

## Simple Strategies for Lowering Your Family's Exposure to Environmental Toxins

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Autism One

### Disclaimer

- Information is for educational purposes only
- Not to be taken as specific medical advice
- All medical decisions regarding your child's chronic health issues should be discussed with your health care provider

Slides containing the practical information that you will need to create a healthy home are included in this handout.

Additional slides on the scientific literature of the effects of various chemical and electromagnetic toxins on development and the nervous system will be presented during the talk.

### Reduce Pesticide Exposure

- Buy organic fibers whenever possible.  
Cotton is heavily sprayed with pesticides.
- Don't use anti-lice treatments with lindane, malathion or other pesticides.
- Don't allow your children to play in areas that are sprayed with pesticides. Especially if they have been recently sprayed.
- Never spray or use pesticides in the house or on your lawn.

Alternatives:  
Good sanitation - store foods in airtight containers, and keep your home clean.  
Mechanical controls: fly paper and sticky traps  
Low-toxicity chemicals: boric acid, diatomaceous earth, fatty acid soaps, and horticultural oils

For more information, go to Pesticide Action Network:  
<http://action.panna.org/>

### Shoppers Guide to Pesticides From the Environmental Working Group



Worst	Lowest in Pesticides
<b>Dirty Dozen Buy Organic</b>	<b>Clean 15</b>
1. Celery	1. Onions
2. Peaches	2. Avocado
3. Strawberries	3. Sweet Corn
4. Apples	4. Pineapple
5. Blueberries	5. Mangos
6. Nectarines	6. Sweet Peas
7. Bell Peppers	7. Asparagus
8. Spinach	8. Kiwi
9. Kale	9. Cabbage
10. Cherries	10. Eggplant
11. Potatoes	11. Cantaloupe
12. Grapes	12. Watermelon
	13. Grapefruit
	14. Sweet Potato
	15. Honeydew Melon

[www.foodnews.org](http://www.foodnews.org)

### Drinking Water

Drink filtered water instead of tap or bottled water.

If you choose to drink bottled water, spring water in a glass bottle is the best choice.

Use safe water containers. Either BPA free plastic or stainless steel bottles.

Do not discard your medications in the toilet or down the sink

Do not use fluorinated water for making infant formula

### Water Filtration Systems

- Use the Environmental Water Guide's water filtration buying guide to determine what is in your water and the then best water filtration system for you.
- Always use a charcoal pre-filter before a whole house reverse osmosis filtration system. R.O. does not eliminate solvents.
- Reverse osmosis systems result in mineral depleted water.
- Aqua Sauna and Berkey make good quality and affordable water filtration systems.

### Safe Water for Showering and Bathing

Showering and bathing results in exposure to chlorine and chemical vapors

Take shorter baths and showers

Use a shower filter with a two components:

Copper/Zinc media to reduce chlorine

Coconut shell carbon to reduce the amount of synthetic chemicals

### Breathe Easier



- Open windows to let fresh air in
- Spend more time outdoors
- Remove your shoes before entering the house.
- Use a HEPA air filter and HEPA vacuum in your home
- Use a MERV 11,12,or 13 rated filter on your air return system
- Replace your filters at least 2-3 months
- Dust frequently
- Check radon levels in the home
- Don't use air fresheners with synthetic fragrances. Essential oils are a better choice.

### Lowering Indoor Level of VOCs

If it has a strong chemical odor, reconsider whether to buy it. If it is a necessary item, place it outside for a few days before bringing it into the house.

- Purchase floor models
- Buy solid wood furniture with natural fabrics
- Choose environmentally friendly products
- Perform home renovations when you can arrange to be away
- Use no or low VOC paint
- Keep the house at a low temperature and relative humidity
- Use wood, stone tile, or natural fiber flooring in place of carpets

### Mold



Mold grows in the presence of heat and excess moisture.

Prevent mold growth in the bathroom by turning on the ventilation fan whenever you shower or bathe.

Indoor humidity should be less than 55% Relative Humidity.

Use a dehumidifier in any damp spaces (attics, basements, etc.)

Properly and promptly clean up any water leaks.

Clean up dust. The organic material in dust can 'feed' certain molds.

Examine any areas with excess moisture or leaks for mold growth.

If your child is unwell, and there are any indications of mold growth (musty house smell or history of a leak that was not properly cleaned), consider a having a formal mold inspection.

### Choosing Better Cleaning Agents



Read labels on cleaning agents as you would food labels

However, manufacturers are not required to list all ingredients in cleaning agents

You may have to call manufacturers of chemical and petroleum based products to get the full list of ingredients.

'Natural' cleaning products are more likely to have all of the ingredients listed on the labels.

### Choose Better Cleaning Agents

Use only natural and perfume free cleaning agents.

Get rid of cleaners with the words Danger, Warning, or POISON on the labels.

**AVOID:** Ammonia, bleach, chlorine, formaldehyde, hydrochloric acid, lye, naphtha, nitrobenzene, petroleum, perchloroethylene, sodium laurel sulfates, propylene glycol, or trichlorethane.

Make your own cleaning agents with baking soda, vinegar, hydrogen peroxide, lemons, and essential oils.



### Get Rid of Flame Retardants in the Home

Brominated flame retardants such as PBDEs and antimony are commonly used in synthetic textiles, children's pajamas, furniture, electronics.

Studies suggest that they can have adverse effects on development and the neurologic system.

Tips:

- Purchase organic cotton, linen, wool or hemp products, which are not treated with toxic chemicals.
- Prevent young children from placing materials with fire retardants in their mouths
- Use the EWG list of PBDE free companies before buying electronic items.

### Choose Healthier Bedding

- We typically spend 7-8 hours a day laying on bed
- Most mattresses are made with polyurethane foam and sprayed with chemical fire retardants.
- When purchasing a new mattress, choose one that has not been treated with chemicals and is made from cotton, wool, or latex foam. Some 'natural' latex foam contains fire retardants.
- Or, place an organic wool topper on top of your regular mattress.

### Healthy Cookware



Glass and ceramic are the ideal cookware.

Stainless steel may be used occasionally. However, when acidic foods are cooked in stainless steel, nickel is leached out of the cookware

If iron is not an issue, a black cast iron skillet may be used

Do not use aluminum, Teflon, or Silverstone cookware.

### What is wrong with our food?

- Pesticides
- Animals are largely corn fed
- GMO (Genetically Modified Food)
- Chemicals, Dyes, Preservatives, MSG
- Excitotoxins, mycotoxins
- High Fructose Corn Syrup
- Partially Hydrogenated Fats (Trans Fats)
- Antibiotics and Hormones in Meat and Dairy

Soy and corn widely used

Arsenic in Chicken

### Buying and Storing Foods

Buy food in glass containers rather than plastic or metal containers. Look for BPA free cans and bottles.

When storing foods, use glass containers, paper bags, and wax paper in place of plastics

As an extra precaution, you may remove foods that were purchased in plastic containers and store them in glass/ceramic ones.

### Avoid Excess Aluminum

Excess aluminum has been associated with Alzheimer's disease.

Use aluminum-free baking powder, deodorant and salt.

Do not cook in aluminum foil or drink from aluminum cans or aluminum lined juice boxes.

Avoid antacids with aluminum.

### EWG Tips for Picking Better Plastics



Avoid bisphenol-A (BPA) and phthalates  
Both are potent hormone disruptors

Stay away from toys marked "3" or PVC, which are often mixed with phthalates

Avoid containers marked "7" or PC as they often contain BPA

When you must use plastics, choose #1,2,4 or 5

www.ewg.org

### Handle Plastics Wisely

Tips from the EWG

- Don't microwave foods in plastics.
- Don't place hot liquids in plastic containers.
- Don't reuse single use plastics-they can break down.
- Use wooden or glass cutting boards in place of plastic.
- Use glass containers for storage in place of plastic.
- Use a cotton shower curtain in place of vinyl.
- In the tub, play with cotton toys in place of plastic bath toys and books.

www.ewg.org

### Chose Better Toiletries and Beauty Products

Avoid	Dyes
Fragrance	Methylchlorisothiazolinone and Methylisothiazolinone
Isopropyl Alcohol	Parabens
Mineral Oil	DEA (diethanolamine), MEA (monoethanolamine) and TEA (triethanolamine)
PEG (polyethylene glycol)	Imidaolidinyl Urea and DMDM Hydantoin
PG (propylene glycol)	Oxybenzone
Sodium Laurel Sulfate (SLS) & Sodium Laureth Sulfates (SLES)	Toluene
Triclosan and triclocarban	
Boric Acid and Sodium Borate	

### Environmental Working Group Top 6 For Kids

1. Use fewer products and use them less often.
2. Don't trust the claims.
3. Check ingredients. Buy fragrance-free products.
4. Avoid the use of baby powder on newborns and infants.
5. Do your homework at EWG's Cosmetics Database.
6. Always avoid EWG's top 7 chemicals of concern for kids:
 

2-Bromo-2-Nitropropane-1,3 Diol	BHA
Boric acid and sodium borate	Dibutyl phthalate & toluene
DMDM Hydration	Oxybenzone
Triclosan	

EWG: <http://www.ewg.org>

### Prudent Cell Phone Use



Use a headset with an 'air tube.'

Whenever possible, use the speakerphone function on your cell phone

Place your cell phone 2 to 3 feet away from you during use.

Use your landline whenever possible.

Do not allow your children to use the cell phone unless absolutely necessary.

Use the Environmental Working Group website list of cell phones when purchasing your next cell phone.

Adapted from Wings of Eagles Health  
For more information: [www.ewhliving.org](http://www.ewhliving.org)

### Limit Your Exposure to EMFs

- Turn off your wireless router when not in use or at least overnight.
- Replace cordless cell phones with a landline or keep the cordless phone base at least two rooms away from your children's bedrooms.
- Unplug any appliances that are within 6 feet from the bed. Eliminate wires running under your bed.
- Don't sit too close to your computer or TV set.

Adapted from Wings of Eagles Health.  
For more information: [www.ewhliving.org](http://www.ewhliving.org)

Thank you for your time!

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