



# Healthy Lifestyle Reference Card



**AVOID** plastic drinking water bottles that can leach harmful toxins and contribute to waste and pollution.

**AVOID** plastics labeled #3 (PVC) and #6 (Styrofoam) which contain phthalates, and #7 (Polycarbonate) which may contain the hormone disruptor Bisphenol A (BPA).

**AVOID** personal care products that contain parabens or phthalates, such as methylparaben and dibutyl phthalate (DBP).

**AVOID** exposure to toxic dry-cleaning chemicals such as perchloroethylene (also known as "perc") – a carcinogen.

**AVOID** tobacco use and exposure to second-hand smoke.

**AVOID** overuse of insect and mosquito repellents that contain DEET – a known nerve toxin. Don't apply directly to skin.

**AVOID** feminine care products that may contain pesticides, bleach and plastics.

**CHOOSE** reusable and recyclable glass or stainless steel containers. If necessary, use #2 plastic (high density polyethylene).

**CHOOSE** plastics only when necessary. Remember the rhyme: "Choose 5, 4, 1 or 2 – all the rest are bad for you!" Avoid re-using #1 plastic.

**CHOOSE** to read labels and use natural personal care products (including lotions, shampoos, cosmetics) that are fragrance-, paraben-, and phthalate-free.

**CHOOSE** dry cleaners who use CO<sub>2</sub> or water-based cleaners. Remove/recycle plastic bags from all dry-cleaned clothes and air them out before bringing inside.

**CHOOSE** a "smoke-free" lifestyle. Make your home and car "smoke-free."

**CHOOSE** a safe, effective insect repellent. Minimize DEET use. Choose picaridin or oil of lemon eucalyptus and use as needed.

**CHOOSE** to use natural or chemical-free feminine care products.

**AVOID** anti-microbial and anti-bacterial soaps, especially those containing triclosan – a pesticide.

**AVOID** excessive use of cell phones and the electromagnetic field (EMF) radiation they emit.

**AVOID** unnecessary medical x-rays, CT scans, fluoroscopy and other forms of radiation exposure.

**AVOID** skipping sleep. Don't disregard the importance of a good night's rest.

**AVOID** sleeping in rooms that are not completely dark. This disrupts normal sleep rhythms and affects health.

**AVOID** a sedentary, inactive lifestyle.

**AVOID** prolonged sun exposure and sunscreens containing oxybenzone and PABA (para-aminobenzoic acid) which absorb into skin and may cause cell damage.

**AVOID** dwelling on situations, decisions or people that cause you stress and anxiety.

**CHOOSE** bio-based, fragrance-free soaps. Wash hands often – before eating, after playing and after using the bathroom.

**CHOOSE** to use speakerphone or a headset with cell phones. Encourage children to limit cell phone use.

**CHOOSE** to keep good x-ray and medical test records. Share them with all health-care providers to avoid unnecessary tests.

**CHOOSE** to get 7-9 hours of sleep each night. Kids need more. Toddlers: 12-15 hrs; 3-5 yr olds: 11-13 hrs; 5-12 yr olds: 9-11 hrs.

**CHOOSE** to sleep in complete darkness. Turn off the TV and all artificial lights. Use light-blocking shades or a sleep mask.

**CHOOSE** a form of daily physical exercise, such as walking, jogging or cycling.

**CHOOSE** sunscreens with lower risk ingredients such as: titanium dioxide or zinc oxide. Wear protective clothing and hats. Use umbrellas or canopies for shade.

**CHOOSE** to take a positive approach. Balance your life with enjoyable activities.