



TIPS TO REDUCE YOUR TOXICANT BURDEN

The Environmental Working Group is a non-partisan, non-profit organization that uses the latest research to guide consumers toward healthier choices to avoid environmental toxicant exposure. They have many resources worth using to evaluate the products you use, including an App called “Healthy Living” that allows you to scan products to see how they rate for safety. Here is a simple summary of things you can do to reduce your and your family’s toxicant burden with links to The Environmental Working Groups resources.

1. Drink filtered water: use a reverse osmosis process if possible: www.ewg.org/report/ewgs-water-filter-buying-guide.
2. Eat organic food: especially avoid eating the dirty dozen if they are not organic: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes, spinach, lettuce, and potatoes.
3. Do not use artificial fragrances in your home or in personal care products. www.ewg.org/skindeep/ is a good resource to evaluate the safety of your care products.
4. Take off your shoes before you enter your house. Many contaminants are brought into the home from your shoes.
5. Do not heat food in plastic. Avoid buying food stored in plastic labeled #3, 6 and 7. Do not store food in plastic as much as possible.
6. Used a vacuum with a HEPA filter.
7. Do not cook with non-stick cookware with plastic coating. Instead use cast iron (with or without ceramic coating) or stainless steel.
8. Avoid eating canned food unless you know the can is BPA free: www.ewg.org/research/bpa-canned-food.
9. Minimize eating animal products as much as possible. If you eat meat, buy organic and grass-fed beef. For fish safety refer to The Monterey Bay Aquarium Seafood Watch: www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-central-guide.pdf?la=en.
10. Evaluate your home cleaner products for safety: www.ewg.org/guides/cleaners.
11. Support your body’s detoxification pathways through adequate water intake, daily sweating, and eating a minimum of 5 servings of vegetables per day.