



THE UNIVERSITY OF ARIZONA

Center for
Integrative Medicine

Environmental Health Recommendations

Water

1. **Get a filtration system** – reduces exposure to chlorine and use of plastic water bottles. Best system will depend on where you live and availability of water. Environmental working group has a website with options <http://www.ewg.org/report/ewgs-water-filter-buying-guide>
2. Use a **stainless steel or glass water bottle**. Fill it at home with filtered water.

Food

1. When possible **eat organic meat, poultry, dairy, and vegetables and fruits**. Environmental Working group has lists of the dirty dozen and the clean fifteen. (Vegetables and fruits with greatest/least level of pesticides.)
2. **Select the safest fish** with the lowest levels of mercury, PCBs and other environmental toxins. <http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>
3. **Dairy products**: best organic practices can be researched at www.cornucopia.org
4. **Avoid canned foods**. The linings of cans usually have BPA. Companies that use BPA free cans can be found at www.treehugger.com/files/2010/03/7-bpa-free-canned-foods.php
5. **Avoid the herbicide Roundup Ready**. This is used in GMO crops, but also on wheat as a desiccant. Avoiding GMO crops and choosing organic are the best strategies.
6. **Never microwave in plastic**. Use glass or ceramic “Tupperware” for microwaving and food storage
7. **Minimize or avoid the use of plastics**. The safest plastic wraps contain low-density polyethylene (LDPE) and include Glad Cling Wrap or Handi-Wrap and Saran Premium Wrap.

Personal Care and Cosmetics

1. Cosmetics and personal products can expose you to parabens, phthalates, synthetic musks, and many other potentially carcinogenic products. I recommend that you assess products using one of the following databases or apps:
Skin Deep: <https://www.ewg.org/skindeep/#.WxhKbKkh3JM>
Think Dirty: <http://www.thinkdirtyapp.com>
The Good Guide: <http://www.goodguide.com>
2. My website has a self-assessment: <http://victoriamaizesmd.com>
3. Facebook pages that point to clean products:
<https://www.facebook.com/NoMoreDirtyLooks?fref=ts>
<https://www.facebook.com/WomensVoices>





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In the Home

1. **Use non-toxic cleaners** –good brands include Seventh Generation, Nature Clean, Ecover, Shaklee, Melaleuca, Deidre Imus, Soap Factory AA5 Concentrate, Arm & Hammer Washing Soda, ECOgent -
<http://lesstoxicguide.ca/index.asp?fetch=household> Or, make your own cleaning product:
<http://www.food.com/recipe/alices-wonder-spray-all-purpose-cleaner-187681>
2. **For the environmentally sensitive** use a HEPA filter in your bedroom and office as well as a HEPA vacuum.
3. Green plants are natural air detoxifiers: a few are spider plants, English Ivy, rubber plants and Boston ferns. NASA lists more at http://en.wikipedia.org/wiki/List_of_air-filtering_plants
4. **Minimize flame retardant exposure** in mattresses, computers, TV's, carpeting, household furniture and flooring at <http://www.saferproducts.gov>
5. **Non toxic pest control**
<http://beyondpesticides.org/programs/safer-choice> or hire a professional
<https://www.beyondpesticides.org/resources/safety-source-on-pesticide-providers/find-a-service-provider>

Other Tips:

1. Avoid exposure to electromagnetic fields from cell phones or laptops.
2. Avoid all products that contain fragrance – including air fresheners, scented candles, and most perfumes.
(use essential oils for fragrance instead)
3. 6 hour online course; free of charge from University of Arizona Center for Integrative Medicine.
www.azcim.org/enviro-health

Contact:

AzCIM.org

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