

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

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 YOUR GARDEN

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.

1. HAVE YOUR SOIL TESTED BEFORE

PLANTING A VEGETABLE GARDEN.

There are three main ways that heavy metals such as lead could contaminate garden crops.

- 1.) Deposition from the air.
- 2.) Uptake into plant roots.
- 3.) Direct contamination by garden soil.

Lead and arsenic are the most widely documented pollutants in urban soils. In addition, other contaminants can also be found in areas near former commercial or industrial properties.

Testing is usually for lead only, but it can serve to signal the presence of other contaminants.



Pesticides and herbicides used on gardens and lawns can be tracked into the home on the bottom of shoes and by pets. Children and pets that play on the lawn can be exposed, and the chemicals can leach into waterways and drinking water wells.

2. USE ORGANIC PRODUCTS AND PRACTICES

FOR GARDENING AND LAWN CARE.



3. FIGHT WEEDS WITHOUT HERBICIDES.

Prevent weeds by planting ground cover on open spaces.

Control weeds by pulling them out, spraying them with vinegar, or coating them with soapy water.



4. PRACTICE COMPANION PLANTING.

Companion planting is a technique that pairs plants to enhance plant growth and repel harmful insects naturally. This includes trap cropping, weed suppression, physical-spatial interactions, and other relationships.



Crop: asparagus, basil, cilantro, parsley, tomato
basil, most vegetables, most vegetables, herbs, marigolds
basil, tomatoes
carrot, cucumber, radish, strawberry
beets, carrot, lettuce, summer savory
onion
peppers
tomato

Companions: basil, cilantro, parsley, tomato
basil, most vegetables, most vegetables, herbs, marigolds
basil, tomatoes
carrot, cucumber, radish, strawberry
beets, carrot, lettuce, summer savory
onion
peppers
tomato

4. ENCOURAGE YOUR NEIGHBORS TO

USE ORGANIC PRACTICES.

Educate them about the dangers of pesticides and herbicides.



6. DO NOT RESORT TO BURN BARRELS.

Open burning of household waste in barrels is one of the largest sources of airborne dioxins and furans emissions in the United States.

Dioxins and furans are unwanted by-products of incineration. They can get into your body through breathing contaminated air, drinking contaminated water, or eating contaminated food. These cancer causing substances also induce changes in hormone levels.



7. REPLACE YOUR GASOLINE-POWERED

LAWNMOWER, LEAF BLOWER,

AND SNOW BLOWER.

Gasoline-powered lawnmowers emit disproportionate amounts of pollution as they tend to lack emissions equipment.

Choose an electric lawnmower or, for an extra workout, use a push lawnmower.



Replace gasoline-powered leaf blowers and snow blowers with electric ones or use human-powered tools such as the rake or shovel.

