

# children's HEALTH

## How To Detox Your Home

(NAPSA)—There are more products available now than ever before that will help erase stain spots, scour tubs and clean the floors of our homes. According to Dr. Alan Greene, a noted pediatrician, author and green-living expert, recent scientific evidence shows increasing links between common household chemicals and children's health problems.

"When you think about the rise in rates of childhood illnesses such as asthma, attention-deficit/hyperactivity disorder, allergies and cancer, it is not our genetics that have changed, but our environmental exposures—including ingredients in household chemicals," said Dr. Greene.

"The Toxic Substances Control Act [TSCA] was created 33 years ago to regulate our nation's chemicals and has done nothing but allow these chemicals to slide through the system and into household products," noted consumer advocate Erin Brockovich. "Consumers are entitled to have more information about the chemicals that go into the everyday products they buy, and that's why I am urging people to join the Million Baby Crawl to ask Congress to enact stricter safety testing."

Until stricter safety testing on household products exists, Dr. Greene shares five simple ways to decrease toxins in your home now:

**1. Be an advocate for change** by supporting stronger toxic chemical laws such as the Kid-Safe Chemicals Act. Go to [www.millionbabycrawl.com](http://www.millionbabycrawl.com) for more information and to participate.



Photo credit: Seventh Generation, Diane Bondareff

**It's better for babies and children if you use natural cleaning products that don't leave harmful chemical residues. That's why thousands of Americans are asking legislators to favor nontoxic products.**

**2. Open your windows.** EPA research has found that indoor air can contain levels of pollutants two to five times higher than the air outside.

**3. If you are using plastic,** store food in No. 1, No. 2, No. 4 or No. 5 plastic containers, which are less likely to leach unsafe chemicals including BPA. Never heat food or serve hot food in plastic of any kind.

**4. Stay informed,** read the labels of products before purchasing. Avoid anything that says "danger," "warning" or "harmful."

**5. Remove toxic household cleaning products** and replace them with natural cleaning products, such as those from Seventh Generation, that won't leave behind harmful chemical residue or pollute indoor air.

For more information on nontoxic living, visit [www.seventhgeneration.com](http://www.seventhgeneration.com).