

10 STEPS TO CLEANER LIVING

1. Eat organically and sustainably.

Check out www.ewg.org for the most up-to-date "Dirty Dozen" and "Clean Dozen" list to minimize pesticide exposures in produce. Join a local CSA (Community-Supported Agriculture) program, offering fresh, locally grown produce.

2. Clean out your cookware.

Start replacing your non-stick (aka Teflon) pans with high-grade stainless steel, glass, cast iron or ceramic. Avoid "Scotchgard" treatments when possible, another Teflon™ product.

Avoid using aluminum cook or bake ware. Aluminum is easily taken up by foods and is a neurotoxin. Silicon mats can be used in baking as a barrier to the aluminum.

3. Rethink food storage and water bottles.

Move away from plastic storage to stainless steel and glass. The higher the fat content in food and/or the more acidic the food is, the more likely you are consuming toxins absorbed from the plastic. NEVER microwave plastic!

If you feel you have to use plastics opt for #1, 2, 4 and 5. Avoid # 3, 6 and 7.

4. Bring your own coffee cup.

To-go coffee cups can contain BPA as part of processing and packaging, as well as melamine used in assembly of the cups. Additionally, paper cups harbor mold spores very effectively. As well as being more environmentally responsible, bringing your own coffee cup along is also healthier!

5. Minimize your Bis Phenol-A (BPA) exposure.

When buying plastic products, opt for BPA-free. Avoid plastic toys when possible. Avoid canned foods, or buy brands that use BPA-free cans (Eden). Opt for BPA-free dental sealants when needed. Decline your credit card receipt, or opt for the emailed version.

6. Eliminate the synthetic "fragrances", "scented" products and air fresheners.
Most synthetic fragrances are solvents and are derived from petroleum products.
Opt only for fragrance derived from 100% pure essential oils.
Ask yourself why you need the air freshener, is there a problem you are masking?

7. Skip the dryer sheets!
Dryer sheets have a mix of chemicals in them to keep the drying process from creating static, as well as being scented. Opt for a variety of non-toxic dryer balls available. Or dry only natural materials, hang dry synthetics. You will find you don't need the dryer sheets!

8. Opt for hand washing, not Triclosan.
Wash hands for 30 seconds with mild soap. If necessary opt for 100% essential oil hand sanitizers, without the use of fragrances or triclosan.

9. Filter your water.
At a minimum, opt for filters that remove chlorine. This applies to your drinking water, and shower/ bath water! Look for NSF-certified filters.
For further information on drinking water quality check out www.ewg.org and their "National Assessment of Tap Water Quality" database to find out any additional concerns for your area.

10. Say "NO" to dry cleaning.
Conventional dry cleaning is accomplished with a wide range of toxic solvents that are damaging to the nervous system.
If you must dry clean: do it minimally, opt for a "green" cleaner in your area, remove your dry cleaning from the bag immediately (before bringing it into the home), discard the bag, and air out the clothes for a minimum of 2 weeks before placing in your enclosed closet or wearing.

BONUS SECTION:

- **Electromagnetic (EMF) Toxicity.**
There are still many unknowns about EMF exposure. Using the "Precautionary Principle", minimize exposure when possible. Turn off wi-fi at night, use headphones when talking for extended periods of time on your cell phone, consider EMF blockers available.
- **Have a "Shoe's Off" Policy**
Institute a "shoes off" policy in your home and leave all those toxins at the door.