



**Reducing toxins...  
to restore your optimal health**

**Lymphoma  
Support Group  
of Ottawa**



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# Chemicals to avoid... or remove from your home altogether!





# Non-stick Cookware

- **Polytetrafluoroethylene (PTFE)**-based formulas such as **Teflon**
- Release toxic gasses linked to cancer, organ failure, reproductive damage
- **Healthier Options:** Cast iron, paper ceramics, stainless steel, or porcelain coated pans



# Conventional Cleaning Supplies

- **All-purpose cleaners**

- **Healthier Options:**

Non-toxic cleaning products from ingredients around the house, such as baking soda and vinegar



# Air Fresheners

- **Petrochemically-based air fresheners** aggravate and trigger respiratory problems, reproductive problems, birth defects, linked to breast cancer, heart disease, diabetes.
- **Healthier Options** open windows!  
ClearAir Whole, room, car, Air Purifier



# Compact fluorescent light bulbs

- **CFL Light Bulbs:** Contain mercury
  - **Healthier Options:** Consider sticking with the "old fashion" light bulb or LEDs till something better comes along.
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# Chemical Insecticides and Herbicides

- **Round Up**, (glyphosates) causes physical illness.
  - **Bug spray** is an eye, skin and respiratory irritant; effects on the central nervous system.
  - Pesticide Action Network ([www.panna.org](http://www.panna.org))
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# Beware of Mold

- Keep indoor humidity below 50 percent
  - Control water leaks
  - **Remediate:** dispose of moldy drywall, and porous materials
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# Flame Retardants Flame(PBDE)

polybrominated diphenyl ethers

- In cushions, mattresses, foam pillows, hair dryers, tvs, computers, carpets, appliances, fabrics, even your telephone
- accumulates in blood, breast milk, fatty tissue and is linked to liver, thyroid and neurological issues
- Avoid and replace



# Fabric Softener and Dryer Sheets

- numerous chemicals linked to central nervous system disorders, upper respiratory tract infections, trigger asthmatic responses and various cancers
  - **Healthier Options:** wool dryer balls, spiked dryer balls. Add  $\frac{1}{2}$  cup of vinegar allowing more residue to wash out in the rinse cycle, clothes + removes any odor on clothes.
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# Antibacterial Products

- Concerns about the buildup of triclosan in our bodies and our water supplies.
  - Contributing to super bugs.
  - Interfering with the immune systems of young children.
  - **Healthier Options:** washing with unscented products
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# Plastics

- Bisphenol -A (BPA) in water and beverage bottles, food containers, hygiene products
- Assault on the body's endocrine hormone system
- Phthalates, linked to reduction in male fertility.
- **Healthier options:** Choose glass, avoid plastic keep out of dishwasher and microwave.



# Scented Detergents, Perfumes, Soaps

- 95% of the chemicals used in fragrances are petroleum products
- Cause cancer, birth defects, and damage to lungs, brain, and nerves.
- Organic unscented soaps, organic essential oils

# Sunscreens

- ▶ TITANIUM DIOXIDE (sunscreen grade)
- ▶ Badger, Beauty counter, Dr. Mercola, Jason.  
Kiss my face, Tom's of Maine





# Sources

- **Environmental Working Group EWG** <https://www.ewg.org/>
- **Greenmedinformation** founded by Sayer Ji, <https://www.GreenMedInfo.com>
- **Environmental Defence**, <https://environmentaldefence.ca/>
- **Beauty Counter Canada**, <https://www.beautycounter.com/en-c>
- **Burt Bees** <https://www.burtsbees.ca/>