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# Are Environmental Toxins Affecting Your Health?

YOUR GUIDE TO LIVING A  
TOXIN-FREE LIFE







## Toxins In Everyday Life

Think about all the products you have in and around your home- household cleaners, beauty products, landscaping chemicals, etc. Most of these products (unless you actively search for non-toxic products) contain at least one type of chemical that could have harmful effects on your body. Even if your home is entirely toxin-free, you still are exposed to chemicals when you go out into the public or to other friends or family members' homes.

While some countries in the EU have up to 1,300 or more banned chemicals, the United States only has 11... Yup, you read that right. Only eleven banned chemicals! The United States' list of banned chemicals hasn't been updated since 1938!

You can see how this can be extremely alarming and makes you question what's in all our products! When we use these products day in and day out, our body collects these harmful chemicals and they accumulate, affecting your body's functions. While our body has a natural way to get rid of foreign chemicals, our body can't keep up with the way we bombard it with high levels of toxins.





# How Can Toxins Affect Your Health?

Depending on the length and amount of exposure you have with different chemicals, you could have a range of symptoms. Endocrine disruptors, for example, can wreak havoc on your functions with even slight amounts. They do this by mimicking, inhibiting, or interfering with hormone function. Since we have hormone receptors all through our body, those harmful chemicals can influence anything from our mood, gut health, menstrual cycles, fertility, skin health, and more.

Other toxins can increase cancer risks, cause neurological issues, accelerate aging, and increase oxidative damage, leading to numerous health effects.

## OTHER SYMPTOMS OF ENVIRONMENTAL TOXIN EXPOSURE INCLUDE:

- Brain Fog
- Memory Problems
- Depression
- Anxiety
- ADHD
- Headaches
- Rashes
- Infertility
- Weakened Immune System
- Sleep Issues
- Eczema







## Harmful Chemicals To Look Out For In Your Products

- **Fragrance/ Parfum /Perfume**

- Found in lotions, shampoos, hair-care products, candles, air fresheners, hand soaps, cleaners, etc.

- **Parabens**

- Used as a preservative in make-up, moisturizers, hair-care products, and shaving creams

- **PEGs (Polyethylene Glycol)**

- Main ingredient in anti-freeze, used as a food additive for anti-foaming purposes, and can be found in skin creams and personal lubricants

- **Phthalates**

- Found in our water and food, toys, vinyl flooring, detergents, lubricating oils, food packaging, nail polish, hair sprays, soaps, shampoos, and perfumes

- **Mold & Mycotoxins**

- Found in food products, homes, and water damaged homes

- **Volatile Organic Compound (VOCs)**

- Cigarettes, paints and thinners, adhesives, hobby and craft supplies, dry cleaning fluids, glues, and pesticides.



- **Endocrine Disruptors**

- Plastic bottles and containers, liners of metal food cans, detergents, food, toys, cosmetics, and pesticides

- **Bisphenol A (BPA)**

- Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles

- **Fire Retardants**

- Found in kids clothing and furniture

- **Polychlorinated Biphenyls (PCBs)**

- Found in our food and throughout our environment: water, air, soil etc





## How To Avoid Toxins In Your Daily Environment

- Use A Water Filter
- Replace Beauty Products- Shampoos, Lotions, Make-up, Perfumes, Hair Products, Sunscreens, etc.
- Replace Household Cleaners- All-Purpose Cleaners, Dusting Spray, Toilet Cleaners, Handsoap, Dish soap, etc.
- Invest in a High-Quality Air System
- Place Air Purifying Plants Around Your Home
- Test Your Home for Mold
- Limit Scented Candles In the Home
- Open Your Windows As Often As Possible
- Avoid Anything With the Word "Fragrance" in it
- Choose Organic Foods to Avoid Pesticides
- Dust and Vacuum Your Home Often
- Choose Fresh Food Over Store-Bought Canned Foods
- Avoid Grassy Areas That Have Been Sprayed With Glyphosate (backyards, golf courses)





I recommend setting aside a night or two to go through your beauty products, household cleaners under your sinks, and lawn care chemicals. Throw out any items that have any of the ingredients mentioned above. The next step is then to replace those items with non-toxic alternatives. People are becoming more aware of the importance of toxin-free options, which is a good thing since more companies are offering safer products. Check out the brands below for some safe alternatives.

## Recommended Non-Toxic Brands/Items

### BEAUTY

Counter Beauty Make-up

Osea Make-up

W3LL People Make-up

RiseWell Toothpaste

Schmidt's Fragrance-Free Deodorant

Stream2Sea Sunscreen

ThinkSport Sunscreen

### KITCHEN ITEMS

Wooden Utensils and Mixing Spoons

Silicone Ice Tray

Wooden Cutting Boards

Glass Dinnerware

Ceramic Dinnerware

Mason Jars

Beeswax Wrap

Glass Food Store Jars

Hydro Flask Travel Mug

### HOUSEHOLD CLEANERS

Branch Basics

Honest Company

Go by GreenShield

Eco Me

Seventh Generation

Baking Soda

### COOKWARE

Cast Iron

Carbon Steel

Stainless Steel

Stoneware

Ceramic

Glass

### FEMININE CARE

The Diva Cup Menstrual Cup

The Lunette Menstrual Cup

Seventh Generation Tampons

Emrita Tampons





## Testing For Toxins

If you think you may be suffering from environmental toxin exposure, the best way to find out is to test! Since a number of things could cause many symptoms, it's vital to look deep into reasonable causes. I offer toxin testing to my patients to see if this is an area that needs improvement. Because most of our society isn't educated on the harmful toxins in our products, they are sadly in the majority of places we spend our time. Being aware and taking the necessary steps to avoid dangerous toxins is key to protecting your health and reaching optimal well-being.



**Please reach out if you'd like to get tested for toxin accumulation. We can create a plan to eliminate harmful chemicals from your body so you can feel healthy again!**