



Environmental Health Recommendations

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Water

1. **Get a filtration system** – reduces exposure to chlorine and use of plastic water bottles which leach environmental chemicals and create waste. Best system will depend on where you live and availability of water.
2. **Use a stainless steel water bottle.** Fill it at home.

Foods

1. **When possible eat organic meat, dairy, and vegetables and fruits.** The Environmental Working group lists the dirty dozen and the clean fifteen. (The vegetables and fruits with greatest/least level of pesticides.) <http://www.ewg.org>
2. **Select the safest fish with the lowest levels of mercury, PCBs and other environmental toxins.** <http://www.iatp.org/foodandhealth/fishcalculator>
3. **Dairy products can be researched at** www.cornucopia.org
4. **Never microwave in plastic.** Use glass or ceramic Tupperware.
5. **Minimize or avoid soft plastic.** Specifically avoid plastic labeled “3” or “6.” Plastics labeled 1, 2, 4, and 5 are safe for food use. “7” includes safe polylactic acid plastic made from corn and unsafe polycarbonate. The safest plastic wraps contain low density polyethylene (LDPE) and include Glad Cling Wrap or Handi-Wrap and Saran Premium Wrap.

Cosmetics

1. **Skin Deep** is a cosmetic database that can be used to evaluate your shampoo, conditioner, sunscreen and makeup. <http://www.cosmeticsdatabase.com/index>

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>
2. **Three plants can improve indoor air quality:** **Areca palm** (*Chrysalidocarpus lutescens*), **mother-in-law’s tongue** (*Sanseveria trifasciata*), **money plant** (*Epipremnum aureum*). Watch Kamal Meattle’s talk at ted.com http://www.ted.com/talks/lang/eng/kamal_meattle_on_how_to_grow_your_own_fresh_air.html
3. For the environmentally sensitive **use a HEPA filter.**
4. **Minimize flame retardant exposure** in mattresses, computers, TV’s, carpeting, household furniture and flooring. <http://www.saferproducts.org>
5. **Non toxic pest control.** <http://www.beyondpesticides.org/alternatives/factsheets/index.htm> or hire a professional <http://www.beyondpesticides.org/safetysource/index.htm>