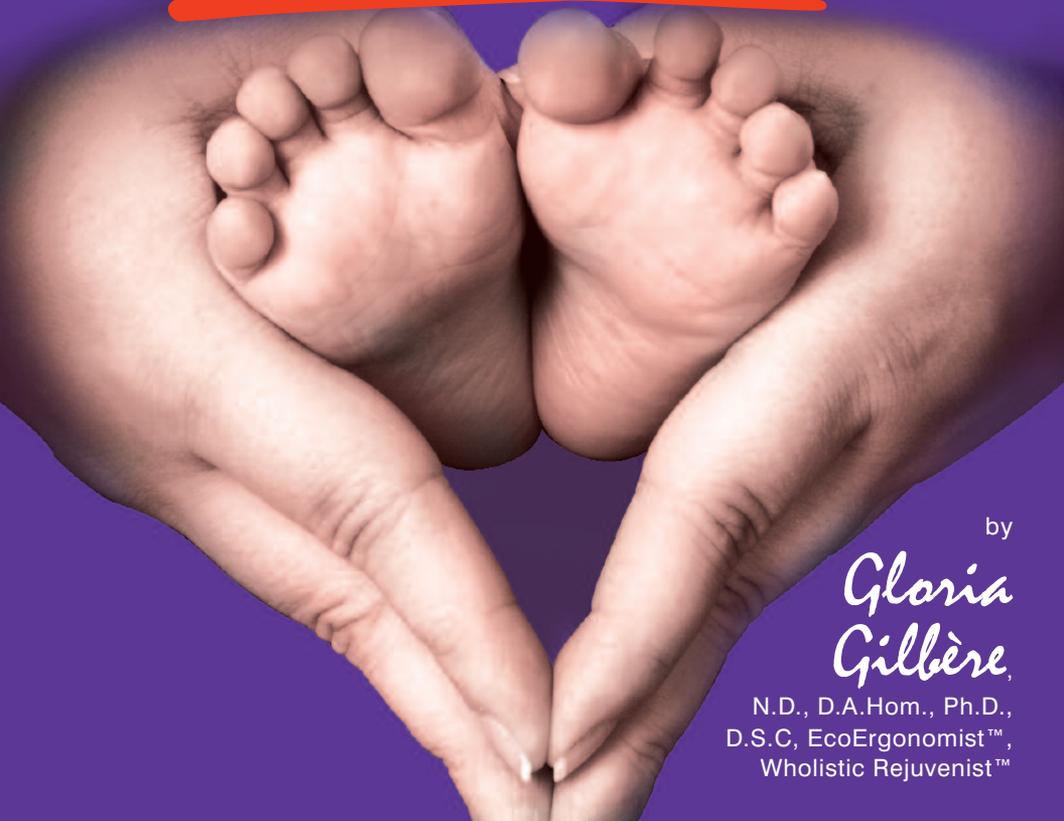


If we don't stand for our children's health, then we don't stand for much!

Everything your child is exposed to (environmentally and nutritionally) is potentially toxic and affects emotional and physical development. This book provides basic guidelines on how to raise a healthy child.

HOW TO LIVE HEALTHY IN A TOXIC WORLD, NATURALLY

Are Your Infant & Children Being Poisoned?



by

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Lying in a Bed of "Toxic Soup"

Disorders like **Sudden Infant Death Syndrome (SIDS)**, also known as crib death, ignite terror in a parent.

It's inconceivable that over 1 million babies have died of this syndrome and after 50+ years, **no one in the conventional medical community has identified a cause until now.**

A New Zealand scientist and chemist believes he found the answer. Dr. Jim Sprott, OBE, attributes crib death to toxic gases generated from the baby's mattress. This toxic "soup," made of phosphorus, arsenic and antimony, is added to mattresses as fire retardant chemicals. Additionally, a fungus that grows in bedding can interact with these chemicals to create poisonous gases (Richardson 1994). When an infant breathes or absorbs a lethal dose of these gases, the central nervous system shuts down, and stops breathing and heart function—the fatal toxins can occur without waking the infant, and without a struggle. *A conventional autopsy DOES NOT reveal signs the baby was poisoned by chemicals.*

It is our responsibility as parents, grandparents, and health professionals to take immediate action to eliminate sources of phosphorus, arsenic and antimony from all

mattresses. Since this is not happening, prevention is the best medicine.

The solution is to prevent babies from exposure to these gases by wrapping mattresses in a gas-impermeable cover made from high-grade aluminum and to additionally ensure the bedding used on top does also does not contain these chemicals.

HISTORICAL PERSPECTIVE

For the past several years, a **100% successful crib death prevention campaign** in New Zealand proved the toxic mattress methodology and its connection to SIDS. Midwives and other health professionals advised parents to wrap mattresses. **During**

this prevention campaign, NOT A SINGLE SIDS DEATH WAS REPORTED among over 100,000 New Zealand babies who slept on properly wrapped mattresses. Crib death after 1994, when the program was initiated, is ZERO. THAT DATA IS CONVINCING TO ANYONE!

Eight to ten babies continue to die every night in the U.S. from SIDS. The gasses are denser than air and settle in a thin layer directly on top of the mattress—babies sleeping face-down are more likely to inhale a lethal dose of these gases. These gases are also absorbed through babies' skin. This is one of the major reasons face-up sleeping provides only partial protection against crib death.



Resources

✓
To purchase an inexpensive, healthy, non-toxic crib mattress, visit www.healthychild.com/maturepedic.htm. This website is the most informative and it's research is the basis for much of the information in this educational piece.

✓
To purchase a BabeSafe mattress cover, visit www.preventcribdeath.com

✓
To purchase a scrum foil barrier cloth that prevents off-gassing of chemicals, a cost-effective alternative to an expensive organic mattress, contact www.afs-foil.com

Raising Healthy Infants and Children, Naturally

Everything your child is exposed to (environmentally and nutritionally) is potentially toxic and affects emotional and physical development. This brochure provides basic guidelines on how to raise a healthy child, and maintain your health and that of your family, while living in a toxic world, *naturally*.

You Need to Know

In the past 30 years, the EPA has evaluated the safety of just 200 out of 80,000 chemicals, and banned only 5. It's up to consumers to take responsibility for protecting their health and that of their families.

BABY BOTTLE THREAT

Most baby bottles are made of polycarbonate (PC), the clear glass-like type. The fear is that PC leaches a chemical called Bisphenol-A. This chemical component is an estrogen analogue—once you sterilize the baby bottles it gets into the baby's food. It is also a developmental, neural and reproductive toxin. If the plastic is rigid and clear it's probably PC; if it's milky in color and somewhat flexible, it is polypropylene (PP)—believed to be safer.

Phthalates—Dangerous Reproductive Disruptors

The average sperm count has significantly decreased in men since the 1940s—attributed to toxic chemical exposure like phthalates.

Phthalates = a common industrial chemical used in PVC plastics, solvents, and synthetic fragrances—often referred to as *plasticizers*. In

2000, the CDC found phthalates in all of the 289 people it tested at surprisingly high levels in their blood.

HEALTH EFFECTS

Phthalates are endocrine disruptors linked to problems of the reproductive system, including decreased sperm motility and concentration in men, and genital abnormalities in baby boys. They are also linked to general reproductive disorders, allergies, and asthma.

HOW CAN I MINIMIZE MY EXPOSURE TO PHTHALATES?

Avoid these, and you'll also be avoiding phthalates:

1. **Nail polish**—*Dibutyl phthalate* is often used to make nail polish chip-resistant. Look for it on the ingredients list, where it may be shortened to DBP. There are non- or less-toxic nail products that also do not contain formaldehyde or toluene.
2. **Plastics in the kitchen**—Turn a critical eye to your cupboards. Phthalates may be more likely to leach out of plastic when it's heated, so avoid cooking or microwaving in plastic. When feasible, use glass to store food, even in the freezer.
3. **Vinyl toys**—Phthalates are what make vinyl (PVC) toys soft, so don't give them to children. Opt instead for wooden and other phthalate-free toys, especially during that age when they put everything in their mouths!
4. **Paint**—Paints and other hobby products may contain phthalates as

solvents, so be sure to use them in a well-ventilated space. Better yet, only use paints that are free of volatile organic compounds (VOCs). Most major paint stores now carry this non-toxic paint. Ask for it. It can still be tinted for your color scheme.

5. **Fragrances**—*Diethyl phthalate* (DEP) is often used as part of the “fragrance” in products. Since DEP won’t be listed separately, you’re better off choosing personal care products, detergents, and cleansers that don’t have the word “fragrance” on the ingredients list. If the product is not organic and it says “fragrance-free,” it most likely means they’ve masked the scent of the chemicals by using yet another chemical. Use only organic essential oils or all organic fragrance-free products (Refer to page 24 for *13 Most Commonly Used Chemicals in Fragranced Products*).

6. **Vinyl**—Vinyl shows up in a lot of different products: lawn furniture, garden hoses, building materials, and items of clothing (like some raincoats). Aside from carefully choosing materials when you’re making purchases, there is one easy change you can make: Switch to a non-vinyl shower curtain. That “new shower curtain” smell (you know the one?) is a result of chemical off-gassing, and it means your shower curtain is a source of dangerous phthalates in your home. You can purchase an organic shower curtain liner (that is washable) and then use an all-cotton, or natural fabric, curtain on the outside for the decorative touch.

7. **Air Fresheners**—Just like fragrances in personal care products, **most contain phthalates**. New research from the NRDC demonstrates that it also applies to the ones labeled “fragrance-free.” These chemicals

are very toxic and should never be used. If you need to freshen the air, try a very little bit of organic essential oil like citrus blend or lavender, place a couple of drops on a cotton ball and place in a dish or small vase. The best air freshener is fresh air or an exhaust fan.

Bisphenol-A (BPA)



WHAT IS IT?

It’s a toxic plastic chemical found in polycarbonate plastic and the resinous* lining of food cans.

**Defining RESINOUS—
A semi-solid substance secreted in the sap of some plants and trees. It is used in varnishes,*

paints, adhesives, inks and some medications. It is a synthetic polymeric compound physically resembling natural resin, i.e., polyvinyl, polystyrene, or epoxy. It’s used extensively in petrochemicals and plastics.

HEALTH CONCERNS

In April 2008, the National Toxicology Program raised concerns that exposure to BPA during pregnancy and childhood has shown to negatively affect the developing breast and prostate, hasten puberty, and affect behavior in American children.

MINIMIZING EXPOSURE TO BPA

- **Limit canned foods.** BPA leaches into canned food from the lining. When possible, and especially when pregnant or breastfeeding, limit the amount of canned food your family eats. Particularly avoid canned soup, pasta, and infant formula.
- **Avoid polycarbonate plastic.** Hard, translucent plastic marked #7 is probably polycarbonate, which leaches BPA, especially when heated. Ditch your polycarbonate water bottles in favor of a stainless steel bottle. Don’t microwave

plastic—use ceramic or glass instead.

- **Soft or cloudy-colored plastic** does not contain BPA, but it's still best to avoid it when other feasible options are available.
- **If you're formula-feeding your infant, consider using powdered formulas packaged in non-steel cans.** Also, choose baby bottles made from glass or specially marked plastics that don't leach BPA (like polypropylene or polyethylene).

CREATING A NON-TOXIC NURSERY AND CHILDS' ROOM

Infants and children spend the greater portion of their early life in their beds or nursery. As parents and grandparents, it's our responsibility to ensure our cars and homes, especially the nursery, are healthy and free of chemical toxins.

- **Furniture**—Over 90% of new bedroom furniture is made from MDF, which slowly releases toxic chemicals such as formaldehyde for years. Choose toxin-free furniture that is unfinished, and low- or no-VOC paints and stains. If you are not able to do this, allow the furniture to air outside in the hot sun and keep the nursery windows open for at least a month before bringing baby home. Used furniture at least five years old has likely released most of its harmful chemicals, but make sure these items meet safety standards and that they don't have mold.
- **Bedding**—Mattresses with wool or latex can cause allergies. Try to purchase an organic mattress, or, if you cannot afford one, allow a conventional mattress to air out in the hot sun at least a month before use and then wrap it as described elsewhere in this booklet. Try to

purchase sheets and blankets made of organic cotton, or wash non-organic bedding several times before use. Only laundrer bedding with organic, biodegradable detergents that are fragrance-free or use T-wave® capsules instead of any detergent—for an investment of about \$59.95, you get 3 capsules, and they last up to 1,000 wash loads! Use drier balls instead of any type of fabric softeners. It avoids chemicals and allergies and is so cost-effective you'll wonder why you didn't use them sooner.

- **Toys**—For stuffed toys, be sure they're washable. Organic stuffed toys are a good investment—they won't expose your baby to chemicals or pesticides that may be in conventional toys. For painted toys, be sure the paint is lead-free, and avoid plastic. Choose sturdy metal with lead-free paint or wood.
- **Paint**—Choose low-VOC or no-VOC paint for your child's nursery, and for your entire house. Remember: DO NOT paint if you're pregnant, regardless of the type of paint! Allow the nursery to air out for two months before your baby arrives. When using no-VOC paints, they cure within 72 hours, but I still recommend you paint the baby's room at least one month before delivery.
- **Flooring**—Try to avoid putting in new flooring, which can release chemicals in the air or irritate allergies. If necessary, use natural rugs to lessen allergies. Keep carpets clean using a HEPA filter vacuum. I use and recommend a Dyson—it costs a bit more but it's worth it. Most pre-finished flooring is baked to ensure the finish so you don't have off-gassing. A bamboo pre-finished distressed floor is a great choice and takes a lot of abuse.

- **Cleaning**—When cleaning your non-toxic nursery and your home, use only non-toxic cleaning products, or simply plain water and microfiber cloths for general dusting and cleaning. For jobs that require a cleaning powder, use BonAmi cleanse. It's a very old reputable brand and is the most non-toxic. For toilet bowl cleaning, buy organic cleansers at a health food store. I use one that is liquid and has the scent of organic essential oil of lavender. If the nursery has carpets, vacuum frequently to avoid dust buildup. Use 1/4 cup lemon juice or white vinegar in the wash to help brighten clothes. The T-wave® capsules come with a bottle of natural enzyme cleaning booster and spot cleaner; it eliminates the need for chemical spot cleaners and chemicals.
- **Natural Air Fresheners**—Use only organic essential oils of your preferred fragrance. For instance, in the kitchen the scent of citrus (lemon or lime) is very refreshing to mask cooking odors. In the nursery, either a citrus blend or lavender is not only pleasing but calming for the child. Another great scent is grapefruit. Put a drop or two onto a piece of cotton or gauze and place in a shallow dish or even into an aromatherapy dish; refresh with oil as needed. This also goes for diaper pails if using cloth diapers.
- **Lighting**—It is recommended to not use any type of fluorescent or compact fluorescent bulbs in the nursery or child's room because most of them emit some type of chemical and/or mercury vapor. If possible, use a ceiling fan light fixture to constantly recirculate fresh air. Just as important is to always leave a window open even half an inch to allow for fresh air exchange. *Never* put the fan on high. Run the fan several times a day on the lowest setting...It doesn't need to run all day unless using it for cooling purposes.
- **Window coverings**—It is best to not use fabric on windows because of its propensity to collect dust and dust mites. Metal or wood blinds are the best option for a healthy environment. That said, some wood blinds off-gas and you should set them in the hot sun for a few days, or even a week, to assist in evaporating any chemical residue from stains and finishes. Two-inch blinds are much easier to clean and are my preference.
- **Ventilation**—It can never be emphasized enough that fresh air exchange is critical in creating a healthy environment. Always leave a window open a small amount and be sure air is circulating, never stagnant. To purify the air, it is recommended to use a HEPA air purifier and run it 24/7. You can purchase one that is not any larger than a round vacuum canister, completely purifies the air in a room at least five times per hour—and costs less than \$400. The filters last four years and are cost-effective to purchase and install. For information on ordering a professional HEPA filter unit to suit your purposes, contact Health Matters Store at (208) 255-5252 and provide the size of the room you will be using the unit to filter. Each unit is custom ordered and takes two weeks for delivery right to your door. A HEPA-type filter is what is used in hospitals and surgery rooms to assure the cleanest air. The professional units can also be ordered with an ultraviolet light to kill germs (bacteria, viruses, etc.)—recommended for those who have many people in and out of a nursery or other children who may introduce germs into the environment.

Creating a non-toxic nursery is providing your children with a strong foundation on which their health can be built without compromising their developing immune systems with harmful, toxic substances. We can't protect them from everything, but we certainly can control our personal environments, *naturally*.

"I think the environment should be put in the category of national security—defense of our resources is just as important as defense abroad. Otherwise what is there to defend?"
—Robert Redford

CLEANING PRODUCTS 101—UNDERSTANDING THE CHEMISTRY

Homemade recipes are not simply remnants from our grandmother's era. A busy mother working in or out of the home can easily follow the guidelines below that have been proven safe and effective for decades. It is important, however, that you understand the chemistry of these products so that they are used appropriately.

- **Baking soda**—A commonly available mineral full of many cleaning attributes, baking soda is made from soda ash, and is slightly alkaline (its pH is around 8.1; 7 is neutral). It neutralizes acid-based odors in water, and adsorbs odors from the air. Sprinkled on a damp sponge or cloth, baking soda can be used as a gentle non-abrasive cleanser for kitchen countertops, sinks, bathtubs, ovens, and fiberglass. It will eliminate perspiration odors and even neutralize the smell of many chemicals if you add up to a cup per load to the laundry. It is a useful air freshener, and a fine carpet deodorizer.

- **Washing soda**—A chemical neighbor of baking soda, washing soda (sodium carbonate) is much more strongly alkaline, with a pH around 11. It releases no harmful fumes and is far safer than a commercial solvent formula, but you should wear gloves when using it because it is caustic. Washing soda cuts grease, cleans petroleum oil, removes wax or lipstick, and neutralizes odors in the same way that baking soda does. Don't use it on fiberglass, aluminum or waxed floors—unless you intend to remove the wax.

- **White vinegar and lemon juice**—White vinegar and lemon juice are acidic—they neutralize alkaline substances such as scale from hard water. Acids dissolve gummy buildup, eat away tarnish, and remove dirt from wood surfaces.

- **Liquid soaps and detergents**—Liquid soaps and detergents are necessary for cutting grease, and they are not the same thing. Soap is made from fats and lye. Detergents are synthetic materials discovered and synthesized early in this century. Unlike soap, detergents are designed specifically so that they don't react with hard water minerals and cause soap scum. If you have hard water, buy a biodegradable detergent without perfumes; if you have soft water you can use liquid soap (both are available in health food stores).

- **Mold killers and disinfectants**—For a substance to be registered by the EPA as a disinfectant, it must go through extensive and expensive tests. The EPA recommends using simple soap as a disinfectant. There are many essential oils, such as lavender, clove, and tea tree oil (an excellent natural fungicide) that are very antiseptic, as is grapefruit seed

extract, even though they aren't registered as such. Use one teaspoon of essential oil to 2 cups of water in a spray bottle (make sure to avoid eyes). A grapefruit seed extract spray can be made by adding 20 drops of extract to a quart of water. **Caution:** Make sure to keep all homemade formulas *well labeled*, and out of the reach of children.

The above recommendations are respectfully taken, with appreciation, from work and research by Anne B. Bond.

FLOOR COVERING DOS AND DON'TS

- **Consider replacing wall-to-wall carpets.** Throw rugs, tile, wood and other non-carpet materials are easier to keep clean. Wall-to-wall carpets and their pads are reservoirs for dust mites, dirt, mold and pollutants. They are especially problematic in bathrooms, kitchens, basements and bedrooms, and should not be used in homes of asthmatics. Wood and tile floors can be covered with machine-washable throw rugs.
- **Place doormats at all entrances and encourage family members to wipe!** This keeps dirt, pesticides and other pollutants from getting on carpets and flooring. Large mats, that cover two or three strides, will ensure that even those that refuse to wipe will leave most of the dirt clinging to their shoes on the mat rather than your carpet and your environment.
- **Encourage family members to remove shoes upon entrance into the home.** Pesticides, pollutants and dirt come indoors on shoes. If going shoeless is not acceptable to family members, suggest that they wear house shoes (that don't go outside), slippers or socks. In fact, bare feet actually deposit natural skin oils on carpet and those oils attract dirt.
- **Vacuum two or more times per week.** Frequent vacuuming helps reduce the level of dust mites, which trigger asthma and allergy attacks. It also means getting rid of surface dirt on carpets before it has a chance to get ground in. A vacuum cleaner with strong suction, rotating brushes and a HEPA filter, so the dirt and dust won't get blown back out in the exhaust, is best. Go back and forth over the same spot several times, especially in high traffic areas, to get all of the dirt and dust! Take care also to vacuum thoroughly along walls and carpet edges because dirt and dust accumulate there.
- **Clean up spills on carpets immediately to prevent stains.**
 - Soak up liquid spills by covering them with clean white (or light-colored) towels or paper towels. Scrape sticky substances off carpets with a spatula or spoon. Don't rub the spill, it will only serve to damage carpet fibers and make the stain spread.
 - To clean the stain, mix 1 cup warm water and 1/2 teaspoon mild liquid soap, such as dishwashing liquid or fine fabric detergent. Apply a small amount, blot by pressing a clean white towel into the carpet and lift. Then repeat the process until the stain is removed. Don't scrub. Be patient.
 - After stain is removed, rinse the area with a solution of a few teaspoons of white vinegar to one cup water and blot with another clean towel.

- **Use household ingredients to clean carpet stains.**
 - Club soda removes red wine stains.
 - Use an ice cube to harden gum and candle wax, then scrape off.
 - Sprinkle greasy stains with baking soda, corn starch or corn meal. Let stand six hours or overnight. Then vacuum.
 - Mix 1/3 cup vinegar with 2/3 cup warm water and apply to the stain. Then blot with a clean towel and repeat until the stain comes clean.
- **As a last resort carpet stain remover, try rubbing alcohol or hydrogen peroxide.** Test first on a hidden spot of the carpet, as either substance may lighten or bleach the carpet. Apply a small amount to the stain; blot with a clean, white towel. Repeat until the stain is gone.
- **Use baking soda to remove odor from carpets.** Carpet deodorizers and fresheners often contain fragrances that merely mask the smell. Baking soda soaks up the odor. Just sprinkle baking soda over the surface of the carpet. Let it stand for 15 to 30 minutes. Then vacuum. Keep kids away so they don't inhale the baking soda while it's applied.
- **Steam clean carpets with plain water.** Don't bother with detergents. Just use water and operate the machine as directed. The hot water will remove a considerable amount of dirt, even without detergent. Alternatively, use a mixture of 1 cup white vinegar and 2-1/2 gallons of water. (Add another cup of vinegar for a stronger solution.) This is an effective way to remove shampoo residues from earlier cleaning attempts.
 - If you must use soap or detergent, use a mixture of no

more than 3-4 tablespoons of mild liquid soap or detergent and at least one gallon of water. Do not mix vigorously because suds may clog the machine. Safe carpet cleaners are also available.

- Avoid steam cleaning carpets in winter, when you can't open windows, and on very humid days during the summer. Ventilate well during and after carpet cleaning. To speed drying time and prevent mold growth, keep windows open and use fans. Avoid carpet cleaning on humid or damp days.

Though the research is still inconclusive about a connection between carpet cleaning (with or without chemicals) and Kawasaki disease, it is recommended that children are kept out of the house for at least four hours after carpets are cleaned.

USE INTEGRATED PEST MANAGEMENT IN YOUR HOME

- **Pest prevention starts with a clean house.** Sanitation represents the most basic tenet of Integrated Pest Management (IPM), because it deprives pests of food and shelter.
 - Clean food and drink spills immediately to deprive pests of snacks.
 - Remove clutter, such as newspaper stacks, where pests set up house.
 - Seal food in air-tight and secure containers.
- **Maintain your home.**
 - Repair leaky plumbing, which quenches pests' thirst and moistens their air.
 - Seal cracks and block holes both inside and outside the house to bar pests from entry and freedom of movement.

- **Take advantage of the food chain.**

- Don't mess with Charlotte's web! Spiders serve as natural predators to most pests, so consider spiders as helpful housemates (most spiders are completely harmless).
- Welcome ladybugs and other beneficial insects, which feed on aphids, mites, small insects, and insect eggs.
- Enlist other predatory insects, birds and other wildlife to feast on pests by creating a hospitable habitat in your backyard. For example, bats eat as many as 3,000 insects a night, so build a bat-house in your yard.

- **Set a trap.**

- Corner pests with the help of black lights (which attract moths), pheromones (which take advantage of sexual attraction), sticky paper, and good old fashioned mechanical traps.
- Use barriers, such as window screens, to prevent pests from slipping in.

- **Use non-toxic alternatives.**

If pest problems persist after you've exhausted all non-toxic alternatives, work your way up the ladder of toxicity slowly, starting with the least toxic alternatives. Beyond Pesticides, a nonprofit organization promoting safe alternatives to toxic pesticides, lists the following pesticides as **LEAST TOXIC**:

- boric acid is an insect stomach poison that is less toxic, more effective and more economical than standard chemical pesticides, according to the U.S. Environmental Protection Agency (EPA)
- silica gels and diatomaceous earth both dehydrate pests
- insect and rodent baits containing non-volatile chemicals

- pesticides made with essential oils, such as garlic, pepper extracts, citrus oils, and citronella, among others
- insecticidal soaps made from fatty acids

- **Look for an IPM practitioner.** If success in your own pest control efforts eludes you, there are professional pest specialists who practice IPM.

MAKE A SAFE BED

- **Allow a new mattress to off-gas before you sleep on it.** Unwrap the mattress from plastic and lean it against a wall in a well-ventilated room or full sun for a few days, before sleeping on it. Wrap the mattress with a foil-barrier cloth as described elsewhere in this brochure.

- **Say no to water and stain repellents.** Some water and stain repellents, such as DuPont's Teflon, are under investigation for possible health and environmental effects. The chemical used is found in humans and persists in the environment for a long time.

- **Encase mattresses, comforters and pillows in impermeable covers.** Barrier cloth or dust mite encasements block asthma-triggering dust mites which thrive in mattresses and bedding. These encasements somewhat block the release of chemicals from material in mattresses, but not as well as foil barrier cloth.

- **Look for mattresses made of natural materials, such as cotton and wool.** Polyurethane foam is used in mattresses because it is flame retardant. Wool is also flame retardant. You can purchase mattresses that are not treated with flame retardants, but you'll need a

note from a health care professional because federal law requires that all mattresses be treated.

- **Don't allow your mattress to get damp.** Mold is difficult, if not impossible, to remove from mattresses.
- **Avoid linens which have been treated.** Fabric treatments emit chemical vapors. Labels to avoid include: permanent press, no-iron, crease-resistant, shrink-proof, stretch-proof, stain-proofed, water-repellent, water-proofed or those that have been treated with flame retardants.
- **Air new linens outside on a warm day.** This will allow some fabric treatments to dissipate. Wrinkle-resistant fabrics are treated with formaldehyde, which is permeated into the fibers for the life of the fabric...even though it does get less after several years of laundering.
- **Launder bedding every week in hot water.** 130°F is the recommended temperature to kill dust mites. *Caution: Water at this temperature can scald children.* Lower temperatures are still somewhat effective, but less so.
- **Avoid conventional down and feathers in pillows and comforters.** Down and feathers can contribute to allergies and may trigger asthma attacks. Foam rubber pillows are also a haven for dust mites. Hyper-washed, hypo-allergic down is a healthy alternative.

KILL WEEDS WITHOUT HERBICIDES

- **Use mulch to smother weeds.** Covering garden soil with mulch blocks weeds. Use two or three inches of shredded bark, wood chips, straw, cocoa bean hulls,

gravel or rocks. The mulch will also keep moisture in the soil so you'll have to water less frequently.

- **Douse weeds with boiling water.** Weeds, like humans, will burn if exposed to boiling water. This method also kills weed seeds.
- **Soap weeds to death.** Mix 5 tablespoons of liquid soap (such as dishwashing liquid) in one quart (4 cups) of water in a spray bottle. Coat the weeds with the soapy water. Works best on hot days.
- **Pickle weeds with vinegar.** Pour household vinegar into a spray bottle and evenly coat weeds with it. U.S. Department of Agriculture scientists recently confirmed this in tests. Vinegar is really 5 percent acetic acid in water, and it burns the plant, especially on sunny days. For extra-strength weed killer, look for pickling vinegar, which is 9 percent acetic acid. Don't get the vinegar on your garden plants, as it can kill them too.
- **Give weeds a stiff drink of alcohol.** Mix 1 to 5 tablespoons of alcohol—depending on how stubborn the weeds are—with one quart (4 cups) of water in a spray bottle. Shower weeds with the spray. Don't let the alcohol get on garden plants as it may damage their leaves.
- **Don't let 'em sprout!** Use corn meal gluten as a pre-emergent herbicide and fertilizer. Corn meal gluten prevents weeds from growing, and then breaks down to provide nitrogen to your plants or lawn. Use it on lawns or established perennial beds, as it won't kill already growing plants. That does mean, of course, that it won't work on existing weeds.

KEEP MOSQUITOS FROM BITING

- **Reduce mosquito breeding.**
 - Remove sources of standing water, such as old tires, bird baths, and planters, from your yard. Clean clogged gutter pipes. Repair leaky plumbing. Keep trash cans covered and wading pools empty when not in use.
 - Use goldfish or freshwater minnows to control larvae in ornamental pools. Mosquito dunks or disks containing *Bacillus thuringiensis israeliensis*—bacteria that kills mosquito larvae—can be used in ponds or other garden water features without fish or other aquatic wildlife.
 - Plant scented geraniums, lemon thyme, marigold, tansy, citrosa plants, sweet basil, and/or sassafras near your home and by each door.
- **Create a safe haven from mosquitos indoors.**
 - Use screens on windows and doors and keep them in good condition.
 - Turn on the air conditioner in place of opening windows and doors.
 - Stay inside at dusk and early morning when mosquitoes are most active.
 - Do not spray bug sprays (repellents) indoors.
- **Think twice about mosquito-killing gadgets.**
 - Don't rely on zappers, sonic devices, or carbon-monoxide (CO₂) traps to keep from getting bitten. Zappers kill mostly larger, beneficial insects, which eat mosquitoes. Tests on sonic devices show they don't repel mosquitoes, and while CO₂ traps work in theory, their efficacy has

not been proven in a typical, suburban setting.

- **Protect yourself from mosquitoes while outdoors.**
 - Do not use scented products, which attract mosquitoes.
 - Wear lightweight pants and long-sleeved shirts in light colors.
- **Use the appropriate repellent.**
 - Use natural repellants like Bite Blocker or lemon eucalyptus derivatives like Repel.
 - Do not use DEET, especially on children younger than two months old.
 - Thoroughly wash treated clothing and skin upon returning indoors.

KEEP YOUR CHILD LEAD-FREE

- **Check your child's blood lead level.** Age-specific blood lead level tests should be done at 12 months, then annually until the age of five. Lead is most dangerous to children under six years old. A level of 10 ug/dl is cause for concern. Some states, like New Jersey, require blood lead-level tests for children under the age of three by law.
- **For older children, ask your pediatrician about lead testing if:**
 - your child has never been tested for lead.
 - you have moved into a house or apartment built before 1979 and paint is crumbling, peeling or otherwise deteriorating.
 - you live in a high risk area (see www.scorecard.org for a list).
 - your child develops lead poisoning symptoms: *learning disabilities, memory loss, poor performance in school, difficulty understanding directions, hyperactivity, aggression, hearing loss, reduced eye-hand coordination, anemia, abdominal pains, constipation,*

vomiting, decreased appetite and weight loss.

The Coalition to End Childhood Lead Poisoning has a chart at www.lead-safe.org which can help you when you get the results back.

- **Test your paint for lead if your house or apartment was built before 1979.** Lead-based paint was used in most homes before it was banned in 1978. Newer coats of paint above lead-based paint layers seals in the lead. But if there are cracks, the paint is peeling, or lead paint was used on windowsills and doorjambes where friction causes lead dust to be released, your home could be contaminated. It is also important to test before any type of renovation that will involve sanding or demolition of painted surfaces.

Check the exterior of your house for lead paint, too. Paint chips and dust from deteriorating paint outdoors can contaminate your soil. Another source of lead in soil around homes is diesel exhaust—especially if your home is near a busy street or highway.

- **Test your tap water for lead.** Lead pipes were installed in homes and as public water mains until the 1920s. Many of these pipes still carry water into our homes! Lead was also used in pipe solder and brass fittings until the 1980s. Until you know for sure that your tap water is lead-free, remember to run the tap for a minute or two before using in the morning to flush the lines of water that sat overnight. Use cold water for drinking and cooking because hot water leaches lead from pipes.
- **Find out when your child's school or day care was built.** Since paint with more than 0.06 percent lead was banned in 1978, any building built before then is likely to contain

lead paint. Facilities built after 1992 are least likely to have lead paint. In general, the older the paint, the higher the lead content. See the Natural Resources Defense Council's fact sheet at www.nrdc.org.

- **If your child's school or day care was built before 1979, ask officials about lead testing.** There's a chance that your child's school or day care has not been tested for the presence of lead. While federal law requires schools and day cares to ensure that lead levels in paint, dust, soil and water are below maximum allowable levels set by the U.S. Environmental Protection Agency, actual testing is not mandatory. However, some states are testing such facilities.

When asking about school or day care lead testing, ask officials about the methods used and what was done to remove any lead hazards found. If your school/day care isn't receptive to testing, consider joining with other parents to encourage them to do it.

- **Know your state's policies on lead issues.** The National Center for Healthy Housing at www.centerforhealthyhousing.org has information on federal, state and local regulations and policies. You can also request information from the U.S. Environmental Protection Agency's National Lead Information Center, 800-424-LEAD.
- **Healthy bodies absorb less lead.** The Alliance for Healthy Homes at www.afhh.org (formerly the Alliance to End Childhood Lead Poisoning) recommends feeding kids a diet rich in iron, calcium and low-fat foods, since a healthy diet helps the body absorb less lead. Foods rich in iron include eggs, red meats, and beans. *Note: This is a preventative*

measure and not a treatment for lead poisoning.

- **Damp mop and dust frequently to keep lead levels in your home low.** Dust can contain high levels of lead, from old paint, contaminated soil that's been tracked in, deteriorating vinyl and other sources. To reduce the chances that your children ingest contaminated dust, pick it up with a damp mop and damp dust cloth. (Dry mops and cloths may just push the dust around.) Focus especially on items children are likely to touch, such as the floor, baseboards, window sills and toys. *Note: This measure should not substitute for testing and cleanup of lead.*
- **Wash children's hands frequently to prevent them from eating lead dust.** Household dust can contain high levels of lead from various sources. To reduce the chances that your children ingest contaminated dust, wash your child's hands and face before eating and keep pacifiers and other toys clean.

ORGANIC ADVANTAGE— IDENTIFYING HEALTHY BABY FOOD

Babies demand protection. Their systems are smaller and more delicate than those of adults, and their development hinges on quality care.

The developing immune systems, central-nervous systems, and hormonal systems in babies are all at risk of damage from PCBs, heavy metals, and other toxins found in the environment.

Organic baby food has the same advantages that any organic product has: You know the ingredients were not treated with noxious pesticides. Those pesticides won't be on your food and aren't introduced into the environment. Since commercial baby food is often

made of condensed fruits or vegetables, it is at risk of containing concentrated amounts of pesticides compared with the original ingredients.



What to Look for When Buying Baby Food

There is, at present, no national definition or set of standards for "organic" baby food. Some brands use state certification, while others set their own guidelines. As with food you'd buy for yourself, read labels carefully. Whatever baby food you choose should be free of added salt, sugars, fillers, starches, and preservatives. You can also look closely at the brand website for a number of specific practices that ensure the foods are safer, healthier, and more nutritious:

- **Does the produce come from farms that have been synthetic pesticide- and fertilizer-free for three years?** This time lag between conventional and truly organic farming is necessary for residual pesticide and synthetic fertilizers to filter out of the soil.
- **Do growers enrich their soil with cover crops, crop rotation, natural fertilizer, and compost?** These natural means of maintaining soil health and production capacity are signs of a healthy, sustainable farm.

- **Do growers use biological pest controls?** Ladybugs, natural pest enemies, and other methods allow growers to forego toxic pesticides.
- **Do meat and dairy products come from animals that have not been treated with hormones or antibiotics?** Excess hormones and unnecessary antibiotics can interfere with the delicate endocrine and immune systems of babies.
- **Is there minimal post-harvest processing?** Processing removes nutrients your child's developing body needs.
- **Are synthetic fumigants, preservatives, and irradiation not used in manufacturing?** These are all methods designed to extend the shelf life of food which decrease food's nutrition by the time it reaches consumers.
- **Has the produce been tested for nitrite levels?** Nitrites are converted to nitrates in kids, which can cause anemia.

Absolutely Pure Isn't Possible

A fact that upsets many new parents is the near impossibility of completely insulating a baby from toxins. Recent studies even found PCBs in breast milk. Despite these findings, pediatricians still recommend breastfeeding for the first year because of the great benefits to growing immune systems and the connections between breastfeeding and decreased rates of childhood obesity, diabetes, allergies, asthma, and a plethora of other ills. Breast milk (and formula, when needed) should be the sole diet until four to six months of age (until then the digestive system can't fully process other foods), and constitute the bulk of a child's nutrition until their first birthday.

Starting Your Child on Solids

When babies are ready to start eating solids, start with rice cereal mixed with breast milk or formula. Then gradually add different foods, a new one every three to five days; spacing their introduction this way makes it easier to identify the cause of an allergic reaction or digestive trouble. Many babies enjoy mashed banana, avocado, mashed parsnips, sweet potato or yam, and squash as their first foods. To have the most control over your baby's diet, try making your own baby food. It's easier than you may think!

BREATHE EASY IN YOUR CAR

Blow Off that New Car Smell

The best way to avoid the chemicals associated with new plastics, upholstery, carpeting and other synthetic materials is to buy a used car instead. By the time you take ownership of a previously owned vehicle, most of the volatile chemicals will have escaped.

Tips for New Car Owners

- If used is not an option, then **do what you can to keep the fumes from concentrating in your car.** Ventilate by leaving windows open as much as possible for at least two months. Avoid using the re-circulating air and air conditioning options during this time.
- Beyond this two-month window, high temperatures can cause fumes to rise. So, on hot days, **open windows rather than relying on air conditioning until the car has aired out.**
- **When buying a new car, consider low-emission models.**

- **Install carbon monoxide detectors in your home, garage and even your car.**

— Carbon monoxide (CO) is odorless and invisible. The only way to ensure that it doesn't build up to dangerous levels is to rely on CO detectors. Install one in your garage and one on each floor of your home. You can also install CO detectors in your car. Consumers Union conducts testing of CO detectors frequently. Look up their most recent ratings in *Consumer Reports*.

- **Make sure engine exhaust doesn't get inside the car while it's running.**

— Have your mechanic check for air leaks into car cabs yearly. In the winter, check tailpipes for snow-blockage before starting cars.

- **Keep windows or pop-up top windows open slightly in heavy, slow-moving traffic.**

— This will keep fresh air flowing in from above and reduce carbon monoxide buildup inside the car.

- **Reduce the seepage of carbon monoxide from the garage into your home.**

— Always open the garage door before starting your car. Keep connecting doors between the home and garage tightly shut. Weather-strip the door.

— As an extra precaution, you can install a continuous exhaust fan in the garage. The International Mechanical Code suggests one that runs 100 cubic feet per minute (CFM) per vehicle. These fans cost about \$20 a year to run and can be bought and installed for under \$250.

— Students should sit in the front of the bus, with windows open whenever weather allows.

WHAT TO LOOK FOR WHEN BUYING USED FURNITURE

- **Avoid moldy-smelling or mold-stained furniture.** Mold spores are almost impossible to eliminate in upholstery.
- **Test paints on antique furniture for lead before sanding or if children are in the house.**
- **Clean furniture with a HEPA vacuum cleaner, or one that traps dust particles down to at least 0.1 micron in size.** Dust mites may be present in the upholstery. If possible, remove and wash covers in hot water. Stay away from anti-dust mite treatments containing tannic acid and benzyl benzoate—both are eye, skin and respiratory irritants.
- **If the furniture is really dusty and hasn't been covered with a protective drape, you may want to forgo it.** Removable, washable slipcovers for sofas and chairs will cover unsightly stains, but don't rely on them to block dust and mold.
- **Even some dusty furniture can be rehabilitated if re-upholstered.** Use organic cotton fabrics and fill. Use wool if you want a flame-retardant fill.
- **When cleaning furniture, use environmentally friendly cleaners.**

WHAT TO LOOK FOR WHEN BUYING NEW FURNITURE

- **Avoid furniture made of laminated wood, pressed wood, plywood, particleboard, and chipboard,** which contain formaldehyde, a carcinogen, allergen and irritant. Particleboard looks like wood shavings glued together with no visible grain. Plywood is fairly thin with a grain. Unfinished edges reveal that a number of layers have been stacked and glued together.

- **Ask for independently certified wood furniture, a guarantee that the wood was harvested sustainably.** If you are having custom-made furniture, it's also worth asking for "reclaimed" or "recycled" lumber, wood that's been salvaged from old buildings. "Reclaimed" or "recycled" wood is often quite charming in its appearance.
- **Buy unfinished wood furniture if possible.** You can have it finished with less toxic low- or no-VOC and water-based polyurethane stains and sealants, or with tung oil and beeswax that, although aromatic when applied, are quite safe once dry.
- **Since it's not always possible to avoid plywood or particleboard in furniture, apply a finish to the exposed, bare wood to keep fumes from being released into the air.** You can purchase sealers from www.afmsafecoat.com.
- **Sealants should be applied outdoors or in a well-ventilated area** by someone who is not pregnant, and keep young children away until the furniture is completely dry.
- **Avoid plastic, especially polyvinyl chloride (PVC) furniture,** which is linked with many adverse health effects, including birth defects, immune system disorders, reproductive health disorders, endocrine and nervous system abnormalities, and cancers.
- **Have sofas, loveseats and chairs custom-made with organic cotton and wool fill.** Wool is naturally flame retardant.
- **Avoid futons with foam cores.** Purchase 100 percent cotton futons instead.
- **Allow time and space for off-gassing for all newly purchased furniture.**
- **Room dividers should let light and air circulate through both sections of the room, be firmly attached so your children cannot pull them over, and made of, and painted or finished with, VOC-free materials.** Japanese shoji screens are a good choice because they're traditionally made of non-toxic materials.
- **When cleaning furniture, use environmentally friendly cleaners.**

PROTECTING YOUR BABY FROM ENVIRONMENTAL TOXINS DURING PREGNANCY

See Your Health Professional Regularly

- **Schedule prenatal check-ups.**
- **If you, or your partner, work with toxic materials, discuss possible harmful exposures.**
- **Review alternative remedies and complementary medicines.**

Breathe Clean Air

- **Don't smoke** and avoid exposure to other sources of smoke.
- **Ventilate your home well** by opening windows daily, except on high ozone days.
- **Fix leaks and moisture problems** to control mold growth.
- **Properly install and maintain combustion appliances;** install carbon monoxide and smoke detectors.
- **Test for radon gas.**
- **Stay away from gas fumes;** don't pump your own gas.

Drink Clean Water

- **Get your water tested.**
- **Let the tap water run for several minutes in the morning** to flush lead out.
- **Use cold water from the tap for cooking and drinking.**
- **Purchase a water purifier** when possible.

Eat Smart

- **Eat a balanced diet** rich in calcium, iron and folic acid.
- **Buy organic or locally grown produce.**
- **Wash and peel non-organic fruits and vegetables.**
- **Reduce consumption of animal fats.** If consuming animal fat, make sure it's from animals raised without growth hormones or antibiotics.
- **Don't use ceramic dishes** unless they are certified lead-free.
- **Avoid microwaving in plastic containers or wraps;** use glass.
- **Avoid alcohol and chemical sweeteners.**
- **Avoid cured meats** such as bacon, salami, and sausage.

Avoid Toxic Materials

- **Do not sand or paint.** Consider ANY renovation done in your home potentially harmful to your baby.
- **Discard vinyl mini blinds of unknown origin.**
- **Avoid gardening within three feet of your home's foundation** if built before 1978.
- **Avoid solvents** found in nail polish, artificial nails, hair coloring, hair spray, and perfumed products (hand lotions, room fresheners, cologne, perfume, aftershave, etc.)

- **Do not use dry cleaners** unless they use newer less-toxic cleaning methods.
- **Use mercury-free, digital thermometers.**
- **Do not get silver (amalgam) fillings** on your visit to the dentist.

Don't get tricked by marketing claims!

Many terms used on personal care products are meaningless because they are not regulated. These include the terms:

- Hypoallergenic
- Doctor tested
- Doctor approved
- Dermatologist tested or approved
 - Non-toxic
 - No synthetic ingredients
 - Contains natural ingredients

For information on specific labeling claims, see the www.eco-labels.org website, which has expanded to include claims on cleaners and personal care products.

PERSONAL CARE PRODUCTS FOR BABIES AND KIDS

Always read the ingredient lists on personal care products.

Federal law requires that beauty and hygiene products list all ingredients, in the order of their volume from highest to lowest. The only ingredients that don't have to be listed individually by name are fragrance ingredients.

Be Cautious of the Following Ingredients...

GENERAL PERSONAL CARE PRODUCTS

- **Fragrance**
 - Number-one cause of allergic skin reactions, according to the American Academy of Dermatology

Preservatives are necessary...

...to keep products from bacterial contamination, which can cause spoilage and may cause health problems in the user. Some mild preservatives include:

- **Phenoxyethanol** • **Potassium sorbate** • **Sorbic acid**
- **Tocopherol (vitamin E)** • **Vitamin A (retinyl palmitate)** • **Vitamin C (ascorbic acid)**

Note: So-called natural preservatives may not be as stable or long-acting as chemical preservatives. Products containing natural preservatives should be purchased in small quantities and replaced frequently, as often as every three to six months.

- Limit use of scented products or products that list fragrance as an ingredient to decrease risk
- **Phthalates**
 - Linked to liver cancer, birth defects and harm to male reproductive organs
 - Avoid products containing DBP (dibutylphthalate), DMP (dimethylphthalate) and DEP (diethylphthalate)
- **Preservatives that may release formaldehyde**
 - Quaternium-15—may cause skin irritation or allergic rashes
 - Diazolidinyl urea
 - Imidazolidinyl urea—may cause skin irritation or allergic rashes
 - DMDM hydantoin
- **Talc**
 - Can irritate the lungs
 - Some evidence linking long-term usage in the genital area with cancer
- On labels, APEs and NPEs are sometimes listed as octoxynol or nonoxynol lauryl compounds such as:
 - » *Ammonium lauryl sulfate*
 - » *Monoethanolamine sulfate*
 - » *Sodium lauryl sulfate*
 - » *DEA or TEA lauryl sulfate.*
 - Harsh detergents that may be irritating or unnecessarily strong for kids*
- **Polyethylene**
- **Polyethylene glycol**
- **Polyoxyethylene**
 - Could be contaminated with 1,4-dioxane, a probable carcinogen
 - Also watch out for ingredients with the prefix, word, or syllable PEG, and “-eth” ingredients (as in sodium laureth sulfate)
- **Diethanolamine (DEA)**
- **Triethanolamine (TEA)**
- **DEA, TEA or MEA compounds (such as cocamide DEA, linoleamide MEA)**
 - Suggestive evidence linking DEA compounds to tumors in laboratory animals
 - Can be contaminated with nitrosamines, some of which may cause cancer

Monitor your child for any reactions after they have started using a new personal care product.

Avoid the Following Ingredients...

SHAMPOOS, BODY WASHES, BUBBLE BATHS, LIQUID SOAPS

- **Alkylphenol ethoxylates (APEs)**
- **Nonylphenol ethoxylates (NPEs)**
 - Can disrupt the endocrine systems of fish, birds, and mammals

Keep a list of products that irritate your child's skin, eyes or breathing.

Provide this list to others who care for your child, such as day care centers, camps, relatives.

NAIL POLISH, COSMETICS

- **Formaldehyde and Toluene**
 - A probable carcinogen and irritant of the lungs, eyes, nose and throat

ANTIBACTERIAL AND ANTIMICROBIAL SOAPS, LOTIONS, TOOTHPASTE AND OTHER PRODUCTS

- **Triclosan**—Overuse may cause antibiotic resistance

Be especially careful to limit use of products containing fragrances and the preservatives listed above, as they have been found to cause the most serious allergic responses and are hormone-disrupting substances.

Test new products before using.

Apply a small amount of the product on the inner arm, wait several hours, then check to see if there has been a reaction.

HIDDEN PESTICIDES IN YOUR HOMES

If you decide to minimize or eliminate pesticides in your home, the first step is fairly obvious: *Get rid of all insecticides and herbicides and adopt a less toxic strategy, such as Integrated Pest Management.*

But how do you go about finding alternatives for all those household products that have pesticides lurking in them? Here is a checklist to get you started.

Building and Decorating Materials

Many building and decorating products contain pesticides, primarily to safeguard them from destruction by microbial “pests” such as fungus and mildew.

- **Pressure-treated wood has usually been treated with arsenic, a known human carcinogen that**

can leach out of the wood.

Manufacturers have agreed to phase out this type of wood and replace it with safer alternative. To read more about pressure-treated wood, go to *A Sane Home*. If you have pressure-treated wood around your home, you can address the hazard it presents. See *How to Avoid Arsenic from CCA-Treated Wood* for tips.

- **Paint manufacturers formulate some of their products to resist mildew by adding pesticides to the mix.** A safer alternative is to use a less toxic paint product, some of which are discussed in our *Paint and Finishes Fact Sheet*, and prevent the root causes of mildew by eliminating moisture and dirt.
 - Keep walls clean and dry, fixing any leaks or plumbing problems that may dampen painted surfaces.
 - If mildew does appear, clean it and let it dry thoroughly before repainting; latex paints tend to mildew easier than enamel or oil resin paints.
- **Synthetic carpets typically contain a stew of chemicals;** in addition to toxic adhesives, many carpets contain anti-mildew pesticides. What’s more, carpets retain not only pesticides applied indoors, but also pesticides tracked in from outdoors.
- **Wallpaper and the paste used to hang it often contain fungicides to kill the fungi that cause rotting;** however, these volatile organic compounds (VOCs) can off-gas, polluting indoor air.
- **Even shelf paper often contains pesticides** to prevent insects from living in the cupboards. Instead of storing dishes and glassware in direct contact with pesticides, line shelves with butcher paper. Keep foods in airtight containers, and

don't forget to monitor cupboards for insect activity.

MOTHBALLS LOOK LIKE CANDY!

When it comes to households with kids, mothballs are an avoidable hazard. Mothballs may look just like candy to children, but they usually contain harmful chemicals. And the danger isn't from just mothballs themselves: If an excessive amount of mothballs are stored with clothing, the fabrics can absorb and emit enough fumes to cause illness!

For more information, you may want to research naphthalene or paradichlorobenzene, two chemicals used as active ingredients in moth repellents.

ANTIBACTERIAL SOAPS AND DISINFECTANTS

More and more products are including antimicrobials in their formulations. In many cases, these chemicals do little more than kill odor-causing bacteria. And there's another worry: Illness-causing microbes can become resistant if overexposed!

AVOID OVEREXPOSURE TO FRAGRANCES

- **Reduce use of scented products.** Most scented products contain multiple chemicals, including dangerous solvents, to achieve the fragrance. These chemicals pollute indoor air, and may irritate children and asthmatics. You needn't give up everything. Start by replacing the products that seem to spread the most scent: laundry detergents, fabric softeners, general purpose cleaners, floor cleaners, and air fresheners.

- **Choose "fragrance-free" and environmentally friendly products.** Many "green" cleaners don't contain heavy doses of fragrance. And, while a "fragrance-free" label on cleaners and personal care products doesn't necessarily mean fragrance chemicals were not added, the product will have little, if any, noticeable scent.
- **Look for organic personal care products.** Organic soaps, body washes, shampoos, conditioners, hair care products, and cosmetics may or may not contain synthetic fragrances—it's important to read labels. Some manufacturers specialize in personal care products that don't cause irritation to people who are chemically sensitive. These products are the least likely to contain synthetic ingredients and can be found in natural foods stores.
- **Avoid chemical-laden air fresheners.** Most air fresheners mask odors with their more pleasant fragrance, but they do nothing to eliminate the source of the odor. Aerosol air fresheners spew out tiny droplets of chemicals that are easily inhaled into the lungs. Instead, ventilate well and choose natural deodorizers, such as zeolite or baking soda, which contain minerals that absorb odors.
- **Make your own "fragrance-free" cleaners.** Cleaning products often contain unnecessary fragrances. Combined with other potentially harmful ingredients, they can pack an environmental wallop.
- **Avoid burning incense,** especially in small rooms, enclosed spaces, or without adequate ventilation. Incense releases cancer-causing particles called polycyclic aromatic hydrocarbons into the air. These particles can cling to fibers.

Children can easily ingest or inhale them when they play on the floor.

- **Avoid use of scented candles and those with stiff, metallic wicks.**

Scented candles tend to release more chemicals and soot than unscented candles. Candles with metallic wicks may contain lead. You can reduce candle soot by trimming candlewicks to 1/4-inch and keeping candles out of drafts.

- **Some naturally derived fragrance ingredients can irritate the skin or lungs.**

The following natural scent ingredients can cause skin irritation and rashes or other sensitivities, according to *The Safe Shopper's Bible* (Macmillan, 1995): cinnamon bark oil, clove oil, vanillin, hydroxycitronellal, eugenol, citralc diethyl maleate, fennel oil, peruvian balsam, bergamot oil, marigold oil, cumin oil, orange bitter/essence/oil, lemon essence/juice/oil, rue oil, lime essence/juice/oil, verbena oil, patchouli oil, civet, galbanum, and asafetida.

SET UP AND USE A CLOTH DIAPERING SYSTEM

- **A cloth diapering system includes the diapers themselves, liners and diaper covers.**

— *Diapers.* The number you buy will depend on how often you'll be doing laundry. Start with three to five dozen diapers (less for older babies who need changing less often) if you don't want to do laundry every day. Cloth diapers come in a wide variety of fabrics and styles, from \$2.00 each up to \$15 each.

— *Day care & Travel.* Most day care will only use disposable diapers. However, you can use disposables made from chlorine-free, biodegradable materials.

— *Liners.* Buy a supply of liners, also called doublers. These add extra absorbency to diapers — great for overnight.

— *Diaper Covers.* These go over the diaper to protect clothing and bedding from wetness. They come in a variety of fabrics, styles and prices. It's a good idea to get five diaper covers per size.

— See www.clothdiaperinfo.com for more details.

- **Use cloth baby wipes instead of the disposable kind.** Disposable baby wipes contain alcohol and fragrances which may irritate your baby's delicate skin. All you really need is water. Buy 2-3 dozen wash cloths or cut up old t-shirts or sheets to the size you need. Keep a spray bottle with water handy. Then spray and wipe. On the road, you can keep damp wash cloths in a zip bag.

- **The best way to avoid diaper rash is to change baby's diaper frequently.** Cloth diapers make it easier to feel if baby is wet than disposables. Though disposable pull moisture away into the diaper, the bacteria that causes diaper rash is still in contact with baby's skin.

In case of diaper rash, have a rash cream or ointment on hand. If you want to use a powder, cornstarch is a better option. Be careful if you use talcum powder— don't get too much in the air as it can cause breathing difficulty. Long-term use of talc has been linked to ovarian cancer in women.

- **Don't landfill your baby's poop!** Whether you use disposable or cloth diapers, don't forget to flush the feces down the toilet. Human waste can carry disease into landfills, which can leak and expose other humans and wildlife to health risks.

- **Say goodbye to pre-soaking diapers.** Soaking dirty diapers isn't absolutely necessary. Put soiled diapers (after flushing feces down the toilet) into a waterproof pail with a lid. Wash them within two days, or mold may start to grow. If you do choose to soak soiled diapers, put them through the spin cycle before washing them to get rid of the extra water. You can deodorize the diaper pail with baking soda, vinegar or borax.
- **Wash cloth diapers in hot water with Laundry Discs or an organic mild detergent.**
 - Some people choose to rinse dry dirty diapers in the washing machine in cold water first, to prevent stains from setting. Use a fragrance-free, dye-free detergent, as residues of strong detergents could cause a rash. Also avoid chlorine bleach (which can wear out diapers, anyway), fabric softeners and antistatic products as these can also leave irritating residues behind.
 - One way to bleach out stains naturally is to dry diapers in the sun, which also disinfects them. Another alternative is to use the Enzyme activator that comes with a set of T-wave® Laundry Capsules.
- **Brighten and soften cloth diapers and other tough whites without harmful chemicals.**
 - Add 1/2 cup of lemon juice or white vinegar to wash water. Make sure the detergent does not contain chlorine bleach, which reacts with acids.
 - Add 1/2 cup baking soda to wash water as a fabric softener.
- **Consider using a diaper service to wash and dry your cloth diapers.** The main advantage to

diaper services is that you don't have to deal with dirty diapers! Just set them aside in a waterproof pail with a lid and a garbage bag. They are picked up once a week in exchange for a fresh set of diapers.

PREVENT MOLD EXPOSURE

- **Repair leaks to stop mold growth.** Water coming from leaks in plumbing, roofs or through cracks in the foundation or basement walls can cause mold to grow. Inspect any areas of dampness as soon as possible to determine the source of the leak and repair the leak right away.
- **Inspect your home for existing mold growth.** Mold typically grows where there is a source of moisture, such as leaks in plumbing or roofs, or cracks in basement floors or walls. Other common places for mold growth are rooms where water may be present, such as laundry rooms, bathrooms and kitchens, or rooms without good air circulation, such as bedrooms, bathrooms and closets. Mold can grow in piles of laundry, wet carpets and damp walls. Mold can also grow around window frames where moisture accumulates when cold air hits warm windows.
- **Clean existing mold well.**
 - If you find patches of mold anywhere in your home, it is important to kill and clean it up quickly to prevent further growth. Remember to stop the source of moisture as well, or the mold could return.
 - Wearing gloves and a face mask, scrub mold off of non-porous surfaces with a stiff brush, a non-ammonia detergent and hot water. A diluted solution of 1 part household chlorine bleach to 10

parts water can be used to kill mold and mold spores, but is not necessary. (Take care to ventilate when using bleach.) Dry completely.

- Absorbent materials that become moldy should be replaced. Drying and cleaning the surfaces does nothing to eliminate mold spores that have penetrated inside the item.
 - Do not vacuum moldy carpets or upholstery! Vacuuming disperses mold spores and will not remove them all anyway.
 - Anyone with asthma or other breathing conditions should not do the cleaning and should be kept away from the area until after the area has dried.
- **Maintain indoor humidity between 30 and 50%.** Moisture-loving mold loves humidity, as do dust mites and other microbes. So measure humidity by using a hygrometer, which can be purchased at hardware stores. And if the humidity rises, take measures to keep it down.
 - Vent clothes dryers to the outside. They put out a lot of moisture, which can quickly build up indoors if not properly vented.
 - **Keep air flowing.** Moisture as well as chemicals accumulate in air-tight rooms. Use exhaust fans or open windows in kitchens and bathrooms when showering, cooking, using the dishwasher, cleaning and working with art and hobby supplies. Purchase an air cleaner with a HEPA filter when possible.
 - **Use air conditioners and dehumidifiers to reduce moisture in the air.** When the humidity indoors rises to above 50% and ventilation doesn't reduce moisture levels sufficiently, both mold and

dust mite levels will rise, especially during the summer. Dehumidifiers and air conditioners can quickly reduce moisture in the air.

— Before you begin to use your air conditioner every year, inspect it for mold and have coils cleaned as needed. Otherwise, your air conditioner may spew mold spores into your home. Remember to empty drip pans regularly as well so mold doesn't build up there either.

- **Keep the doors between rooms and closets open.** Airtight rooms and closets trap moisture, increasing the chances that mold and dust mites will grow. Keep doors open to keep air circulating.
- **Do not store dirty or damp laundry in closed closets.** Dirty or damp laundry can quickly become moldy or develop mildew, especially in humid climates. It can also attract moths.
- **Do not store firewood indoors.** Wood often has mold spores on it. Try to keep it outdoors, in a covered area, until you are ready to use it.
- **Eliminate piles of leaves and decaying debris in your yard, especially near your house.** Mold naturally occurs in disintegrating leaves and plant material. If near your house, any disturbance could bring it indoors. Locate compost piles away from the home as well.

CHLORINE IN TAP WATER DOUBLES BIRTH DEFECTS

Pregnant moms who live in areas where the drinking water has high levels of chlorine almost double their risk of having babies with birth defects, including heart problems, major brain defects or a cleft palate.

The threat to unborn babies is caused by chemical byproducts called trihalomethanes, or THMs, which are formed when chlorine is added to water. THMs can be absorbed through the skin and then pass into the womb. Moms can expose their babies to the dangers of chlorine by drinking tap water, bathing, or simply standing close to boiling water.

Scientists at the University of Birmingham analyzed the birth records of almost 400,000 babies. They found that anencephalus (partial or complete absence of brain and spinal cord), hole-in-the-heart, and cleft palate increased between 50 and 100 percent in areas where the drinking water was heavily chlorinated to disinfect it. The risk of urinary tract defects and Down's syndrome was also raised.

Earlier studies have linked chlorinated water to other problems, including stillbirth, miscarriage and bladder cancer. Purchase a quality water purifier when possible.

IMPORTANT NOTE

Use the information provided here as an educational resource for determining your options and making your own informed choices. Gloria E. Gilbère, LLC and its subsidiary, Institute for Wholistic Rejuvenation, does NOT make ANY claims that purchasing a non-toxic mattress or wrapping a mattress will prevent SIDS since there are too many unknown factors involved with SIDS.

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Thirteen Most Common Chemicals Found in Fragrance Products

(Based on a 1991 EPA Study)

1 ACETONE

FOUND IN... *cologne, dishwashing liquid and detergent, nail enamel and remover.*

FACTS... On the lists of the EPA, RCRA, and CERCLA as Hazardous Waste – “Inhalation can cause dryness of the mouth and throat; dizziness, nausea, loss of coordination, slurred speech, drowsiness, and, in severe exposures, coma – acts primarily as a central nervous system (CNS) depressant.

2 BENZALDEHYDE

FOUND IN... *perfume, cologne, hairspray, laundry bleach, deodorants, detergent, Vaseline™ lotion, shaving cream, shampoo, bar soap, and dishwasher detergent.*

FACTS... Narcotic. Sensitizer. Local aesthetic, CNS depressant. Irritant to the mouth, throat, eyes, skin, lungs, and GI tract – causing nausea and abdominal pain. May cause kidney damage. Do NOT use with contact lenses.

3 BENZYL ACETATE

FOUND IN... *perfume, cologne, shampoo, fabric softener, stickup air fresheners, dishwashing liquid and detergent, soap, hairspray, bleach, after shave and deodorants.*

FACTS... Carcinogenic (lined to pancreatic cancer). Dangers from vapors: irritant to eyes and respiratory passages, produces cough. In mice: hype-anemia of the lungs. Is absorbed through the skin causing systemic effects. Do not flush into the sewer or septic tank.

4 BENZYL ALCOHOL

FOUND IN... *perfume, cologne, soap, shampoo, nail enamel and remover, air fresheners, laundry bleach and detergents, Vaseline™ lotion, deodorants, and fabric softeners.*

FACTS... *Irritant to upper respiratory tract. Other symptoms include: headaches, nausea, vomiting, dizziness, drop in blood pressure, central nervous system (CNS) depression, and death in severe cases due to respiratory failure.*

5 CAMPHOR

FOUND IN...*perfume, shaving cream, nail enamel, fabric softener, dishwasher detergent, nail color, and stickup air fresheners.*

FACTS...Local irritant and CNS stimulant readily absorbed through body tissues, irritant to eyes, nose and throat, causes dizziness, confusion, nausea, twitching muscles and convulsions. Avoid inhalation of vapors.

6 ETHANOL

FOUND IN...*perfume, hairspray, shampoo, fabric softener, dishwashing liquid and detergents, laundry detergents, shaving cream, soap, Vaseline™ lotion, air fresheners, nail color and remover, paint and varnish removers.*

FACTS...On the EPA Hazardous Waste list showing symptoms that include: fatigue, irritant to eyes and upper respiratory tract even in low concentrations. Inhalation of ethanol vapors can have similar to those characteristic of ingestion. These include an initial stimulatory effect followed by drowsiness, impaired vision, ataxia, and stupor. Known to cause CNS disorders.

7 ETHYL ACETATE

FOUND IN...*after shave, cologne, perfume, shampoo, nail color, nail enamel remover, fabric softener, and dishwashing liquid.*

FACTS...Narcotic. On the EPA Hazardous Waste List warning of the following health effects: irritant to the eyes and respiratory tract, headache and narcosis (stupor), defatting effect on the skin and may cause drying and cracking, may cause anemia with leukocytosis and damage to liver and kidneys. Wash thoroughly after handling.

8 LIMONENE

FOUND IN...*perfume, cologne, disinfectant sprays, bar soap, shaving cream, deodorants, nail color and removers, fabric softeners,*

dishwashing liquid, air fresheners, after shave, bleach, paint and varnish removers.

FACTS...Carcinogenic. Warnings include: prevent contact with skin or eyes because it is an irritant and sensitizer, wash thoroughly after using this material and before eating, drinking, or applying cosmetics, do not inhale limonene vapor.

9 LINALOOL

FOUND IN...*perfume, cologne, bar soap, shampoo, hand lotion, nail enamel remover, bleach powder, fabric softeners, shaving cream, after shave and solid deodorant.*

FACTS...Narcotic. Causes respiratory disturbances, attracts bees, depressed heart activity and causes CNS disorders. In animal tests: ataxic gait, reduced spontaneous motor activity, depression, development of respiratory disturbances leading to death.

10 METHYLENE CHLORIDE

FOUND IN...*shampoo, cologne, paint and varnish removers.*

FACTS...It was banned by the FDA in 1988, yet no enforcement is possible due to trade secret laws protecting the chemical fragrance industry. It's on the Hazardous Waste lists on the EPA, RCRA, and the CERCLA. When absorbed, it is stored in body fat, metabolizes to carbon monoxide, reduces oxygen-carrying capacity of the blood, causes headaches, giddiness, stupor, irritability, fatigue, tingling in the limbs, and CNS disorders.

11 A-PINENE

FOUND IN...*bar and liquid soap, cologne, perfume, shaving cream, deodorants, dishwashing liquids, and air fresheners.*

FACTS...Sensitizer (damaging to the immune system).

What's in a Label?

Since companies can get away with incomplete labeling, follow these guidelines to ensure healthy choices.

- ✓ Choose products that list all ingredients, not generalized ones.
- ✓ Examine the list of ingredients to check that the word *fragrance* does NOT appear. Essential oils should be listed separately.
- ✓ Be prudent because even if the label advertises “un-scented,” most manufacturers use masking agents that block our ability to perceive odors; so not only is the fragrance still in the product, but even more chemicals are present to mask other chemicals.
- ✓ Avoid phthalates and parabens (often listed as methylparabens), they disrupt reproductive and thyroid function.
- ✓ Always inspect labels because formulas change.
- ✓ Since no legal definitions exist for natural, nontoxic, and hypo-allergenic, those words don't signify a healthier product unless every ingredient is identified.

12 G-TERPINENE
FOUND IN...*cologne, perfume, soap, shaving creams, deodorants, and air fresheners.*
FACTS...Causes asthma and CNS disorders.

13 A-TERPINEOL
FOUND IN...*perfume, cologne, laundry detergents, bleach powders, laundry bleaches, fabric softeners, stickup air fresheners, Vaseline™ lotion, cologne, soap, hairspray, after shave, and roll-on deodorants.*

FACTS...Highly irritating to mucous membranes, aspiration into the lungs can produce pneumonitis or even fatig edema, causes excitement, ataxia (loss of muscular coordination, hypothermia, CNS and respiratory depression, headaches, and repeated or prolonged skin contact can cause serious skin disorders.

De-scents-itize Your Home

DRYER SHEETS

Try dryer balls or safe, reusable cloths made by Static Eliminator. You can use an aluminum foil ball the dryer, ½ to 1 cup white distilled vinegar in the rinse cycle, or separate your synthetics and cottons when drying to avoid static-cling.

LAUNDRY DETERGENTS

Use fragrance-free detergents and softeners from responsible companies like Seventh Generation, Ecos, and Mountain Green. A safe and economical option is to use 3 reusable T-wave™ washer discs that will last up to 2 years...no detergent required!

AIR FRESHENERS

Instead of masking odors, identify and remove the source or properly vent. Take shoes off at the door. Empty trash often. Open window or use fan in bathrooms

Natural air fresheners include:

- Natural mineral zeolite, place some in a small dish and leave exposed away from pets and children
- Baking soda or Borax™ exposed to the area
- Cedar blocks (lightly sand them each month for maximum natural fragrance)
- Use spices like cinnamon sticks, cloves or allspice and place in either cheesecloth or open weave fabric in small pouches
- Make your own organic essential oil freshener by combining a few drops of oil to your liking into distilled water and place in a spray bottle

FILTRATION

Air cleaners and purifiers are important to improve indoor air quality, especially for those individuals that are highly reactive or have compromised immune systems. Not all filters are the same. Avoid filters with plastic parts or materials that off-gas.

A reputable company that makes HEPA filtration systems combined with other filtration materials, and customized for your specific needs, is available only through your environmental health care professional by AirPura.

CLEANING PRODUCTS

The most inexpensive, safe cleansers are baking soda and water (for deodorizing) white distilled vinegar and water (for cleaning when mixed with water and a few drops of chemical-free dish-washing soap), Bon Ami (for scrubbing), and hydrogen peroxide (for disinfecting). A microfiber cloth can replace any cleaning product with just water for any area that does not require sanitizing.

ESSENTIAL OILS, INCENSE & CANDLES

A good alternative to synthetic scents is essential oils. They can be placed around the house (onto a gauze, cotton ball, or diffuser), worn as perfume, or used as a room and car deodorizer. Use a very small amount because those that are highly responsive may still react to essential oils because of a compromised immune system. When someone you know suffers from multiple allergic response syndrome (MARS™) do not wear any fragrance because the cellular memory recalls that fragrances are dangerous and does not differentiate between synthetic or natural oils and may still cause a serious allergic response.

For candles, try soy or natural beeswax. Don't trust "unscented" because we know they can use other chemicals to mask other chemicals. A good alternative is battery-operated candles.

Don't assume all incense is safe; it has combustible materials, may include contaminants, and may contain artificial fragrances and other toxic chemicals.

CHECK-LIST

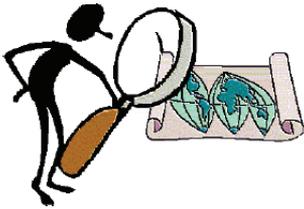
for Creating a Healthy Nursery or Child's Room

Item	Non-toxic "Mission Accomplished"	Item	Non-toxic "Mission Accomplished"
Crib	<input type="checkbox"/>	Cloth diapers	<input type="checkbox"/>
Mattress	<input type="checkbox"/>	Diaper pail/ natural deodorant	<input type="checkbox"/>
Mattress pad	<input type="checkbox"/>	Laundry T-wave capsule	<input type="checkbox"/>
Foil barrier-cloth (to wrap mattress)	<input type="checkbox"/>	Natural fabric softener or dryer balls	<input type="checkbox"/>
Bed-wetting pad	<input type="checkbox"/>	Natural fabric whitener /enzyme activator	<input type="checkbox"/>
Sheets	<input type="checkbox"/>	Drawer liners	<input type="checkbox"/>
Pillow	<input type="checkbox"/>	Window coverings	<input type="checkbox"/>
Pillow cases	<input type="checkbox"/>	Baby wipes	<input type="checkbox"/>
Blankets	<input type="checkbox"/>	Baby body care products	<input type="checkbox"/>
Comforters/bedspread	<input type="checkbox"/>	Bathing supplies/towels*	<input type="checkbox"/>
Crib bumpers	<input type="checkbox"/>	Toys	<input type="checkbox"/>
Changing table pad	<input type="checkbox"/>	Diaper bag	<input type="checkbox"/>
Hard-surface floor covering	<input type="checkbox"/>	Bassinet	<input type="checkbox"/>
Washable area rugs	<input type="checkbox"/>	Stroller	<input type="checkbox"/>
Organic essential oil air deodorizer	<input type="checkbox"/>	Car seat	<input type="checkbox"/>
Wall paint	<input type="checkbox"/>	Car interior	<input type="checkbox"/>
Wallpaper adhesive	<input type="checkbox"/>		
Wallpaper	<input type="checkbox"/>		

*Resources

Order non-toxic microfiber baby wash cloths and towels that are embedded with silver that kills germs (bacteria, viruses) on contact through a revolutionary new hospital-tested technology. You simply use water and re-use the microfiber cloth. It has been tested to maintain its antibacterial properties through 300 washings. Also order silver-embedded microfiber cloths for all your household cleaning: safe, cost-effective, and healthy, naturally.

TO ORDER—Visit www.gloriagilbere.com or call **888-352-8175** (Monday-Thursday, 8 am to 2 pm Pacific time (closed Friday)).



Remember!



In the past 30 years,
the EPA has evaluated the safety of
just 200 out of 80,000 chemicals,
and banned only five. It's up
to the consumer to take
responsibility for protecting their
health and that of their family.



“I think the environment should be
put in the category of national
security—defense of our resources
is just as important as defense
abroad. Otherwise what
is there to defend?”
—*Robert Redford*

Food **FACT** & **FICTION**

Fact

Jell-O is made from bones and hides. Jell-O is made from gelatin, which is made



by boiling the bones, skin, and hides of cows and pigs to release

collagen. The collagen is highly processed, dried, and ground into a powder.

Prepackaged salads and spinach may contain E. coli.

An *E. coli* outbreak from packaged salads occurred in 2005, and, since the source of the *E. coli* has not been found, the possibility of it happening again cannot be ruled out. The safe thing to do with prepackaged salads and spinach is to wash them off again, even though they are pre-washed. Especially helpful are the natural vegetable washes available at health food stores.

Sun tea can contain dangerous bacteria.

Sun tea is left to brew by sitting in sunlight, which can cause bacteria in water to flourish. Bacteria commonly found in water are given a chance to multiply and contaminate the tea because the sun

does not heat the water to a high enough temperature.

Cochineal and carmine, red food colorants, are made from ground up bugs. Love that red lipstick, or those colorful, red candies? You might want to check the label. Cochineal and carmine



are red food colorants made from the crushed bodies of the

cochineal insect. Although safe, the yuck factor is still there! Kosher foods do not use this food colorant.

Mold that forms in pancake mix can cause a life-threatening allergic reaction.

For this to occur, the pancake mix is probably old and has had exposure to mold. Pancake mix in plastic bags or other packaging that keeps out moisture is probably safe from formation of mold in the mix. Pancake lovers without mold allergies will not have to worry about the potential danger, but those with these allergies should be cautious about eating pancakes made from old mix. Even unopened boxes of mix can form mold,

so it is better to be safe and throw out any expired mix.

Green potatoes are poisonous.

Green potatoes contain higher levels of a toxin called solanine, which can cause vomiting, diarrhea, headaches, and central nervous system paralysis when ingested in high amounts. It is unlikely that one person could ingest enough of this toxin for it to be harmful, but be sure to discard potatoes that have green eyes, sprouts, or green-tinted skins.

Undercooked green onions have caused hepatitis A outbreaks.

Hepatitis A, a liver disease, is usually mild, although it can be severe, and is characterized by jaundice, fatigue, abdominal pain, loss of appetite, diarrhea, nausea, and fever. An outbreak of hepatitis A in 2003 was linked to ingestion of raw or undercooked green onions, also known as scallions. It is recommended that green onions be thoroughly cooked.



Fiction

Cooking hamburger removes the risk of mad-cow disease.

The risk of becoming infected with mad-cow disease, or Creutzfeldt-Jakob disease, as it is known in humans, is very low, but cooking your

hamburger does not eliminate the risk. The only way to completely eliminate the risk is to burn the meat, essentially making it inedible.

Eating carrots results in improved vision.

Carrots are a good source of vitamin A, which is important for healthy eyesight, but eating them will not improve your vision.



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