

SOURCES

Food:

- Pesticides
- Fungicides
- Solvents
- Polychlorinated biphenyls (PCBs)
- Brominated flame retardants
- Plasticizers
- Bisphenol A (BPA)
- Metals (aluminum, arsenic, mercury, cadmium)

Water

- Disinfectants and by-products
- Metals (arsenic, lead, mercury)
- Pesticides
- Solvents
- Radionuclides
- Hexavalent chromium

Health & Beauty products:

- Phthalates
- Parabens
- Triclosan (TCS)
- Ultraviolet (UV) filters (e.g., benzophenone-3 [BP-3])
- Metals (aluminum, mercury)

Indoor Air Pollution

- Molds & mycotoxins
- Solvents
- Polycyclic aromatic hydrocarbons (PAHs)
- Perfluorocarbons (PFCs)
- Volatile organic compounds
- Polybrominated diphenyl ether (PBDE)
- Trihalomethanes

COMMON TOXINS

HOW TO PROTECT YOURSELF

Best Intervention: Prevention

FOOD:

- **Avoid the highest contaminated foods** such as sardines, farmed salmon, large carnivorous fish, conventional meats, and canned coconut cream
- Consume certified organic foods, wash produce in acidic or alkaline water, and peel produce. Prioritize eating organic animal products, rice grown in California (lower arsenic) and organically grown foods on the Dirty 12 list, with foods on the Clean 15 list being the least important.*
- Store food in glass containers. If food/ beverage is stored in plastic, avoid heat exchange- including freezing
- Eat foods in BPA free cans such as Eden foods brand or in tetra packs cartons. This is most important for acidic foods or high fat foods such as coconut cream.

INDOOR AIR POLLUTION:

- Remove your shoes at the door
- Use a HEPA air purifier, and HEPA furnace and vacuum filters

WATER:

- Reverse osmosis water filtration or carbon-based water filters on faucets and shower heads
- Replace lead pipes

HEALTH AND BEAUTY PRODUCTS:

- Use aluminum free antiperspirants, lipsticks, and sunscreens
- Use products labeled “fragrance free” or “phthalate free”
- Use paraben free products. Common names include: methylparaben, ethylparaben, propylparaben, butylparaben and isobutylparaben
- Avoid products with ultraviolet filters (UF) in products such as sunscreen, lip balm, moisturizer and etc. Common UF include: benzophenones (i.e., Oxybenzone, benzophenone-3, BP-3), camphor derivatives (i.e. titanium dioxide, zinc oxide, etc.) and cinnamate derivatives.



General Detoxification

- **Hydration:** drink 2-3 L of water a day
- Support consistent daily **bowel movements**
- Increase consumption of **fiber**. Soluble fiber in particular is a cholesterol sequestrant which helps you eliminate fat soluble toxins in feces.
- Exercise or heat induced (sauna) **sweating** removes fat soluble toxins from your body. After sweating, rinse off so the toxins are not reabsorbed.
- **Other fundamentals:** Regular exercise, 8 hours of sleep, hot/cold contrast showers, and relaxation.

GREAT RESOURCES:

- *EWG clean foods: <https://www.ewg.org/foodnews/>
- Personal care products: <https://www.ewg.org/skindeep/>
- Green Seal: <http://www.greenseal.org/>
- Water filters; Aquasana.com