

TOP 12 THINGS YOU CAN DO TO REDUCE TOXIC EXPOSURE IN YOUR DAILY LIFE

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1. Avoid plastic, particularly vinyl (PVC)
 - a. Don't cook in plastic
 - b. Replace vinyl shower curtain with nylon or cotton
2. Reduce use and exposure to pesticides
 - a. Green garden care and pest management
 - b. Eat organic when possible (see "Dirty Dozen" list)
3. Filter water for drinking and cooking, and the shower if you smell chlorine
4. Minimize char on foods (barbecuing, toasting)
5. Select less toxic household and personal care products (see website list)
 - a. Particularly minimize use of bleach and ammonia when asthma or skin allergies are a concern
 - b. Berthold-Bond book on easy to prepare green cleaners
6. Minimize traveling (all forms) during rush hour
 - a. Exercise outside before morning rush hour or in an area away from traffic
 - b. When driving in heavy traffic, use recirculate mode in car
 - c. If biking during rush hour, wear mask that filters out fine particles and fumes (particle & carbon filter)
7. House plants to filter indoor air (removes VOCs, formaldehyde, and particles)
 - a. 3 per small room
 - b. Best plants (from "How to Grow Fresh Air"): palm trees, rubber plants, ficus, ferns, peace lilies
8. Eat lower on the food chain, less processed foods – lose the lawn, plant an organic garden.
 - a. Animal fats are sources of many contaminants:
 - i. Beef, milk, cheese, and butter fat: dioxins
 - ii. Fish: mercury, PCBs and other contaminants (see fish guides)
 - b. Processed foods not well regulated: melamine, lead
9. Reduce indoor air pollution
 - a. Vent car exhaust well before closing garage door
 - b. Seal door connecting home to garage
 - c. Vent gas stove and other appliances to the outdoors
 - d. Open windows to let in air, except during rush hour if you live near a large road
10. Avoid PERC- or solvent-based dry cleaning
 - a. If you must dry clean, hang clothes outside of plastic bags in garage for a few days
 - b. Better to use "wet" cleaning or "green" dry cleaning such as carbon dioxide-based cleaning
11. Use HEPA filters for both vacuum cleaner and heaters/air circulators (include carbon/graphite filter when possible)
12. Have carpets or mats at entrance; leave shoes at entrance



CLEAR CURRENT

Laurel@Clear-Current.com

650-394-4672

www.Clear-Current.com

RECOMMENDED RESOURCE LIST

Useful websites:

Sources for finding pesticide alternatives:

www.panna.org (iPhone app avail)
www.ipmopedia.org
www.ipm.ucdavis.edu/

Best water filters for drinking and showers:

www.waterfiltercomparisons.com

Safer personal care and household product selection:

www.goodguide.org
www.cosmeticsdatabase.com
www.cosmeticsdatabase.com/special/sunscreens2008
www.organicconsumers.org/bodycare/ShoppersSafetyGuide.pdf

Dirty dozen: food guide to produce with highest and lowest pesticide levels:

www.foodnews.org/walletguide.php
www.organic-center.org/reportfiles/TOC_Pocket_Guide.pdf

Lists of fish with lower mercury and PCB levels:

www.edf.org/documents/1980_pocket_seafood_selector.pdf
www.edf.org/documents/8683_sushi_pocket.pdf
www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx

Resource for finding local sources for organic produce and meats (CSAs, farmers markets):

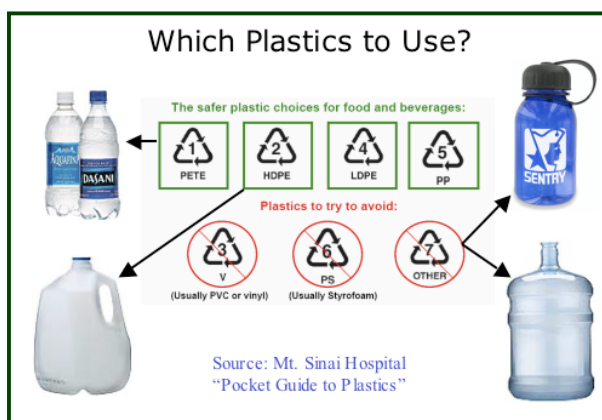
www.localharvest.org

Useful books:

1. Annie Berthold-Bond. "Better Basics for the Home: Simple Solutions for Less Toxic Living". 1999, Three Rivers Press.
2. B. C. Wolverton. "How to Grow Fresh Air". 1996, Penguin Books.
3. Yvonne Jeffrey et al. "Green Your Home for Dummies". 2009, Wiley Publishing, Inc.

Abbreviations:

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| CSAs | community supported agriculture |
| HEPA | high efficiency particulate air (filter) |
| PCBs | polychlorinated byphenyls |
| PERC | perchlorinated ethylene solvent used in dry cleaning |
| PVC | polyvinyl chloride (typically referred to as 'vinyl') |
| VOCs | volatile organic compounds |



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Laurel@Clear-Current.com 650-394-4672 www.Clear-Current.com