

10 Tips For Reducing Toxins In Your Home

Most people know that a balanced diet and consistent exercise are two ways to maintain better health; however many don't know that limiting exposure to potentially harmful ingredients in the home plays an important role in the "whole health" equation. Incorporate some or all of the tips below to help reduce toxins in your home.

1. Remove your shoes when you come inside:

The soles of our shoes have been found to be dirtier than a toilet seat. Whatever nasty bacteria you've picked up outside is then tracked around the house if you don't remove your shoes. The bacteria can be especially problematic if you're immunocompromised.

2. Swap out plastic food storage containers for glass or stainless steel:

Plastic can leach harmful chemicals like BPA and phthalates into your food/beverage and then into you. BPA exposure has been linked to hormone-related cancers.

3. Never microwave food in plastic:

Heating plastic accelerates the release of the BPA, making it even easier for it to leach into the food you're eating.

4. Avoid using non-stick (Teflon) pans:

Until 2013, non-stick cookware was made with PFOA chemicals. These chemicals are known as "forever chemicals" because they don't detox from the body easily and they are passed on to babies in utero. It is thought that almost all babies born in the US are born with PFOA in their blood stream already. PFOA chemicals have been linked to thyroid disorders, kidney disease, infertility, birth defects, and testicular cancer. Even if your non-stick cookware says PFOA-free, there is still safety questions over the materials being used to coat the pan, and how they react at high heat. To be safest, use stainless steel or cast iron pans. If you want one "safer" non-stick pan, I recommend [Greenpan](#).

5. Buy organic produce when possible:

Buying organic helps reduce exposure to harmful pesticides. If you're not able buy all organic, reference the [2020 Dirty Dozen List](#) to focus on avoiding the fruits/vegetables with the highest levels of pesticides

6. Know what's in your beauty and skincare products:

Ingredients in personal care products are highly unregulated and it is completely legal for companies to use ingredients linked to cancer, endocrine disruption, and reproductive harm. Research your products using the [Skin Deep Database](#), or seek out companies like Beautycounter who ban the use of potentially harmful ingredients, preach transparency, and use 3rd party companies to test for heavy metals and conduct research studies. I am an independent consultant for [Beautycounter](#); if you need helping swapping beauty products or any products in your home, please reach out - I'm happy to help! Email: hocklor@gmail.com

7. When buying furniture, clothing or baby products, skip the flame retardants:

Flame retardants, as well as stain guards and water repellants, are made with toxic ingredients that off-gas and migrate out of the product and into our bodies. These chemicals have been linked to cancer and hormone disruption.

8. Swap out your antiperspirant for a deodorant that doesn't contain aluminum:

This is one of the hardest personal care product swaps to make, but arguably one of the most important. Aluminum has been found in the breast tissue of women, it builds up over time and the safety of this is questionable. Some say there is a link between the aluminum and breast cancer, where as others say there isn't enough evidence to be certain. Avoidance is the safest way to be sure of the uncertainty.

9. Avoid fragrance:

The word "fragrance" on a package can contain up to 100 hidden ingredients. Any seemingly great smelling product could be loaded with phthalates, countless carcinogens and hormone disrupting chemicals. Look for products that are "fragrance-free" or products that list the source of the scent (example: orange blossom essential oil).

10. Chose safer cleaning products:

Many conventional cleaning products use unsafe synthetic fragrance and harmful chemicals to remove dirt, but they don't leave your air clear or surfaces safe. Use baking soda and vinegar-based products. You can also refer to the [EWG's Guild to Healthy Cleaning](#) to find safer cleaning products.

This guide was written by Lori Holtzman. Lori is an independent consultant for Beautycounter, and a proud partner of Sharsheret Supports Stl.

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Please contact with me with any questions: hocklor@gmail.com