



## 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 database<sup>16</sup> 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