



The Toxic Truth: Harmful Everyday Chemicals

The FDA regulates 11 toxic chemicals in cosmetics, compared to over 1,300 in Europe



The FDA also does not require pre-market safety testing for personal care products. There are over 10,000 “approved chemicals” in food products — known as generally recognized as safe (or GRAS). Red dye #3 is finally on the chopping block after decades of being ignored by the FDA, and we wonder why the health of Americans is on a downward decline.

Life can already be stressful enough without having to worry about all of the different chemicals and toxic compounds that we come into contact with. We want to keep things simple of you. Here are some simple steps that you can take to lower your exposure to these chemicals.

- **Filter your water** — Reverse osmosis (RO) and other filtration systems are a must have. You can get a drinking water filter that's under the sink or a countertop system. If you want all of your household water to be filtered there are systems for that too. You can also get purified water from local water outlets.
- **Refer to the Environmental Working Group (EWG) for products** — Are you unsure about the safety of your shampoo or lipstick? The EWG is a great resource for product safety. Products and a list of their toxic ingredients can be found on their website. For skin care products, visit www.ewg.org/skindeep for their database.
- **Improve the quality of your nutrition** — The driver behind improving your diet shouldn't be weight loss, it should be improving the quality of your life. If your budget allows, go for organic produce and humanely-raised animal products. Prioritize nutrient-dense foods. Avoid processed foods with vegetable oils, color dyes, added sugar, and other additives. Keep it simple.
- **Consider investing in an air purifier** — This is an optional one, but having clean air in your home can make a difference. The vast majority of us spend most of our time indoors. Stagnant air isn't something that we want to be breathing in all the time. (Another option is to keep your windows open).
- **Less is more** — Do you really need that many cosmetics? Do you have to use that many cleaning products? You would be surprised to see how a clean alternative can have so many uses. Distilled white vinegar has a wide variety of uses when it comes to cleaning. Aside from its use in cooking, coconut oil can also be used as a moisturizer in place of petroleum jelly. Declutter the unnecessary toxic chemicals from your household.