



Environmental Toxins and Sustainability Resource List

Protecting Yourself from Environmental Toxins

- Eco Friendly Tips and Sustainable Solutions for a Healthy Planet. www.GlobalStewards.org
- Find your area's pollen, mold spore, and ozone levels at the sites of the American Academy of Allergy, Asthma and Immunology (aaaai.org/nab/index.cfm) or the public-service organization AirNow (airnow.gov). On days when the Air Quality Index is above 150 (100 if you know you're allergy- or asthma-prone), stay behind closed doors as much as you can.
- Environmental Health Perspectives (EHP) is a monthly journal of peer-reviewed research and news published with support from the National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health and Human Services. Content is free to online viewers. <http://ehp03.niehs.nih.gov/>
- A recent article discussing additives in food and describing the process of GRAS (generally recognized as safe): <http://ehp.niehs.nih.gov/121-a126/>
- Toxic pesticides and contaminating chemicals are threatening the health of our ecosystems and people. Pesticides contaminate food, weaken species health, and sicken our children. Beyond Pesticides seeks to protect healthy air, water, land and food for ourselves and future generations. By forging ties with governments, nonprofits and people who rely on these natural resources, we reduce the need for unnecessary pesticide use and protect public health and the environment. Given governmental limitations in providing hands-on services to the public, Beyond Pesticides support to determine an appropriate course of action by: identifying and interpreting hazards; and, designing safe pest management programs. <http://www.beyondpesticides.org/>
- A consumer's guide to green from Good Housekeeping: www.thedailygreen.com/living-green/definitions/volatile-organic-compounds
- Information on Organic Living; Health; Food; Family; Mind and Body; Pets. www.rodale.com/
- Great tips for natural methods of controlling pests indoors: http://eartheasy.com/live_natpest_control.htm
- More tips for natural methods of controlling garden pests: http://eartheasy.com/grow_nat_pest_cntrl.htm
- Organic Food searchable database: www.localharvest.org
- Tips to spend less on fertilizer, pesticides and water and save energy and time on lawn maintenance: http://eartheasy.com/grow_lawn_care.htm
- Persistent Organic Pollutants (POPs) are toxic chemicals that adversely affect human health and

the environment around the world. Because they can be transported by wind and water, most POPs generated in one country can and do affect people and wildlife far from where they are used and released. They persist for long periods of time in the environment and can accumulate and pass from one species to the next through the food chain. To address this global concern, the United States joined forces with 90 other countries and the European Community to sign a groundbreaking United Nations treaty in Stockholm, Sweden, in May 2001:

<http://www.epa.gov/oia/toxics/pop.html>

Genetically Modified Organism (GMO) Foods

- List of crops and other foods at high risk of being GMO. www.nonGMOproject.org
- California initiative that will affect remainder of US. www.labelGMOs.org
- A great blog by Dr. Marion Nestle, Ph.D., M.P.H. She also writes the Food Matters column for the San Francisco Chronicle. www.foodpolitics.com

Resources and information on Electromagnetic Fields (EMF)

- “Disconnect” a book by Devra Davis; *Disconnect FAQ's: The Truth About Cell Phone Radiation* can be found at <http://ehtrust.org/resources> Ms. Davis is also the author of “The Secret History of the War on Cancer”.
- The Bioinitiative 2012 Report on this site was prepared by 29 authors from 10 countries, ten of whom are MDs, 21 PhDs and three MsC, MA or MPHs. Conclusions of the group show that bioeffects are clearly established to occur with very low exposure levels (non-thermal levels) to emfs and radiofrequency radiation exposures. “Bioeffects can occur in the first few minutes at levels associated with cell and cordless phone use. Bioeffects can also occur from just minutes of exposure to mobile phone masts (cell towers), WI-FI, and wireless utility ‘smart’ meters that produce whole-body exposure. Chronic base station level exposures can result in illness.” The Conclusion section of this site is a must read. <http://www.bioinitiative.org>

Household Cleaner Guides

- Environmental Working Group guide to healthy cleaning: <http://www.ewg.org/guides/cleaners>
- Most Natural and Cheap Ways to Clean Furniture: <http://www.sofasandsectionals.com/natural-furniture-cleaners>

Health and Beauty Aids and Chemicals

- Resource and D-base ratings on Cosmetics; Sunscreens; National Drinking Water D-base; US Farm Subsidy D-base; Tips on Cell Phone Radiation; Gas Drilling and Fracking; Meat Eaters Guide to Climate Change and Health <http://www.ewg.org> [Environmental Working Group's Skin Deep Cosmetics Safety Database](http://www.ewg.org). Of Special Note: EWG's Shoppers Guide to Pesticides in Produce is available as a smart phone app. Go to <http://www.ewg.org/foodnews>
- <http://www.safecosmetics.org/article.php?id=283#really>
- <http://www.well-women.com/beauty.html>
- http://www.naturalnews.com/030649_beauty_products_toxic_chemicals.html#ixzz26yCSrHEA
- <http://www.planetagenda.com/chemicals.htm>
- <http://www.organicconsumers.org/perchlorate.cfm>

Dentistry

- Consumers for Dental Choice. Mercury Free dentistry. www.toxicteeth.org
- www.MedicalNewsToday.com

Create Healthier Indoor Environments:

- International Institute for Bau-Biologie and Ecology <http://hbelc.org>
- This site offers info on making your home more energy efficient; info on air quality; indoor and outdoor safety; home recipes for cleaning products, tips on easy ways to live “greener”, etc.: <http://www.safetyathome.com>
- News and Lifestyle on the “Latest in Green” as well as Recycling 101 and a recycling center search: www.Earth911.com
- Facts About the Global Drinking Water Crisis: <http://blueplanetnetwork.org/water/facts>
- Environmental Action Group: Natural Resources Defense Council. Among other things, this group promotes “Sustainable Communities” <http://www.nrdc.org>
- 11 Surprising Facts and Myths About Microwave Ovens from the Daily Green, a consumer guide to green from GoodHousekeeping.com: <http://www.thedailygreen.com/environmental-news/latest/microwave-radiation-ovens-460709>

Environmental e-Store for household items:

- <http://www.greenhome.com>
- <http://www.gaiam.com>

Glossary of Terms:

Bisphenol A: A chemical used in plastic bottles, cans, jar lids, some dentistry composites, even carbonless receipts. Low level exposure has been linked to a wide range of adverse health effects. ABC report link: <http://abcnews.go.com/Health/video/poison-pantry-10741401>

Chlorine and Disinfection Byproducts (DBP's): When chlorine reacts with organic substances in water it creates chemical compounds like trihalomethanes and haloacetic acids (THMs and HAAs). These DBP's are thought to be over 10,000 times more toxic than chlorine and contribute to cancers, allergies, atherosclerosis and other conditions.

References: On Using Limes and Synthetic Solarens to Enhance Solar Disinfection of Water...PubMed: <http://www.ncbi.nlm.nih.gov/pubmed/22492137>

<http://www.sciencedaily.com/releases/2012/04/120417125632.htm>

EMF's Link to video used in presentation: "Medical Doctors on Cell Phone Safety"
http://www.youtube.com/watch?v=L_mO_Z0AoPo&feature=em-share_video_user

Fluorotelomer: A range of chemicals with a similar fluoride carbon backbones but different functional heads. These are the chemicals applied to food packaging, stain resistant clothing, and carpet protection. Brand names used include Teflon, Zonyl, Stainmaster, Staindefender, Scotchgard.

Glyphosphate: A widely used herbicide with hormone disrupting properties. Among other possible health effects, glyphosphate is believed to be an obesogen, cause fertility problems and birth defects and to weaken the immune system. It has inspired a lot of web discussion including this article:

<http://www.motherearthnews.com/Organic-Gardening/2005-10-01/Hazards-of-the-Worlds-Most-Common-Herbicide.aspx>

Parabens: Have been described as the BPA of the health and beauty aid products...hormone disrupting and a definite no-no of an ingredient. This is a good article on other common cosmetic ingredients that should be avoided: <http://www.treehugger.com/style/beyond-parabens-7-common-cosmetics-ingredients-you-need-to-avoid.html>

One more piece of the puzzle is the question of the necessity of using these [parabens](#) at all. According to some organic cosmetic manufacturers, parabens are indeed unnecessary, as tinctures made from high quality organic herbs and organic grain alcohol are shelf-stable for approximately two to three years. For example, a 100% organic moisturizing body oil made from organic oils derived from sunflowers, cocoa butter, coconuts, peppermint and spearmint can have a shelf-life of up to 18 months. Studies still need to be done to see if this claim can be proved.

Learn more: http://www.naturalnews.com/022113_parabens_cosmetics_chemicals.html#ixzz27LukW18J

Perchlorate: Ammonium perchlorate and other perchlorate compounds are used in solid rocket fuel, military explosives, fireworks, highway flares and auto airbags. Contamination in our air and water supply is shown to disrupt thyroid function and can particularly affect brain development in babies. An EWG analysis of data from the FDA published in 2008 found 75% of 300 commonly consumed foods and beverages were contaminated with perchlorates. <http://www.ewg.org/chemindex/chemicals/perchlorate>

Perfluorinated chemicals or Perfluorochemicals (PFC): A chemical family consisting of a carbon backbone fully surrounded by fluorine, which makes them impervious to heat, acid or other forces that typically break down chemical compounds. Sometimes referred to as 'Teflon' chemicals.

Persistent Organic Pollutants (POPs): Chemical substances that persist in the environment, bioaccumulate through the food web, and pose a risk of causing adverse effects to human health and the environment. With the evidence of long-range transport of these substances to regions where they have never been used or produced and the consequent threats they pose to the environment of the whole globe, the international community has now, at several occasions called for urgent global actions to reduce and eliminate releases of these chemicals. A site created by the EPA to raise awareness on POP's and discuss actions being taken:

<http://www.epa.gov/international/toxics/pop.html>

PFOA: Perfluorooctanoic acid. Breakdown product of fluorotelomers and backbone of many DuPont products. Also used as a surfactant to produce PTFE, the Teflon in pans. Sometimes called C8.

PFOS: Perfluorooctanyl sulfate. Breakdown product of fluorotelomers that are based on 3M chemistry. C8, et al: The range of chemicals that are identical to PFOA but with carbon backbones of varying length. PFOA/C8 has 8 carbons, C7 has 7, and so on. These are breakdown products of fluorotelomers.

PTFE: Polytetrafluoroethylene. Polymer used for cookware and other non-stick applications. Brand names include Teflon and Silverstone. A physically expanded form of PTFE is used to make Gore-Tex. PFOA is an ingredient in the manufacture of PTFE.

Phthalates: Industrial compounds that have been used for decades as softeners for plastics, oily substance in perfumes, additives to hairspray, lubricants and wood finishers. About a billion pounds per year are produced worldwide and they are now everywhere...not just in products for which they are intentionally used but also as contaminants in just about everything. For a discussion of the studies done on low level effects of phthalates in fetal development and early onset puberty issues see:

<http://www.ourstolenfuture.org/news/science/oncompounds/phthalates/phthalates.htm>

For good articles on recycling codes (and help knowing which plastics to avoid):

<http://www.breastcancer.org/risk/factors/plastic.jsp>

<http://www.thedailygreen.com/going-green/tips/plastic-recycling-codes-tip>

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES): Used in products like shampoo, detergent, soap, toothpaste as a foaming agent (chemically known as surfactants). According to the Natural Health Information Centre A [report](#) published in the Journal of The American College of Toxicology in 1983 showed that concentrations as low as 0.5% could cause irritation and concentrations of 10-30% caused skin corrosion and severe irritation. [National Institutes of Health "Household Products Directory"](#) of chemical ingredients lists over 80 products that contain sodium lauryl sulfate. Some soap has concentrations of up to 30%, which the ACT report called "**highly irritating and dangerous**".

Shampoos are among the most frequently reported products to the FDA. Reports include eye irritation, scalp irritation, tangled hair, swelling of the hands, face and arms and split and fuzzy hair. The main cause of these problems is sodium lauryl sulfate.

Triclosan: A chemical that has been in use for about 40 years and is used in many everyday products primarily for its antibacterial action. Of particular concern to researchers is the relatively recent use of this chemical in consumer hygiene products. A Web MD article on the subject contains a quote that gets to the heart of the matter: "We want it removed because it is ineffective and poses a potential threat to human health and the environment," Sarah Janssen, MD, PhD, a staff scientist at the Natural Resources Defense Council, tells WebMD.

In animal studies, triclosan has been found to interfere with hormones crucial for normal brain development and function and reproductive system development and function, Janssen says. <http://www.webmd.com/skin-problems-and-treatments/news/20100409/triclosan-question-and-answer>

Teflon: Teflon is a brand name, it is not a single chemical. Teflon can refer to PTFE or to a fluorotelomer or to any number of perfluorochemicals. Perfluorochemicals are often termed "Teflon" chemicals or as having "Teflon" chemistry.

Volatile Organic Compounds (VOCs): The term "off-gassing" is one frequently applied to the gasses that evaporate in the air from a large number of consumer products that contain chemicals. Everything from paint fumes to the new car smell we like so much fall in to the VOC category and can have negative impact on our health. A good site for further info on VOCs and links to additional resources along with tips on green living is <http://www.thedailygreen.com/living-green/definitions/volatile-organic-compounds>