



DR. TAZ ^M_D
INTEGRATIVE MEDICINE

REDUCING TOXIC LOAD

A bright, empty room with large windows and wood flooring. The room is well-lit, with natural light streaming in from the windows. The walls are white, and the floor is made of dark wood. The overall atmosphere is clean and airy.

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