



THE 5 HIDDEN TOXINS THAT MAY BE HARMING YOUR FAMILY

Chemical Exposure in Babies and Children

DID YOU KNOW?

232

chemicals were found in the cord blood of newborns tested in a study commissioned by the Environmental Working Group.

82%

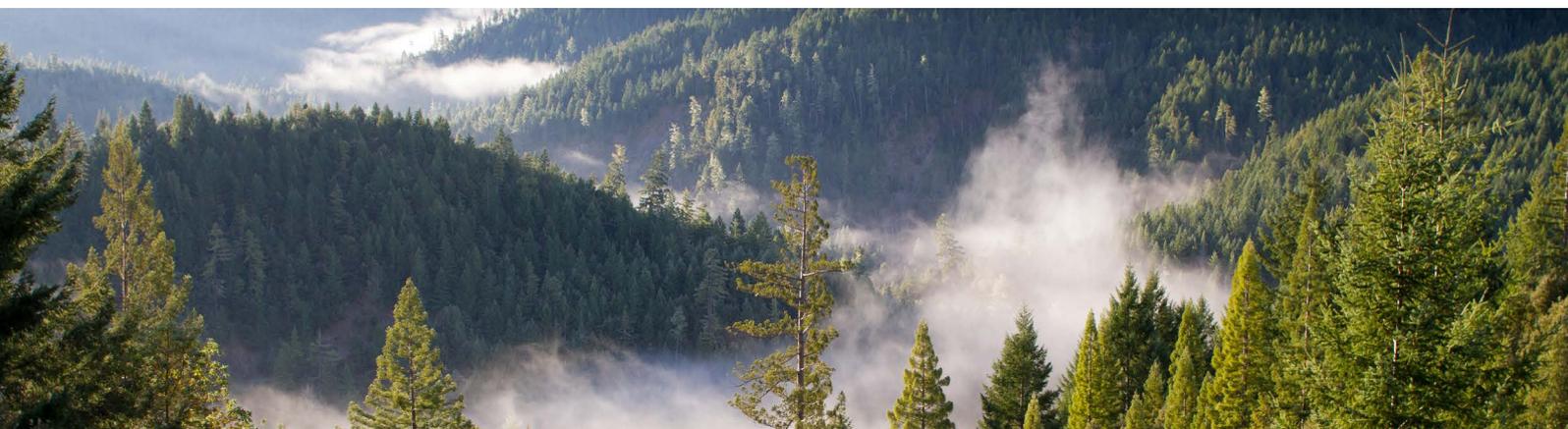
of children are exposed every week to one or more ingredients with the potential to harm the brain and nervous system.

69%

of children are exposed every week to one or more ingredients that may disrupt the hormone system, and 3.6% of children are exposed to ingredients with strong data linking them to cancer, including chemicals classified as known or probable human carcinogens.

80%

of children's products marked as gentle and non-irritating contain ingredients linked to allergies and skin or eye irritation according to government and industry sources.



HOW DOES THIS HAPPEN?!

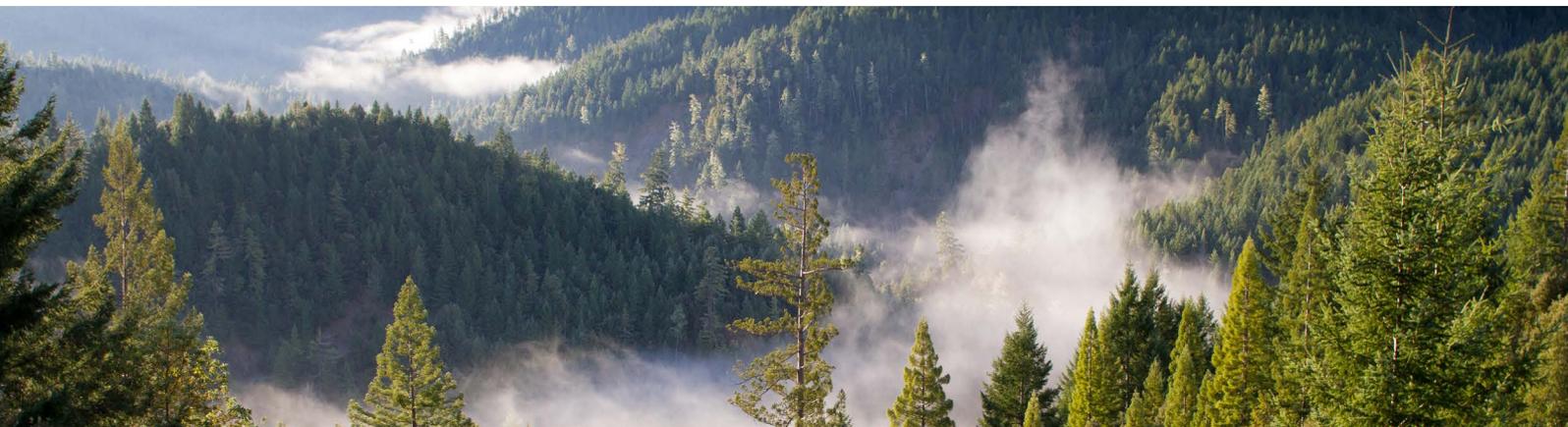
Chemicals pass through the placental barrier, and even infinitesimally low levels of exposure to endocrine disruptors can cause endocrine or reproductive abnormalities, particularly if exposure occurs during a critical developmental window in utero.

TRANSLATION: everything you put on or in your body has the potential to affect your baby while you're pregnant.



TOP 5 MOST COMMON TOXINS CHILDREN ARE EXPOSED TO:

- **Phthalates and BPA:** found in found in children's toys, plastic food containers, and canned food, endocrine disruptors that can damage the liver, kidneys, lungs, and reproductive system – particularly the developing testes.
- **Fragrance:** wreaks havoc on the developing child's endocrine system and contributes to fertility problems, cancer, asthma, and other health issues. Found in laundry detergents, baby lotions and shampoos, and other bath products.
- **Chlorine:** affects the child's microbiome and can cause life long immune issues, asthma, skin and throat irritation, liver and kidney dysfunction, fertility issues, and cancer. Children are exposed when drinking water, and bathing.
- **Fire Retardants:** found in furniture, carpet padding, electronics, building materials, car seats, changing table pads, mattresses, and even nail polish; can cause greater instances of hyperactivity and decreased learning and memory in children, and are linked to male infertility.
- **Chemicals like Ammonia, Bleach, and other Toxins in Cleaning Products:** can affect your child's development, contribute to asthma and allergies, irritate children's skin, eyes, and lungs, and cause fertility problems.



WAKE UP CALL:

You, Mama, are the Gatekeeper of Your Home!

The commercial use of toxic chemicals makes it practically impossible to avoid exposure, which is why glyphosate and other toxins were found in almost 100% of blood tested. We are exposed to pesticides sprayed in the restaurants where we eat, herbicides like RoundUp on the grass where our children might walk barefoot, chlorine in the water which surrounds our children's bodies as they bathe, and hazardous pollutants in the air we breathe when we walk into a store.

But...we are the gatekeepers to our homes. We can limit exposure to toxins to the greatest extent in our personal home environment, and consciously decide to allow only substances we want inside!



3 EASY STEPS FOR PROTECTING YOUR FAMILY

1. Read allll the product labels.

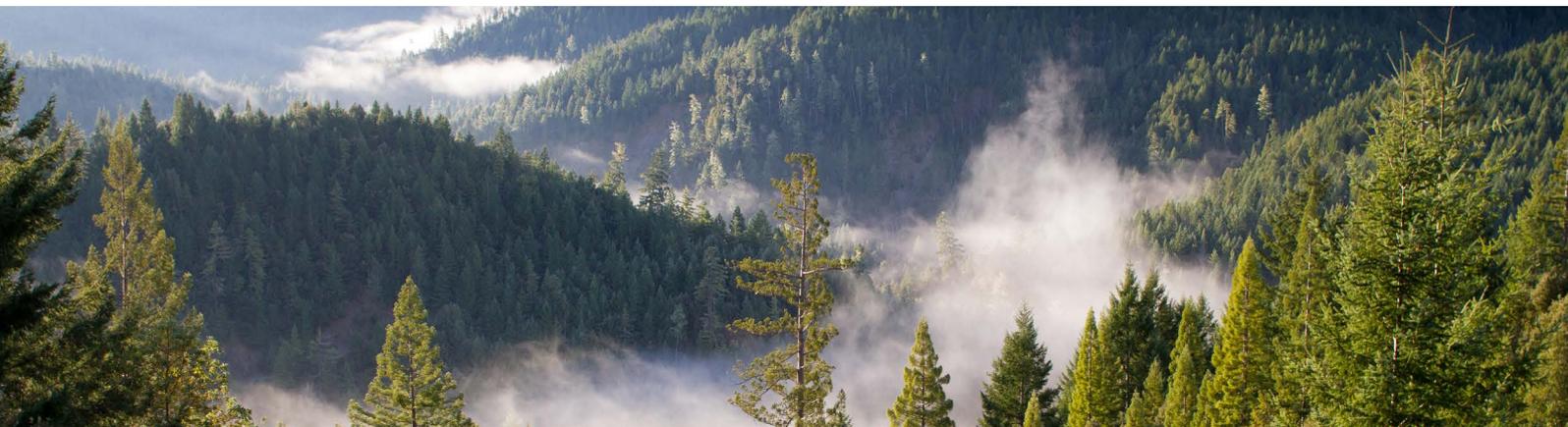
- Check items in your home, and find out which chemicals are being used in the cleaning, personal care, and food products you buy. You might be surprised at just how long some ingredients lists are, even in “green” products. To find out how safe or unsafe ingredients are, you can check the Environmental Working Group (EWG) website, and Think Dirty App.

2. Get your DIY on when possible!

- When you make products at home, you know exactly what the product contains.
- Have better results while simultaneously saving money!
- Pinterest is an excellent resource for DIY hacks that can ensure you are not exposing your family to toxins.
- Customize your recipes! Start with a base recipe for a cleaning spray, and add Lemon or Orange depending on your preference. Or choose to make a great hair mask with Tea Tree and Rosemary, versus Lavender. Possibilities are endless!

3. Educate yourself.

- Read information from the EWG to stay current on which chemicals are most prevalent, and how to avoid them.
- Watch the Story of Cosmetics (youtube), Stink (documentary on Netflix), or the Human Experiment movie, and get involved in holding manufacturers accountable for raising the toxic burden of our bodies and putting our families at risk!



When we choose to use 100% natural products, we improve our wellness by minimizing risk factors, benefit the overall ecosystem of the earth, and make a statement to manufacturers that products containing harmful chemicals will not be consumed. This is absolutely a clear situation of “know better, do better”!

If you have any questions or want to schedule a free consult to discuss the products you're using in your home, reach out!

