

# Environmental Toxins

*Protect yourself and your growing baby.*

Exposure to harmful chemicals and toxins places your baby at risk while developing in the womb and later in life.

Unfortunately, environmental toxins are a part of our modern lives. Read on to see how you can reduce yours and your baby's exposure.

One of the easiest ways to detoxify your environment is to start with your home. Using items such as **vinegar, baking soda, lemon, borax, and essential oils** can provide a cheap and healthy alternative to conventional cleaners that are full of toxic perfumes, dyes, and harmful chemicals.

## **Gardening/Outdoors:**

Wear gloves while gardening

Consider organic gardening practices

Avoid bug spray, pesticides and herbicides by using herbs and essential oils in your garden or have someone else garden while you are pregnant.

## **Beauty Products**

Consider foregoing manicures and pedicures or use environmentally safe polishes.

Read labels before using products.

Hair dyes and straighteners are considered safe for pregnancy.

## **Work Place Hazards**

Consider bringing in a desk air purifier.

Avoid using x-ray/radiation equipment.

When handling raw foods, wash your hands well and often.

Ventilate areas in which solvents, paints, dyes and other strong chemicals are used.



**Consider buying organic foods.**

## Common Sources of Toxins:

- Tap water
- Foods
- Cigarette smoke
- Air
- Body/beauty products
- Soil
- Home environment –
  - Paint
  - Mold
  - Cleaning products
  - Avoid remodeling
  - Plastics – choose glass

*Wash your hands frequently throughout your day.*



**Try a homemade laundry soap.**



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# Toxin Free Home

Food. Water. Home.

## Food:

- Consider buying organic foods. If you can't, wash produce thoroughly and peel and discard the skins.
- Consider buying meats free of nitrites and nitrates
- Avoid alcoholic beverages
- Avoid raw meats and fish
- Cook all meats thoroughly and try to avoid deli meats
- Avoid soft, white cheeses
- Wash all surfaces and hands frequently
- Avoid Teflon coated cookware. Choose stainless steel, glass or cast iron.

## Fish:

*Mercury content is a concern for some types of fish. Avoid these fish or eat very rarely:*

Shark	Bluefish	Swordfish	Seabass	Tilefish
Marlin	Mackerel	Grouper	Orange Roughy	Tuna

## Water:

Check with your local government on the condition of your tap water. If you are concerned, install a Brita reverse osmosis water filter or drink bottled water.

For more information:

March of Dimes: <http://www.marchofdimes.org/pregnancy/staying-safe.aspx>

Washington Toxics Coalition: <http://www.watoxics.org>

American Pregnancy Association: <http://americanpregnancy.org/pregnancy-health/pesticides/>

## Lead:

*If your home was built prior to 1978, you could be exposed to lead.*

- Lead is a dangerous neurotoxin and removal of lead-based paint should be performed by a certified lead abatement team.
- Avoid touching or being near peeling or chipping paint.
- Have someone use latex paint to cover suspected lead-based paint.
- Test the paint in your home with an inexpensive test kit from your local home improvement store.
- Check to see if your pipes are lead. Your state health department should be able to help.
- Filtering water will not remove lead unless you have a reverse osmosis filter.

## References:

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