



TOXIN-FREE HOME GUIDE





10 COMMON HOUSEHOLD TOXINS

1

Pthalates

Found in household plastics, including tupperware, vinyl shower curtain liners, air freshners, cosmetics, and more.
Made from petroleum - used to soften plastic and make it flexible.

HEALTH RISKS

Pthalates disrupt hormones- affect the thyroid, estrogen and progesterone levels called a "gender bender" by some - feminizing men and masculinizing women.

SWITCH UP

- Plug in air freshners for essential oils
- Plastic tupperware for glass containers
- Vinyl shower curtains for pthalate, pvc free shower curtains

2

Ammonia

Found in window cleaners, floor wax, counter cleaners, stainless steel cleaners, bathroom cleaners, toilet cleaners

Naturally occurring but higher concentration in cleaners

HEALTH RISKS

Asthma, respiratory issues- skin, eye and throat irritation

SWITCH UP

- Window cleaners for rubbing alcohol
- Floor cleaners for cedar and sage oil with vinegar mixtures
- Baking soda and vinegar for oven cleaners

3

VOCs- volatile organic compounds

Found in paint, wood preservers, carpet sealers, dry cleaned clothes, aerosol sprays, stored automotive products Gases emitted from solids and liquids

Fun fact- VOC levels in homes 2-5 x higher than outside of homes

HEALTH RISKS

HA, Nausea, Allergies, Dizziness, Cancer, Muscle weakness

SWITCH UP

- Paint- VOC free paint
- Discard stored fuel, automotive products
- Replace carpet cleaners, stain removers with salt, borax, vinegars

4

Lye/ Sodium Hydroxide

Found in oven cleaners, soaps, drain cleaners, aquarium tanks

Caustic salt- used since Egyptian civilization

HEALTH RISKS

Skin, eye irritation, inhalation risk

SWITCH UP

- Oven cleaner- baking soda
- Household soap- olive oil and castile soap combo

5 Chlorine

Found in household bleach, synthetic rubbers, shower water, refrigerators

HEALTH RISKS

Inhalation, skin irritation, rashes, long term- focus, concentrations

SWITCH UP

- Water for water filtration to remove excess chlorine
- Bleach for lemon juice or hydrogen peroxide

6 Perc

Found in Drycleaning

HEALTH RISKS

Memory loss, dizziness, lack of coordination- on list of known carcinogens

SWITCH UP

- Drycleaning- home dry cleaning options, perc free
- Limit drycleaning

7

Triclosan

Found in household soaps, detergents, disinfectants, toothpaste

HEALTH RISKS

Cancer causing agent, disrupts thyroid causes photo allergic contact dermatitis

SWITCH UP

- Toothpaste- triclosan free (baking soda)
- Disinfectant for citrus oil - orange, lemongrass, thyme

8

2 Butoxyethanol

Found in soaps, cosmetics, cleaners and dry cleaning

HEALTH RISKS

Known carcinogen, liver failure, depression

SWITCH UP

- Drycleaning- home dry cleaning options, perc free
- Limit drycleaning

9

Organophosphates

Found in household pesticides- indoor and outdoor

HEALTH RISKS

Neurological disorders, ADHD

SWITCH UP

- DEET for lemon oil, citronella
- Put away food, seal containers
- Caulk and seal entry points

10

PFOA- nonstick cookware

Found in nonstick cookware

HEALTH RISKS

Thyroid disease in children, cancer, pregnancy risks including preeclampsia and high cholesterol

SWITCH UP

- Non stick for cast iron pans, stainless steel or new tech-thermalon