



5 Things in Your Home to Avoid if You Want to Stay Healthy

1. Unfiltered tap water -- contains pharmaceutical meds like birth control pills, anti depressants, as well as heavy metals like trichloro-ethylene, benzene and vinyl chloride, to name a few.
2. Food additives -- like artificial colorings (causes hyperactivity) and artificial sweeteners (actually raises insulin levels and causes cravings and weight gain, and can be a neurotoxin). Watch out for Aspartame in processed foods! Avoid preservatives and pesticides -- choose organic whenever possible.
3. BPA -- found in hard plastic bottles and in the lining of canned food and drinks. (acts as a hormone disruptor, stimulates prostate cancer, can cause symptoms of ADHD)
4. Antibacterials like Tricolsan -- in soap and shampoo and even some toothpaste (bioaccumulates in our bodies, increases risk of growth of resistance bacteria)
5. EMFs (electromagnetic fields) -- in wifi, cell phones, microwaves, wiring in walls. Turn off wifi when you sleep. Don't put a cell phone up to your ear. Also avoid cordless phones.

How does one begin the process of living a healthier lifestyle? If evaluating your home for pollutants and toxins feels overwhelming, it's time to turn to an expert.

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