

There's an App for That!



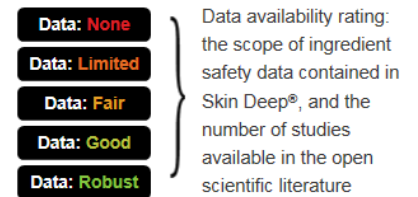
Resources

1. Install the app "Healthy Living."
 - This is amazing! Just scan in the barcode of any personal care product and see where it falls on the scale created by the EWG (Environmental Workers Group). The lower the number, the less risk: 1 = very safe..... 10 = very dangerous.
 - Try scanning in some of the products you already use at home!
 - The best thing about this is you can tell WHY they rate high – are they dangerous because ingredients may be linked to cancer? Reproductive issues? Allergies? I use my app to make decisions in the store before I even buy a product!
2. Consult a list. The databases for this app (and others) can't possibly contain every product! Often I scan and the product I'm wanting more information on isn't registered. This means you have to learn a bit yourself about the ingredients that can be most harmful.
 - Grab the Pocket Guide to Harmful Ingredients (available on my website or just ask)! This lists the top 25 or so most common and most harmful ingredients to watch for on labels and avoid. You could take it shopping or ask me for the digital graphic version to save on your phone!
3. Go online. If you're willing to invest a little time and the above two resources didn't work for you, plug in individual ingredients you don't recognize on the Skindeep Cosmetics Database (yep, just Google that and you'll be in business!) You'll get safety ratings just like the ones for full products on the app.


Hazard score key:



Data score key:



Get Involved!

1. Join the EWG. This group is great – they lobby for new laws in labeling and strive to inform the public about this toxic issue. They are working tirelessly to raise the standards of our personal care products, keep our food safe and protect other facets of our environment.
 -  **Know your environment. Protect your health.**
 - <http://www.ewg.org/>
2. Be an informed and active consumer!
 - Vote with your wallet. The more demand the big companies feel for safer, "cleaner" products, the more they will phase out the use of dangerous chemicals.
 - I've even heard of people bringing back their products to the store, partially full or not, and asking for a refund because they "don't want to use dangerous chemicals". Stores and product companies are starting to listen! Plus, this starts a really important conversation.
3. Spread the word (especially to people you love!)
 - Help me educate others about this issue. Many people assume that because products have made it to the shelf in their grocery store, they must be safe. Now that I know that's not true and no one is regulating them, I can't slather myself or my family with these products – and I want to tell others so they don't either!





HEALTHY HOME TIPS

Take small steps to avoid harmful chemicals in everyday life!

1. Read labels; shop for safer products with knowledge and resources (listed on reverse).
2. Buy organic food when possible (use dirty dozen and clean 15 lists/apps).
3. Ditch the plastic. Switch to glass and cast iron in your kitchen.
4. Replace air fresheners/plug-ins and perfumes.
5. Take whole food supplements and avoid synthetic ingredients.
6. Use FEWER products. Simplify!
7. Take off your shoes in your home.
8. Learn more by hosting a Live Pure Mama workshop or make & take!

Some products I recommend:

- Water bottles: Lifefactory (or just use glass)
- Nail Polish: Zoya, Acquarella, ColorStreet
- Sun protection: Coolibar or UV Skinz swim shirts and clothing
- Sunscreen: Pure Haven, Babyganics, or Badger (or DIY)
- Supplements/Vitamins: Garden of Life, Touchstone Essentials
- Room fresheners: Diffuse organic essential oils

Online Resources

1. Campaign for Safe Cosmetics
 - Compact Signers (Companies who have signed a pact to not include any toxic chemicals in their products) <http://www.safecosmetics.org/get-the-facts/safer-cosmetics-companies/campaign-safe-cosmetics-compact-signers/>
 - Red Lists (lists of harmful and common chemicals used in certain product categories so you can avoid them) <http://www.safecosmetics.org/get-the-facts/chemicals-of-concern/red-list/>
2. Women's Voices for the Earth (Great movement toward nontoxic products) <http://www.womensvoices.org/>
3. The Breast Cancer Fund (news, action, research on breast cancer) <http://www.breastcancerfund.org/>

(Also, "Like" and "Follow" the Facebook pages and Instagram accounts of these three organizations)



(Revised by Krissie Lenahan from a document by: Lyndsi O'Brien, PH Executive)