These chemicals may harm your body and baby:

BISPHENOL A (BPA)  PARABENS
1,4-DIOXANE  PHTHALATES
FORMALDEHYDE  POLYVINYL CHLORIDE (PVC)
FLAME RETARDANTS  TOLUENE
LEAD

“For more tips visit:

http://tiny.ucsf.edu/toxicmatters
http://tinyurl.com/PHHBB
https://www.epa.gov/saferchoice

Look for the EPA Safer Choice label when buying cleaning products.”
10 Tips for a Healthy Home, Body and Baby

01. Choose fresh or frozen fruits and vegetables. Canned foods may contain toxic chemicals.

02. Keep food in glass or stainless steel containers, not plastics. Plastics may contain toxic chemicals.

03. Read labels on foam products, clothing, and furniture. Avoid toxic “flame retardants”.

04. Use insect baits, not insecticides, bombs, or chalks.

05. Clean with a wet cloth or mop instead of a dry cloth. Avoid sweeping.

06. Leave shoes at the door to avoid carrying toxic chemicals into your home.

07. Make a cleaner with 1 cup of white vinegar + 1 cup of water

08. Use water based paints, glues, and materials for home improvements.

09. Don’t smoke. Avoid smoke from tobacco, cooking, and fireplaces.

10. Use beauty and personal care products made without toxic chemicals.