

Top Ten Ways to Detoxify Your Life!

Want to know more? Find more resources to detoxify your life at www.toxicnation.ca



1. Clean Your Indoor Air Quality

Potential Harm: Poor indoor air quality can expose you to a number of pollutants such as volatile organic carbons (VOCs) and mould.

Solution: Don't smoke indoors; control humidity; allow ventilation; dust and vacuum regularly; don't store paints, solvents or varnishes in the home; and keep fuel-burning appliances maintained.



2. Eat Organic

Potential Harm: Many non-organic fruits and vegetables are grown with organochlorine pesticides (OPs), which are highly toxic and environmentally persistent.

Possible Health Effects: These types of pesticides have been shown to cause cancer, and immune system and reproductive damage.

Alternative: Eat Organic! If it's not possible to eat organic, eat a variety of foods. This helps to keep you from being exposed to the same pesticide as often.



3. Choose Personal Care Products Carefully

Potential Harm: Exposes you to a wide range of chemicals with various potential health effects: hormone disruption, cancer, damage to reproduction and development.

Avoid products that contain: Sodium Lauryl Sulphate (SLS), Cocamide DEA (Diethanolamine), Formaldehyde, Benzyl Violet, Nonyphenols, Parabens, Phthalates, Synthetic Dyes and Fragrances.



4. Avoid Plastics with Bisphenol A

Potential Harm: Bisphenol A can leach out of the plastics that contain them into food and beverages. It mimics estrogen, and may be linked to breast and prostate cancer.

Alternative: Avoid recycling #7 plastics, typically hard, clear plastic bottles.



5. Choose Chemical-free Lawn Care

Potential Harm: Organophosphate insecticides are known neurotoxins, and chronic exposure can cause reproductive system damage resulting in reduced fertility.

Alternatives: Use chemical-free gardening methods, such as mulching and planting flowers that attract beneficial insects to feed on pests.

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6. Get Green School Supplies

Potential Harm: Exposes you to a wide range of toxic chemicals e.g. PVC plastics, formaldehyde, toxic solvents.

Alternatives:

- **Back packs:** choose organic cotton, hemp or recycled rubber
- **Paper:** chlorine free, post consumer recycled
- **Markers/pens:** water-based, non-toxic
- **Lunch containers:** avoid recycling #3 and #7 plastics, use re-usable utensils
- **Desks:** avoid wood treated with formaldehyde (particleboard, fibreboard, plywood); choose solid wood with a non-toxic finish, or buy furniture from stores that are committed to formaldehyde-free wood (e.g. IKEA)



7. Say NO to Non-stick

Potential Harm: Suspected of causing cancer, disrupting hormones and harming reproduction and development

Alternatives: Avoid!

Good news: PFOA, the chemical in Teflon, will be phased out by 2015



8. Get Rid of the DEET Insect Repellent

Potential Harm: Many contain DEET, which is a suspected neurotoxin, reproductive toxin, and respiratory toxin

Alternatives: Soybean oil-based repellents, avoid scented personal care products that attract bugs

Health Canada warns: Don't use personal insect repellents containing DEET on infants.



9. No Need for Stain Repellent

Potential Harm: Perfluorooctane sulfonate (PFOS) is found in stain repellent clothing and carpets. PFOS may cause cancer and disrupt hormones, and be resistant to environmental breakdown

Alternative: Avoid!



10. Avoid Toxic Flame Retardants (PBDEs)

Potential Harm: Suspected of disrupting hormones, causing cancer and developmental disorders

Electronic Alternatives: Dell, Fujitsu Siemens, HP, Hitachi, IBM, Intel, Panasonic, Motorola, NEC, Philips Semiconductors, Sony, Toshiba. All have stopped using PBDE flame retardants

Furniture Alternative: IKEA (commitment to see products free from hazardous substances)