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## Raising a Healthy Child in a Toxic World

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

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#### 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.
 Oon'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.

Autor Identition - store foods in airtight containers, and keep your home clean. Mechanical controls: flypaper 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/



### **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**

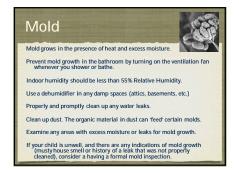
- Open windows to let fresh air in
- Spend more time outdoors
- Remove your shoes before entering the house
- Use a HEPA air filter and HEPA vacuum in your home Use a MERV 11,12,or 13 rated filter on your air return system
- Replace your filters at least 2-3 months
- **Dust frequently**
- Check radon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

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#### 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





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.

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

AVOID: Ammonia, bleach, chlorine, formaldehyde, hydrochloric acid, lye, naphtha, nitrobenzene, petroleum, perchloroetylene, 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

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.



- Animais are largely corn red Arsenio
- 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

### **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.

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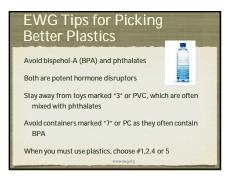
### Avoid Excess Aluminum

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



#### 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.

#### **Chose Better Toiletries** and Beauty Products Avoid Dyes Fragrance Methlchlorisothaizolinone and Methyllisothiazolinone Isopropyl Alcohol Mineral Oil Parabens PEG (polyethylene alycol) DEA (diethanolamine), MEA (monoethanolamine) and TEA (triethanolamine) PG (propylene glycol) Sodium Laurel Sulfate (SLS) & Sodium Laureth Sulfates (SLES) Imidaolidinyl Urea and DMDM Hydanotoin Triclosan and triclocarban Oxybenzone Boric Acid and Sodium Borate Toluene

#### 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.
- 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

Dibutyl phthalate & toluene

Oxybenzone

2-Bromo-2-Nitropropane-1,3 Diol Boric acid and sodium borate

DMDM Hydration

Triclosan

### Prudent Cell phone Use We headset with an 'air tube'. Menever possible, use the speakerphone function onycur cell phone 2 to 3 feet away from you during use. Pace your cell phone 2 to 3 feet away from you during use. We your landline whenever possible. Donallow your children to use the cell phone unless aboletilely necessary. Wes the Environmental Working Group website list of cell phones when purchasing your met cell phone. Magnet from Your Schler from Your Schler for Magnet from Your Schler for Met for more information: www.webliving or

## 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.wehliving.org



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