



## Quick and Easy Tips for Reducing Toxins in Everyday Life

*We live in a world filled with noxious pollutants and toxins; by reducing them we can achieve healthier lives and environments.*

### 1. Filter and Boil Your Water

A water filter can capture many pollutants and boiling is effective in killing or inactivating most bacteria, viruses and pathogens.

### 2. Grooming and Cosmetic Products

When shopping for cosmetics and personal-care products, read the ingredients labels—avoid "paraben" or "phthalate" or other harmful ingredients. Choose products not tested on live animals.

### 3. Limit Canned Food

Most food cans are coated with a resin lining derived from BPA, linked to certain cancers, infertility and behavioral problems in children.

### 4. Dust and Vacuum Weekly

Keep your house clean and reduce mites, molds, dust etc. through regular dusting, and natural ventilation.

### 5. Use Low/No-VOC Paints or Water-based Paints

VOCs, trigger allergies, breathing problems and asthma, and are suspected to cause cancer.

### 6. Do Your Dry-Cleaning at a Perc-Free Dry Cleaner

The common solvent used in dry-cleaning is a hazardous air and water contaminant; choose alternatives. If you must dry-clean, hang your clothes outside for a few days before storing inside.

### 7. Smart Nukes!

When using the microwave, only put your food in ceramic or glass, because microwaving plastics can be hazardous for your health.

### 8. High-Quality organic food / non-preservatives

High-quality organically grown foods have much lower concentrations of toxic methylmercury and other harmful chemical residues from herbicides, pesticides etc.

### 9. Carbon Monoxide Detectors

Install a carbon monoxide detector to alert high levels of this odorless, colorless, and deadly gas.

### 10. Replace your air conditioner filters regularly

These filters catches dust and mold spores, but when clogged, harmful toxins are released into your home.

### **11. Use Organic Cleaners and Soaps**

These cleaners have much lower or no toxins and are better for the environment when used or disposed of.

### **12. No Fragrance Sprays**

Most fragrance sprays consist of ether and perfume, which become air pollutants when sprayed. They can cause allergic reactions, asthma or breathing problems. Use fresh flowers to fragrance the home and open windows for fresh air.

### **13. Indoor Greenery**

Indoor plants can improve air quality naturally; they absorb many airborne toxins such as carbon monoxide and carbon dioxide.

### **14. Butt out**

Cigarettes cause serious health problems for you and others exposed to smoke such as cancer, lung and heart disease, and emphysema, and cost families and the economy billions.

### **15. Anti-Oxidant Foods**

Antioxidants can help prevent heart disease and cancer, reduce blood pressure and slow the effects of aging. Anti-oxidants are commonly found in fruits, grains, nuts, berries, and vegetables, dark chocolate and green tea. Avoid processed foods.

### **16. Sweat More**

Sweating is the oldest and most natural way to remove toxins from the body. Exercise for health.

### **17. Breast Feed**

Breast milk is nature's complete food, providing the best start in life for your precious baby, and it does not carry the contamination risks of formula feeding.

### **18. Wash your hands regularly**

Frequent hand-washing keeps germs from getting passed around, and reduces the risk of young children ingesting toxins.

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