

TODAY  
THERE ARE MORE THAN  
**80,000**  
CHEMICALS ON THE MARKET,  
MANY WITH KNOWN OR  
SUSPECTED HEALTH EFFECTS.

Chemicals are released into the environment in the manufacture and use of many products, which then enter our bodies through:

AIR, WATER, FOOD, AND SKIN

We are all exposed to various toxic chemicals in our everyday life, but there are ways to limit that exposure. Here we provide some information on how to adjust your eating, living and purchasing habits to succeed in that goal.

GET IN THE HABIT OF  
READING LABELS & LEARN  
ABOUT HOW CHEMICALS  
AFFECT OUR HEALTH.



Basic principles of environmental health and toxicology are presented in the free e-book, *A Small Dose of Toxicology*. More about all issues mentioned in here can be found on the Silent Spring Institute website <http://www.silentspring.org/>.

PROTECT  
YOURSELF

WHEN CHOOSING CLOTHES FOR YOU

AND YOUR FAMILY

K E E P I N G  
H A R M F U L  
C H E M I C A L S

out of your life.

1. CHOOSE CLOTHING MADE FROM NATURAL,  
UNTREATED MATERIALS WHENEVER POSSIBLE.

Choose clothing made from natural fibers: cotton, wool, linen, hemp, silk, ramie, jute, and sisal.

Fabric treatments may emit toxic chemicals. However, natural fibers that are not certified organic may still have pesticide residues.



hemp

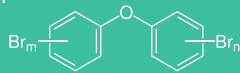


cotton

Avoid clothing marked with labels such as "shrinkproof," "stain resistant," and "waterproof".

2. AVOID FLAME-RETARDANT CLOTHING TREATED  
WITH POLYBROMINATED DIPHENYL ETHERS (PBDEs).

PBDEs affect thyroid hormones and the brain and nervous system, so they can affect brain development and IQ, weight, depression, energy, and muscle control.



chemical structure  
of PBDEs

Purchase snug fitting natural fiber sleepwear such as cotton.

To avoid pesticide residues, buy organic natural fiber cotton with low-impact dyes.

Look for the hang tag that says "must be snug fitting" and "not flame resistant".

3. USE DRY CLEANING SERVICES THAT DO  
NOT USE PERCHLOROETHYLENE (PCE).

Request wet cleaning, which uses liquid carbon dioxide rather than PCE.

PCE has been linked to various cancers.



chemical structure  
of perchloroethylene



If you must use traditional dry cleaning, open the plastic bag outdoors, discard the plastic, and air your clothes out.

4. AVOID COMMERCIAL FABRIC SOFTENERS  
WHICH CONTAIN UNDISCLOSED CHEMICALS.



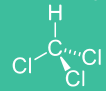
Instead of conventional detergents, use baking soda or white vinegar with a gentle plant-based detergent to clean, brighten, and soften clothes while removing odors and fighting stains.

Use baking soda in the wash (1/2 cup, or 1/4 for high efficiency machines) and/or white vinegar in the rinse cycle (1/2 cup, or 1/4 for high efficiency machines).

5. MINIMIZE YOUR USE OF CHLORINE BLEACH  
& FLUORESCENT WHITENING AGENTS.

Chlorinated hot water in the washing machine can release chloroform, believed to be a carcinogen.

chemical structure  
of chloroform



To whiten clothes naturally, add lemon juice to wash cycle and let them dry in the sunlight.

6. NEVER USE MOTHBALLS WHEN  
STORING YOUR CLOTHES.

These products contain naphthalene and paradichlorobenzene, both chemicals are believed to be carcinogenic.

chemical structure  
of naphthalene



chemical structure  
of paradichlorobenzene



If you have stored clothing in mothballs, open the containers outside. Let the clothes air out thoroughly before wearing them.