



## TIPS TO REDUCE EXPOSURE TO ENVIRONMENTAL TOXINS IN YOUR HOME

### Most common indoor air pollutants come from:

- mothballs and air fresheners
- plastic, foam rubber, and insulation
- dry cleaning
- paint and paint removers
- smoking
- Wall to Wall carpet (pesticides found in carpet dust)

### TAKE AWAY Indoor Air Pollution Tips:

- If you can, get rid of wall to wall carpeting in home.
- Do not wear shoes in house!
- Avoid bathroom and kitchen spray deodorizers like Glade. Use a natural air freshener alternative like baking soda or an essential oil spray provided by companies like Eco-Me and Essence of Vali.
- Do not bring your dry-cleaning into the house for at least 48 hours. Leave in garage if you have one.
- Replace air filters with pleated filters, at least Merv 7 rated!
- Change furnace filters every 1 to 3 months with big quality pleated filters [theairfilterstore.com](http://theairfilterstore.com) Need at least MERV 7 rating. Will get dust out!!

NOTE: Air purifiers that do the job:

1. [IQAir.com](http://IQAir.com)
2. [BlueAir.com](http://BlueAir.com)
3. [austinair.com](http://austinair.com)

### TAKE AWAY WATER TIPS:

Have your water tested by your city. Then go to [nsf.org](http://nsf.org) for a complete list of certified filtration systems. Make sure you test for lead.

Recommend water filter company: <https://www.berkeywater.com/>

## TAKE AWAY SKIN CARE TIPS:

Personal care products like lotions, shampoos, etc. are loaded with toxic chemicals that negatively impact your health. And since your skin is your largest organ of absorption and elimination, it is important to assess your personal care products and make sure they do not contain chemicals like parabens and phthalates.

Environmental Working Group's Skin Deep Cosmetics Ingredients Database. <http://www.ewg.org/skindeep/> **Rate at least one of your skin care products. If it does not score in the low hazard category, change it out for a product that does!**

Sunscreens: <http://www.ewg.org/2015sunscreens/> **Rate your sunscreen and change it out if it does not score in the low hazard category!**

## TAKEAWAYS to AVOID Bisphenol A (BPA):

Drink water from a glass or stainless steel water bottle. Avoid plastic bottles.

Reduce consumption of processed foods wrapped in plastic and also avoid canned foods when possible.

Store your foods in glass or stainless steel containers. Many foods come in glass containers. Recycle! You don't have to purchase new glass containers.

Never heat foods in a plastic container.

Avoid touching receipts after using hand sanitizers, lotions, or creams. BPA is found in receipts. Using a hand sanitizer before touching a receipt will increase absorption by 100 fold. Consider having your receipts emailed or texted to you when possible.

## COOKWARE TAKEAWAY:

Use cast iron, stainless steel, or ceramic cook-ware. Steer clear of Teflon and synthetic non-stick coatings.