE WHAT THESE ARE BY CHECKING OUT EWG'S [DIRTY DOZEN](#) AND [CLEAN 15](#) (UPDATED ANNUALLY).



WATCH WHAT YOU PUT ON YOUR BODY

ANYTHING YOU PUT IN OR ON YOUR BODY EVERY DAY HAS AN IMPACT. CURRENTLY, THERE IS NO AGENCY RESPONSIBLE FOR REGULATING COSMETICS. FACE AND BODY CARE PRODUCTS CONTAIN MANY HARMFUL CHEMICALS AND PRODUCT LABELS CAN BE MISLEADING SINCE STATEMENTS LIKE, "NATURAL" AND "ORGANIC" ARE NOT VERIFIED. FOR STARTERS, STEER CLEAR OF PRODUCTS CONTAINING PARABENS, SODIUM LAUREL SULFATE, FORMALDEHYDE, FRAGRANCE AND OXYBENZONE.

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CHECK YOUR SPRAY

IF YOU LOOK AT HOW MANY ITEMS YOU USE WHEN YOU CLEAN YOUR HOUSE, YOU WILL GET A FEEL FOR HOW QUICKLY YOUR LIST OF CHEMICAL EXPOSURES CAN GROW. WE USE CHEMICAL CLEANERS TO CLEAN WINDOWS, FLOORS, OVENS, TOILETS AND TUBS...AND MORE STILL TO WASH AND DRY OUR CLOTHES. THEN WE TOP EVERYTHING OFF WITH PLUG-IN FRAGRANCE TO MAKE IT ALL SMELL FRESH. YOU GET THE PICTURE. BEGIN TO PARE DOWN THE COLLECTION. START TO LOOK FOR DIY SOLUTIONS LIKE WHITE VINEGAR AND BAKING SODA AND PRODUCT LINES THAT USE SIMPLE CLEANING SOLUTIONS WITH ESSENTIAL OILS AS A NATURAL FRAGRANCE.

