

Guidelines for Healthy Living and Avoiding Toxins

Every change you make will make a difference. This way of living is not only much safer for you; it is much better for the environment. You can think of nontoxic, healthy living as a return to the purity of the way our ancestors lived.

General Recommendations

1. Water: Drink and bathe in filtered water. Taking a shower or bath in chlorinated water cause the chlorine to go right into your blood stream. You can purchase shower filters that easily attach to your shower nozzle at Rebecca's or online. There is also a bath ball to purify bath water. Swim in lakes, not chlorinated pools.
2. Avoid all perfumes, colognes, after shaves, hairsprays, air fresheners, etc. – all scented products. All contain neurotoxins. Aromatherapy grade scented oils from plants are a safer alternative.
3. That “new car smell” is toxic volatile organic chemical (VOCs) out-gassing from the new plastic and adhesives in the car. Open the windows frequently to air out the car.
4. Avoid all fabric softeners, dryer sheets, Clorox, and scented detergents such as Tide and others. These products are very toxic and very harmful to the environment as well. Ecover or Seventh Generation laundry detergents, white vinegar, baking soda, hydrogen peroxide and borax are substitutes. Use white vinegar in a spray bottle for cutting boards and windows. Use baking soda for burned pans and toilets. Borax is a laundry booster. Use Bonami scouring powder or baking soda for sinks and toilets.
5. Avoid all pesticides, fungicides, herbicides and fertilizer/pesticide combinations such as Scotts 4-step lawn fertilizer. Pesticides are neurotoxins and they don't know the difference between bugs and you.
 - a. Use Sentricon system for termites
 - b. Victor mint oil spray for wasps and hornets
 - c. mouse traps
 - d. cedar blocks to prevent moths in wool blankets or sweaters
 - e. pheromone traps for meal moths
 - f. use Milky Spore powder, a biological, for Japanese beetles in lawn or garden
 - g. Burnout II from St. Gabriel Laboratories as a nontoxic weed control – it's clove oil, vinegar, acetic acid and water (substitute for Roundup)
 - h. Plant using right plant, right place
 - i. Learn organic lawn care (see Resources)
 - j. Use organic fertilizers such as compost, rock phosphate, greensand, limestone
6. Use nontoxic personal care products. Learn which brands tend to have pure products. Here are some examples: Auomere, Aubrey organics, Eccobella,

- Weleda. The skin absorbs what you put on your body. Use products that are pure enough to eat (food grade).
7. Eat organic food (grown without herbicides or pesticides, and grown with compost or manure) as often as possible. Avoid processed foods, foods with colors and dyes and preservatives. Never consume products with Nutrasweet (aspartame). It is an excitotoxin – it kills brain cells! It is best to consume fresh, nutrient dense foods with naturally occurring antioxidants and minerals.
 8. Wear natural fiber clothing: cotton, wool, linen or silk. Permanent press/wrinkle resistant clothing is treated with formaldehyde. Conventional dry cleaning uses very toxic chemicals: perchloroethylene, formaldehyde, naphthalene, benzene and others. A safe solution is to use dry cleaners that clean with the ecofriendly CO2 process. Or hand wash with Ecover delicate fabric detergent.
 9. Use only 100% cotton, wool or silk bed linens and blankets. Avoid no-iron or wrinkle resistant.
 10. As much as possible avoid plastics and aluminum foil. Store food in glass jars. Also avoid particle-board, plywood, glues, inks, paints, foam rubber, vinyl, carpet, synthetic rugs, varnishes, solvents, etc. When painting, purchase paints that have a low VOC rating, or no VOC rating.
 11. Open your windows as often as possible. Even in the most polluted cities, the outdoor air has been found to be less toxic than indoor air.

RESOURCES

Eco Dry Cleaners – West Main St (near train station) 434-244-3791

Evergreen Cleaners – Pantops near Giant 434-295-2948

→ (both use CO2 to clean clothes instead of toxic chemicals)

www.victorpest.com or www.amazon.com:

Victor Poison Free Wasp/Hornet spray (fresh mint scent with no toxic chemical residue)

Insect Glue Board Traps (sticky paper) for crickets

Pheromone trap - The Pantry Pest Trap with biolure - Integral Yoga or www.amazon.com

www.ourlittleplace.com – has specific safe personal care products

Environmental Working Group website (www.ewg.org) to check purity of individual body care products

The Organic Lawn Care Manual – *A Natural, Low-Maintenance System for a Beautiful, Safe Lawn*, Paul Tukey.

Home Safe Home- *Protecting Yourself and Your Family from Everyday Toxics and Harmful Household Products*, Debra Lynn Dadd.