



IN THE PANTRY				
<i>Chemical</i>	<i>What is it?</i>	<i>What is it linked to?</i>	<i>Where in the pantry?</i>	<i>Alternatives</i>
Bisphenol-A (BPA) (bis-FEEN-al)	<p>Bisphenol A is just one of a number of types of bisphenols. It is used to harden polycarbonate plastics, it's found in the lining of metal cans and is used as a color developer for cash register receipts, among other things. BPA is able to act as a synthetic estrogen, capable of locking or mimicking natural estrogen in the body.</p>	<ul style="list-style-type: none"> - reproductive toxicity - obesity/weight gain/insulin resistance - thyroid disorders - cancer - neurological/behavioral (ADHD) 	<ul style="list-style-type: none"> - canned foods 	<ul style="list-style-type: none"> - enamel-lined cans (Eden Organics)
Phthalates (THALL-ates)	<p>Phthalates, known as “plasticizers”, are a class of chemicals often used as a</p>	<ul style="list-style-type: none"> - male genital birth defects - feminized behavior in boys - testicular cancers 	<ul style="list-style-type: none"> - food storage containers 	<ul style="list-style-type: none"> - glass/stainless steel



	<p>plasticizer for making hard plastics soft and flexible, and as a fixative for scent and color. They are a synthetic estrogen capable of mimicking or blocking natural estrogen in the body.</p>	<ul style="list-style-type: none"> - low sperm counts - symptoms that are characteristic of autism spectrum disorder such as: aggression, depression, learning disabilities, lower vocabulary scores, decrease in social skills, lower IQ 		
<p>Perfluorooctanoic Acid (PFOA) (per-FLOOR-o-OCK-ta-NO-ick)</p>	<p>PFOA or Perfluorooctanoic Acid is one of the primary ingredients in non-stick cookware. It's also found coated on the inside of microwave popcorn, pizza boxes and other grease proof food packaging.</p>	<ul style="list-style-type: none"> - thyroid disorders - hyperactivity - reproductive toxicity - hormone disruption 	<ul style="list-style-type: none"> - microwave popcorn 	<ul style="list-style-type: none"> - air popper - make your popcorn in a pot on the stove



	<p>PFOA is a highly persistent chemicals that remains in our bodies for a very long time.</p>			
<p>Methyl-Mercury</p>	<p>Methyl-Mercury is formed when elemental mercury is broken down in the environment.</p> <p>Methyl-mercury is far more dangerous than organic mercury. Therefore, lower levels of exposure can have a bigger impact.</p> <p>In seafood, methyl-mercury bioaccumulates - bigger fish have higher levels.</p>	<ul style="list-style-type: none"> - endocrine disruption - reproductive problems - breast cancer - birth defects - developmental issues - liver damage - immune suppression - fatigue - headaches 	<ul style="list-style-type: none"> - canned tuna (and other canned seafood) 	<ul style="list-style-type: none"> - purchase wild-caught seafood - eat seafood lower on the food chain (example: salmon, mackerel, herring) - limit tuna fish consumption 1-2x per month MAX for adults.



IN THE REFRIGERATOR				
<i>Chemical</i>	<i>What is it?</i>	<i>What is it linked to?</i>	<i>Where in the refrigerator?</i>	<i>Alternatives</i>
Organophosphates (OR-gan-O-fos-fates)	<p>Organophosphates are a class of pesticides that are designed to destroy the nervous system of whatever the target pest is, and these can have profound effects even at low-levels.</p> <p>They're a central nervous system toxicant, attacking the central nervous system, brain and parts of the spinal cord.</p>	<ul style="list-style-type: none"> - chronic fatigue - reduced IQ - learning disabilities - behavioral problems - an increased risk of Alzheimer's disease - ADHD - cancers 	<ul style="list-style-type: none"> - produce (typically any nonorganic crop food) 	<ul style="list-style-type: none"> - purchase organic whenever possible
Polychlorinated Biphenyl Ethers (PCB's) (poly-klor-i-nay-ted BI-fen-al EE-thers)	<p>PCB's are made up of over 200 chemicals, and are also known as Persistent Organic Pollutants (POP's) .</p>	<ul style="list-style-type: none"> - endocrine disruption - reproductive problems - breast cancer - birth defects - developmental issues 	<ul style="list-style-type: none"> - farmed seafood 	<ul style="list-style-type: none"> - purchase wild-caught seafood - eat seafood lower on the food



	<p>They are incredibly stable compounds that do not readily decompose. PCB's are so highly toxic that US congress actually banned their use in the late 70's.</p> <p>However, levels STILL remain in the environment to this very day.</p>	<ul style="list-style-type: none"> - liver damage - immune suppression - fatigue - headaches 		<p>chain</p>
Methyl-Mercury	<p>Methyl-Mercury is formed when elemental mercury is broken down in the environment. Methyl-mercury is far more dangerous than organic mercury.</p>	<ul style="list-style-type: none"> - endocrine disruption - reproductive problems - breast cancer - birth defects - developmental issues - liver damage - immune suppression - fatigue - headaches 	<p>- seafood</p>	<ul style="list-style-type: none"> - purchase wild-caught seafood - eat seafood lower on the food chain



	<p>Therefore, lower levels of exposure can have a bigger impact.</p> <p>In seafood, methyl-mercury bioaccumulates - bigger fish have higher levels.</p>			
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<p style="text-align: center;">UNDER THE SINK</p>				
<p><i>Chemical</i></p>	<p><i>What is it?</i></p>	<p><i>What is it linked to?</i></p>	<p><i>Where in the sink?</i></p>	<p><i>Alternatives</i></p>
<p>Chlorine</p>	<p>Chlorine is a chemical element that is added to tap water to destroy many disease-causing bacteria that threaten human health, like typhoid and cholera, as well as things like E. coli.</p>	<ul style="list-style-type: none"> - can destroy healthy gut bacteria - can alter and destroy essential fatty acids - bladder cancer in men - breast cancer in women - heart disease - miscarriage - low birth weight 	<p>- tap water</p>	<p>- appropriately filtered water:</p>



	<p>Chlorine has the ability to react with organic matter in water to form a group of chemicals called trihalomethanes.</p>			
<p>Chloramine (KLOR-a-meen)</p>	<p>Chloramine is used as an alternative to chlorine and is intended to reduce the levels of trihalomethanes in water and also because it does not impart the typical smell and taste of chlorine.</p> <p>It has the ability to extract lead from pipes and pull it into the water, increasing overall lead levels in water.</p>	<ul style="list-style-type: none">- increase in asthma- aggravates skin conditions like eczema- produces trihalomethanes, which are linked to cancer	<p>- tap water</p>	<p>- appropriately filtered water</p>



<p>Lead</p>	<p>Lead is a highly toxic metal found in small amounts in the earth's crust.</p> <p>Lead is often found in the pipes or pipe solder of older homes. Lead is a developmental neurotoxin with profound impacts on growing children.</p>	<ul style="list-style-type: none"> - permanent learning & behavioral disorders - seizures - headaches - sleep problems - anemia - kidney failure - seizures - coma 	<ul style="list-style-type: none"> - enters municipal tap water from lead pipes 	<ul style="list-style-type: none"> - appropriately filtered water
<p>Fluoride</p>	<p>Fluoride is added to municipal tap water supplies (typically in the form of Fluorosilicic Acid), or can be naturally present.</p>	<ul style="list-style-type: none"> - permanent learning & behavioral disorders - thyroid suppression - headaches - bone cancers - reduced IQ - impaired memory 	<ul style="list-style-type: none"> - tap water (can be naturally occurring or added, or both) 	<ul style="list-style-type: none"> - appropriately filtered water



COOKWARE				
<i>Chemical</i>	<i>What is it?</i>	<i>What is it linked to?</i>	<i>Where in the pantry?</i>	<i>Alternatives</i>
Bisphenol-A (BPA) (bis-FEEN-al)	<p>Bisphenol A is just one of a number of types of bisphenols.</p> <p>It is used to harden polycarbonate plastics, it's found in the lining of metal cans and is used as a color-developer for cash register receipts, among other things.</p> <p>BPA is able to act as a synthetic estrogen, capable of blocking or mimicking natural estrogen in the body.</p>	<ul style="list-style-type: none"> - reproductive toxicity - obesity/weight gain/insulin resistance - thyroid disorders - cancer - neurological/behavioral (ADHD) 	<ul style="list-style-type: none"> - food processor containers - Vita-Mix & other blender containers 	<ul style="list-style-type: none"> - avoid using hot. acidic and oily foods - use warm water & soft side of sponge - avoid washing in the dishwasher
Perfluorooctanoic Acid (PFOA) (per-FLOR-o-OCK-ta-NO-ick)	<p>PFOA or Perfluorooctanoic Acid is one of the primary ingredients in non-stick cookware. It's also found coated on the inside of</p>	<ul style="list-style-type: none"> - thyroid disorders - hyperactivity - reproductive toxicity - hormone disruption 	<ul style="list-style-type: none"> - non-stick coated pots & pans - non-stick coated muffin tins, loaf 	<ul style="list-style-type: none"> - stainless steel - cast iron - stoneware - glass - enameled cast iron



	<p>microwave popcorn, pizza boxes and other grease proof food packaging.</p> <p>PFOA is a highly persistent chemical that remains in our bodies for a very long time.</p>		<p>pans, cookie sheets, etc.</p> <p>- non-stick coated items like George Foreman Grills, etc.</p>	
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