

Environmental Health Recommendations

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 <http://www.ewg.org>)
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. BPA free cans can be found at www.treehugger.com/files/2010/03/7-bpa-free-canned-foods.php
5. **Never microwave in plastic.** Use glass or ceramic “Tupperware” for microwaving and food storage
6. **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. I recommend that you assess products using one of the following databases or apps:
Skin Deep: <http://www.cosmeticsdatabase.com/index>
Think Dirty: <http://www.thinkdirtyapp.com/>
The Good Guide: <http://www.goodguide.com/>
2. My website has a self-assessment: <http://victoriamaizesmd.com>
3. Facebook pages that points to clean products: <https://www.facebook.com/NoMoreDirtyLooks?fref=ts>
<https://www.facebook.com/WomensVoices>

In the Home

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

Other tips:

1. Avoid exposure to electromagnetic fields from cell phones or laptops
2. Avoid all products that contain fragrance – including air fresheners, scented candles, and most perfumes
3. Avoid light at night