

**Reducing toxins...
to restore your optimal health**

**Lymphoma
Support Group
of Ottawa**



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Chemicals to avoid... or remove from your home altogether!





Non-stick Cookware

- **Polytetrafluoroethylene** (PTFE)-based formulas such as **Teflon**
- Release toxic gasses linked to cancer, organ failure, reproductive damage
- **Healthier Options:** Cast iron, paper ceramics, stainless steel, or porcelain coated pans



Conventional Cleaning Supplies

- **All-purpose cleaners**

- **Healthier Options:**

Non-toxic cleaning products from ingredients around the house, such as baking soda and vinegar




Air Fresheners

- **Petrochemically-based air fresheners** aggravate and trigger respiratory problems, reproductive problems, birth defects, linked to breast cancer, heart disease, diabetes.
- **Healthier Options** open windows!
ClearAir Whole, room, car, Air Purifier




Compact fluorescent light bulbs

- **CFL Light Bulbs:** Contain mercury
 - **Healthier Options:** Consider sticking with the "old fashion" light bulb or LEDs till something better comes along.
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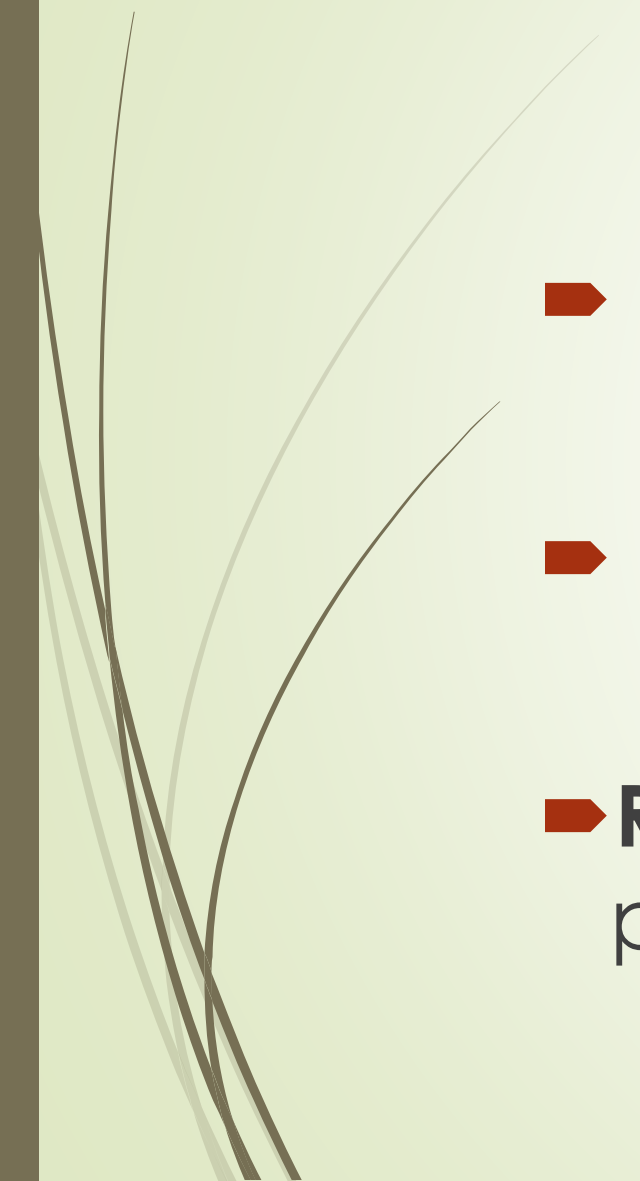


Chemical Insecticides and Herbicides

- ➡ **Round Up**, (glyphosates) causes physical illness.
 - ➡ **Bug spray** is an eye, skin and respiratory irritant; effects on the central nervous system.
 - ➡ Pesticide Action Network (www.panna.org)
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Beware of Mold

- ➡ Keep indoor humidity below 50 percent
 - ➡ Control water leaks
 - ➡ **Remediate:** dispose of moldy drywall, and porous materials
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Flame Retardants Flame(PBDE)

polybrominated diphenyl ethers

- In cushions, mattresses, foam pillows, hair dryers, tvs, computers, carpets, appliances, fabrics, even your telephone
- accumulates in blood, breast milk, fatty tissue and is linked to liver, thyroid and neurological issues
- Avoid and replace




Fabric Softener and Dryer Sheets

- numerous chemicals linked to central nervous system disorders, upper respiratory tract infections, trigger asthmatic responses and various cancers
- **Healthier Options:** wool dryer balls, spiked dryer balls. Add ½ cup of vinegar allowing more residue to wash out in the rinse cycle, clothes + removes any odor on clothes.




Antibacterial Products

- Concerns about the buildup of triclosan in our bodies and our water supplies.
 - Contributing to super bugs.
 - Interfering with the immune systems of young children.
 - **Healthier Options:** washing with unscented products
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Plastics

- Bisphenol -A (BPA) in water and beverage bottles, food containers, hygiene products
 - Assault on the body's endocrine hormone system
 - Phthalates, linked to reduction in male fertility.
 - **Healthier options:** Choose glass, avoid plastic keep out of dishwasher and microwave.
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Scented Detergents, Perfumes, Soaps

- 95% of the chemicals used in fragrances are petroleum products
 - Cause cancer, birth defects, and damage to lungs, brain, and nerves.
 - Organic unscented soaps, organic essential oils
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Sunscreens

- TITANIUM DIOXIDE (sunscreen grade)
- Badger, Beauty counter, Dr. Mercola, Jason.
Kiss my face, Tom's of Maine





Sources

- Environmental Working Group EWG <https://www.ewg.org/>
- Greenmedinformation founded by Sayer Ji, <https://www.GreenMedInfo.com>
- Environmental Defence, <https://environmentaldefence.ca/>
- Beauty Counter Canada, <https://www.beautycounter.com/en-c>
- Burt Bees <https://www.burtsbees.ca/>