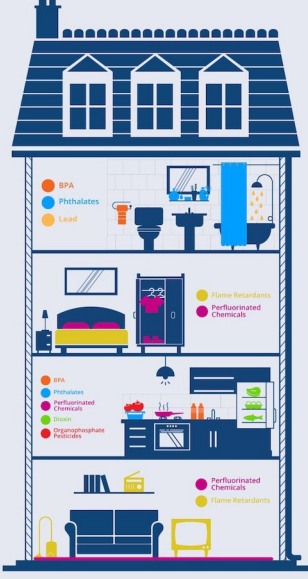


HARMFUL CHEMICALS IN THE HOME

ARE YOU IN THE KNOW?

Are you aware of all the potentially harmful toxins and chemicals hidden in everyday objects at home? We may not know it, but common objects such as plastics, produce and paper products host properties that can cause hormone disruption as well as other complications such as damage to the immune system and even cancer. Here's an inside look at some of the leading offenders and their effects on our health, and how to go about avoiding them.



PHTHALATES

| EFFECTS | HOW TO AVOID |
|---|---|
| <ul style="list-style-type: none"> CAN DAMAGE REPRODUCTIVE SYSTEM LINKED TO DECREASE IN SPERM COUNT INCREASED RISK OF DIABETES TIED TO EARLY PUBERTY IN GIRLS | <ul style="list-style-type: none"> AVOID PVC PLASTICS AND PLASTICS MARKED WITH RECYCLING LABEL #3 KEEP CLEAR OF PRODUCTS THAT HAVE "ADDED FRAGRANCE" ON THE LABEL EAT MORE ORGANIC FRUIT AND VEG |

LEAD

| EFFECTS | HOW TO AVOID |
|--|---|
| <ul style="list-style-type: none"> CAN LOWER IQ AND LEAD TO BRAIN DAMAGE CAN CAUSE HEARING AND VISION IMPAIRMENT CAN DISRUPT HORMONAL DEVELOPMENT IN FETUSES AND PREMATURE BIRTH CAN LOWER SPERM COUNT | <ul style="list-style-type: none"> AVOID OLD PAINT THAT IS CHIPPED OR CRUMBLING INVEST IN A GOOD WATER FILTER DON'T WEAR OUTDOOR SHOES INDOORS TO AVOID LEAD FOUND IN SOIL |

PERFLUORINATED CHEMICALS

| EFFECTS | HOW TO AVOID |
|---|---|
| <ul style="list-style-type: none"> RELATED TO BREAST CANCER CAN DISRUPT SEX HORMONE LEVELS AND SPERM COUNT CAN HARM THE IMMUNE SYSTEM CAN CAUSE KIDNEY PROBLEMS | <ul style="list-style-type: none"> COOK WITH CERAMICS AND GLASSWARE INSTEAD OF NON-STICK PANS FIND OUT IF THERE ARE PFCs IN STAIN-RESISTANT CARPETS, CLEANING PRODUCTS AND COOKWARE |

ORGANOPHOSPHATE PESTICIDES

| EFFECTS | HOW TO AVOID |
|---|--|
| <ul style="list-style-type: none"> LINKED TO PARKINSON'S DISEASE TIED WITH NEUROTOXIC EFFECTS CAN CAUSE DECREASES IN MALE TESTOSTERONE LINKED WITH A VARIETY OF CANCERS | <ul style="list-style-type: none"> EAT MORE ORGANIC PRODUCE ENSURE PRODUCE IS THOROUGHLY WASHED BEFORE CONSUMPTION REMOVE OUTER LEAVES OF VEG SUCH AS LETTUCE TO AVOID CONTACT WITH PESTICIDE RESIDUE |

BPA (BISPHENOL A)

| EFFECTS | HOW TO AVOID |
|--|---|
| <ul style="list-style-type: none"> CAN DISRUPT HORMONAL DEVELOPMENT IN FETUSES CAN INCREASE RISK OF BREAST CANCER LINKED TO OBESITY AND HEART DISEASE | <ul style="list-style-type: none"> TRY TO AVOID RECEIPTS AND GO DIGITAL INSTEAD CUT DOWN ON PLASTIC MARKED WITH RECYCLING LABEL #7 OPT FOR FRESH FOOD OVER CANS. |

DIOXIN

| EFFECTS | HOW TO AVOID |
|--|---|
| <ul style="list-style-type: none"> STUDIES SUGGEST IT CAN LOWER SPERM QUALITY CAN DAMAGE THE IMMUNE SYSTEM CAN DAMAGE THE REPRODUCTIVE SYSTEM | <ul style="list-style-type: none"> CUT DOWN ON ANIMAL PRODUCTS AND EAT MORE ORGANIC FRUIT AND VEG TRY TO AVOID CHLORINE-BASED BLEACH AVOID BLEACHED PAPER IN PRODUCTS LIKE DISPOSABLE DIAPERS AND TOILET PAPER |

FLAME RETARDANTS

| EFFECTS | HOW TO AVOID |
|---|---|
| <ul style="list-style-type: none"> LINKED TO THYROID HORMONES DISRUPTION LINKED WITH AUTISTIC SYMPTOMS CAN LOWER SPERM COUNT | <ul style="list-style-type: none"> USE VACUUMS CLEANERS THAT INCLUDE A HEPA FILTER USE FACE MASKS WHEN CLEANING CARPETS AVOID REUPHOLSTERING YOUR FOAM FURNITURE |

SOURCES & CITING

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