

NON TOXIC LIVING - Helpful Apps and Useful Information So You Can Avoid Harmful Chemicals

From the 2022 Breast Cancer Options healthy Lifestyles Calendar. Send for a copy

Chemicals are added to foods, cosmetics and household products. Many manufacturers have words on their packaging like “green”, “safe” and “natural” that lead consumers to believe that the product will be safe. Make-up and feminine and personal care products are among the worst offenders, with food and household products running close behind. These apps will tell you what the products actually contain.

Silent Spring Institute (silentspring.org): Detox Me mobile app-

<https://silentspring.org/project/detox-me-mobile-app>

- Track your progress and get reminders with a personalized guide.
- Scan barcodes on products to find relevant tips.
- Get the latest news on toxics with tips on how to protect yourself.
- Share action-oriented tips with friends and family.
- Use the Buying Guides to decode product labels and find non-toxic alternatives.

Clearya: www.clearya.com. Clearya is a free Chrome Extension and Mobile App that notifies you when there are unsafe ingredients in your makeup, personal care, baby care, cleaning and other products, and helps you find safe alternatives, all while shopping online as usual! Use when shopping online at: AMAZON, SEPHORA, WALMART, iHERB, LOVE LETTER

Think Dirty® app. <https://thinkdirtyapp.com>. Think Dirty® app is the easiest way to learn ingredients in your beauty, personal care and household products. Just scan the product barcode and Think Dirty will give you easy-to-understand info on the product, its ingredients, and shop cleaner options!

Environmental Working Group: Skin Deep® www.ewg.org/skindeep. Extensive database and app. Search by ingredient, brand or product. Loads of info, with toxicity ratings and explanations, on individual ingredients in personal care products.

Tips to avoid toxic chemicals in food

- 1) Limit canned food and plastic containers. Glass, stainless steel and lead-free ceramic are great alternatives to storing food in plastic containers. Canned food is one of our largest exposures to the toxic chemical BPA. Reduce your BPA levels by 60% in just three days by avoiding food packaging with BPA.
- 2) Avoid non-stick pans. Don't use non-stick pans. Most non-stick cookware uses PFOA – a toxic chemical linked to cancer and other health issues. Choose stainless steel, cast iron or enameled pots and pans instead.
- 3) Make popcorn the old fashioned way. Most microwave popcorn bags are lined with toxic perfluorooctanoic acid (PFOA). It also shows up in french fry cups and pizza boxes. Make popcorn on the stove, or microwave using a brown paper bag

- 4) Filter your drinking water. Remove common contaminants like arsenic and lead from your drinking water by filtering with a faucet unit or a water pitcher. Don't buy plastic bottled water; instead, fill up a stainless steel water bottle with filtered water.
- 6) Avoid food dyes. 90% of food dyes are derived from petroleum. Studies show that modest doses of synthetic colors added to foods can provoke hyperactivity and other disturbed behavior in children. Download this factsheet www.iatp.org/documents/smart-guide-food-dyes-buying-foods-can-help-learning.
- 7) Buy organic when possible. Avoid the high in pesticides "Dirty Dozen": Strawberries, Spinach, Kale, collard and mustard greens, Nectarines, Apples, Grapes, Cherries, Peaches, Pears, Bell & hot Peppers, Celery, Tomatoes.