

TODAY  
THERE ARE MORE THAN  
**80,000**  
CHEMICALS ON THE MARKET,  
MANY WITH KNOWN OR  
SUSPECTED HEALTH EFFECTS.

Chemicals are released into the environment in the manufacture and use of many products, which then enter our bodies through:

AIR, WATER, FOOD, AND SKIN

We are all exposed to various toxic chemicals in our everyday life, but there are ways to limit that exposure. Here we provide some information on how to adjust your eating, living and purchasing habits to succeed in that goal.

GET IN THE HABIT OF  
READING LABELS & LEARN  
ABOUT HOW CHEMICALS  
AFFECT OUR HEALTH.



Basic principles of environmental health and toxicology are presented in the free e-book, A Small Dose of Toxicology. More about all issues mentioned in here can be found on the Silent Spring Institute website <http://www.silentspring.org>.

PROTECT  
YOURSELF

IN CHILDCARE

K E E P I N G  
H A R M F U L  
C H E M I C A L S

out of your life.

