How much is too much? Toxins are IN, ON & AROUND Us

DID YOU KNOW that a carcinogen is any kind of substance or agent that causes cancer?
DID YOU KNOW 90% of cancer is environmental and lifestyle related? And it turns out the home is the most toxic place WHERE we spend the most time!

We may not have control over a lot of things, but we do control what we bring into our homes and gardens!

Become aware of what you’re putting IN, ON & AROUND you!

CHECK the labels on the products you use and visit cancerschmancer.org/check to research your products.

CHOOSE options for change.

CHANGE by taking a small step toward a healthier lifestyle.

IN
What are you eating and breathing?

Check for:
- Sodium nitrites in processed meats
- Dioxins in meat and dairy
- Tobacco in the air you breathe
- rBGH or rBST in milk
- BPA in plastic bottles and canned food linings

ON
What personal care items are you putting on your skin?

Check for:
- Formaldehyde in baby shampoo
- Triclosan in toothpaste
- Lead in lipstick
- Aluminum in anti-perspirants
- 1,4 dioxane in liquid soap

AROUND
What are you using to clean your house? What are you using in your garden?

Check for:
- Phthalates in cleaning products
- PVC in kids’ toys
- PFCs in non-stick coatings
- Flame Retardants in polyurethane foam padding
- 1,4 dioxane in laundry detergent

Label Reading

1. Ingredients are listed in order of volume, so the first 3 ingredients are the ones that matter most.
2. Stay away from complex-sounding words.
3. Food ingredient lists don’t have to mention all of the chemicals that could be included, like pesticides.
4. Buy organic or fresh and look for the USDA organic seal.
5. Don’t buy anything with “poison,” “danger,” or “fatal.”

My Commitment
One small step toward change


www.cancerschmancer.org