

Water

1. **Get a filtration system** – reduces exposure to chlorine and use of plastic water bottles. Best system will depend on where you live and availability of water. Environmental working group has a website with options <http://www.ewg.org/report/ewgs-water-filter-buying-guide>
2. **Use a stainless steel or glass water bottle.** Fill it at home with filtered water.

Food

1. When possible **eat organic meat, poultry, dairy, and vegetables and fruits.** Environmental Working group has lists of the dirty dozen and the clean fifteen (vegetables and fruits with greatest/least level of pesticides)
2. **Select the safest fish** with the lowest levels of mercury, PCBs and other environmental toxins. <http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>
3. **Dairy products:** best organic practices can be researched at www.cornucopia.org
4. **Avoid canned foods.** The linings of cans usually have BPA. Companies that use BPA free cans can be found at www.treehugger.com/files/2010/03/7-bpa-free-canned-foods.php
5. **Avoid the herbicide Roundup Ready.** This is used in GMO crops, but also on wheat as a desiccant. Avoiding GMO crops and choosing organic are the best strategies.
6. **Never microwave in plastic.** Use glass or ceramic “Tupperware” for microwaving and food storage
7. **Minimize or avoid the use of plastics.** The safest plastic wraps contain low-density polyethylene (LDPE) and include Glad Cling Wrap or Handi-Wrap and Saran Premium Wrap.

Personal Care and Cosmetics

1. Cosmetics and personal products can expose you to parabens, phthalates, synthetic musks, and many other potentially carcinogenic products. Assess products using one of the following databases or apps:
Healthy Living: <http://www.ewg.org/apps/>
Think Dirty: <http://www.thinkdirtyapp.com/>
The Good Guide: <http://www.goodguide.com/>
2. Facebook pages that point to clean products:
<https://www.facebook.com/NoMoreDirtyLooks?fref=ts> <https://www.facebook.com/WomensVoices>

In the Home

Use **non-toxic cleaners** –good brands include Seventh Generation, Nature Clean, Ecover, Shaklee, Melaleuca, Deidre Imus, Soap Factory AA5 Concentrate, Arm & Hammer Washing Soda, ECOgent - <http://lesstoxicguide.ca/index.asp?fetch=household>
Or, make your own cleaning product: <http://www.food.com/recipe/alices-wonder-spray-all-purpose-cleaner-187681>

1. **For the environmentally sensitive** use a HEPA filter in your bedroom and office as well as a HEPA vacuum.
2. Green plants are natural air detoxifiers. Those especially recommended are spider plants, English Ivy, rubber plants and Boston ferns. NASA lists more at (http://en.wikipedia.org/wiki/List_of_air-filtering_plants)
3. **Minimize flame retardant exposure** in mattresses, computers, TV’s, carpeting, household furniture and flooring at <http://www.saferproducts.org>
4. **Non toxic pest control:** <http://www.beyondpesticides.org/alternatives/factsheets/index.htm> or hire a professional

Other tips:

Avoid exposure to electromagnetic fields from cell phones or laptops.

1. Avoid all products that contain fragrance – including air fresheners, scented candles, and most perfumes. Environmental self-assessment is available at: <http://victoriamaisesmd.com>
2. Online course available free of charge from the University of Arizona Center for Integrative Medicine: http://integrativemedicine.arizona.edu/education/online_courses/enviro-med.html