



Top Tips to Help You Avoid Those Toxic Chemicals

Although it's virtually impossible to steer clear of all endocrine-disrupting chemicals, you can certainly minimize your family's exposure by keeping some of these key principles in mind:



- 1. Eat more fresh, raw whole foods.** Processed and packaged foods are a common source of BPA and phthalates - particularly those packaged in cans and plastic wrap.
- 2. If given the choice, buy products in glass bottles, rather than plastic and cans.**
- 3. Store your food and beverages in glass containers,** avoiding plastic containers and plastic wrap. Be sure to use glass containers when heating your food in a microwave, as heat tends to increase the release of the chemicals from plastic. Be sure to keep in mind that even '**BPA-free**' plastics typically leach other endocrine-disrupting chemicals that are just as bad as BPA.



- 4. Use glass baby bottles when feeding infants.**

5. Be careful with cash receipts. If you use a store regularly, encourage the management to switch to BPA-free receipts. I shop at Publix and when I called about their receipts, it turns out they had **already switched**. Nevertheless, it is wise to limit your contact with all receipts.

6. Look for products that are made by companies that are Earth-friendly, animal-friendly, sustainable, certified organic and GMO-Free. This concept applies to everything from food and personal care products to building materials, carpeting, paint, furniture, mattresses and so much more. When remodeling your home, look for '**green**', **toxin-free** alternatives in lieu of regular paint and vinyl floor coverings (another source of phthalates).

7. Choose toys made from natural materials to avoid plastic chemicals like phthalates and BPA/BPS, particularly those items that your child may be prone to suck or chew on.

8. Breastfeed your baby exclusively (for at least the first year) if possible, to avoid phthalates exposure from infant formula packaging and plastic bottles/nipples.

9. Use natural cleaning products or better yet, make your own.

10. Switch over to organic toiletries, including shampoo, toothpaste, antiperspirants and cosmetics. EWG's Skin Deep database¹⁶ can help you find personal care products that are free of phthalates and other potentially dangerous chemicals.



11. Replace your vinyl shower curtain with a fabric one.

12. Replace feminine hygiene products (tampons and sanitary pads) **with safer alternatives.** While most ingredients in feminine hygiene products are undisclosed, tests suggest they may contain dioxins and petrochemical additives.

13. Look for fragrance-free products: phthalates are often used to help a product hold its fragrance longer. Artificial fragrance can also contain hundreds - even thousands of potentially toxic chemicals.

14. Avoid fabric softeners, dryer sheets, air fresheners and scented candles for the same reason mentioned above.



15. Check your home's tap water for contaminants and filter your water, if necessary. You may want to use an alternative to PVC pipes for your water supply. Teach your children **not to drink water from the garden hose**, as many are made with phthalate-containing plastics. They might be more expensive, but typically the higher quality hoses are usually well worth the investment.

16. Avoid using pesticides and herbicides around your home.

17. Avoid all products containing triclosan, which is yet another endocrine-disruptor. The chemical structure of triclosan is similar to thyroid hormones and polychlorinated biphenyls (PCBs), allowing it to attach to thyroid hormone receptors.



Rasmussen
Chiropractic

770-461-8781