

Did You Know?

- ❖ That 2 tsp of baking soda in a half glass of water can relieve a food allergy in a few minutes.
- ❖ That celery is one of the most pesticide treated vegetables? *Choose organic celery.*
- ❖ That strawberries are one of the most pesticide treated fruits. *Choose organic fruit.*
- ❖ That toxic chemicals are stored in the fat of meat. *Buy only lean or organic meat.*
- ❖ That the EPA suggests that more than one meal a month of farmed salmon increases your risk of cancer? *Choose wild salmon.*
- ❖ That butter has more PCBs than any other food? *Choose organic butter.*
- ❖ That babies float in 287 toxic chemicals while in the uterus and these chemicals are found in the baby's blood at birth. *Choose natural products.*
- ❖ That pesticide exposures during the first 3 months of a woman's pregnancy can cause an increased chance of having a miscarriage, a stillborn or a birth defects. *Avoid all pesticide exposures.*
- ❖ That men should avoid chemicals, such as lawn herbicides, for at least 65 days before they conceive so they have a better chance of having normal sperm.
- ❖ That men are becoming more effeminate because of the prevalence of estrogen-mimicking chemicals in many common products we use. The result is a drop in sperm counts and testosterone levels. *Read labels and choose natural, fragrance-free personal care and laundry products. Avoid air fresheners, and pesticides.*
- ❖ That sugar substitutes such as aspartame or Equal can short circuit the nervous system by causing the coatings on the nerves to fray. *Choose natural sweeteners or sugar over artificial sweeteners.*

Above information from www.dorisrappmd.com with suggested positive actions from EHA BC. Dr. Rapp is a Board-Certified in Paediatrics, Allergy and Environmental Medicine, and is a respected leader in these fields. Her book, 'Our Toxic World- A Wake Up Call' details how chemicals are hurting our children. It is an excellent source of information for all families.

Resources

Canadian Association of Physicians for the Environment (CAPE) Children's Environmental Health Project

<http://www.cape.ca/children/index.html>

Mt Sinai Hospital – Childrens' Environmental Health Centre

<http://icahn.mssm.edu/about/departments/environmental-public-health/cehc>

Children's Safety Association

<http://www.safekid.org>

EWG – Search Your Cosmetic's ingredients

<http://www.ewg.org>

EHA BC is one of the founding organizations of the National Healthy Schools in Canada Day

<https://healthyschoolsday.ca/>



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Prevention of Environmental Sensitivities For New Parents



Environmental Health Association of BC

Information and Resources for those with Environmental Sensitivities

What are Environmental Sensitivities and Is My Child at Risk?

Environmental sensitivities (ES) is a condition where people experience symptoms when they are exposed to a variety of chemical or environmental agents. (including electromagnetic radiation). There are two ways to develop ES: One is after a single exposure to a toxin or sensitizing agent. Another, is due to ongoing or repeated exposures, that may occur in minuscule amounts. Symptoms may be triggered through Inhaling, ingesting, or touching the substance or even chemically – related toxins or foods.

Acquiring ES is becoming more prevalent in our society, especially amongst babies and children. The young are more susceptible to developing an ES for many reasons including:

- ◆ Their small size: kilogram for kilogram of body weight, a child will ingest more food, and water, and breathe more air than an adult, and process more toxins in them.
- ◆ Physiology: Children are still developing and breathe faster. Immune systems can easily become overwhelmed.
- ◆ Behavior: Children often 'eat or mouth' objects, giving another route for toxins.
- ◆ Children have a longer lifetime ahead of them than adults do.
- ◆ Babies skin is more absorbent.

How Can I Protect My Children From Exposure to Environmental Toxins and ES?

Awareness is key. Become aware of the source of toxins, how to avoid them and the least toxic options.

Protect your children from construction and renovation fumes and debris. Old paint can contain lead, which harms the brain. Choose the least toxic building materials and a water-based, low VOC paint.

Avoid using toxic new furnishings, vinyl covered mattresses and oil paint in your baby's nursery. Research and purchase an organic mattress and bedding if possible.

Avoid pesticides and lawn chemicals. Some are linked to ADHD, brain injury or are estrogen mimicking. If necessary, use least toxic products.

Avoid air fresheners as they contain neurotoxins masquerading as pleasant scents. Spraying air fresheners on furnishings and clothing does not get rid of odors; it adds chemicals. Choose fresh air or use an electric air purifier with a carbon filter to remove odors.

Use of fragranced laundry products and personal care products are a common source of allergic responses and skin problems. Fabric softeners leave a coating on fabric with substances that contain toxins and sensitizers. Choose natural, unscented products. Read the ingredients and watch for allergic reactions.

Pay close attention to where and when symptoms develop so it you can track the cause. Some common triggers are fragrances, chemical cleaning solutions, air fresheners, new paint or furnishings, dust, or mold. If symptoms occur shortly after eating it may be a food or beverage that was ingested that is responsible.

During pregnancy, avoid chemical and toxic exposures, including cosmetics, household cleansers, processed foods and fragrances. Talk to your Doctor about foods or medications you should avoid.

Visit www.ehabc.org to print out brochures.

Facts about ES and Children:

- ◆ In an average day, children are exposed to 61 chemicals in personal care products alone, 27 have not been found safe for kids, according to a national survey by Environmental Working Group (EWG).
- ◆ If a baby is exposed to numerous toxic compounds in the utero, changes may occur that either directly cause cancer, or lengthen the period of sensitivity to carcinogens making the child more susceptible to cancer and other diseases later in life.
- ◆ A study by the EWG found that newborn blood samples contained an average of 287 toxins due to the toxic loads of their mothers.
- ◆ Experts believe rising rates of birth defects, asthma, neuro-developmental disorders and other serious diseases in children are a result of early chemical exposures.
- ◆ There are 3,000 high-volume chemicals used today; for roughly half, there is no basic toxicity information publicly available.
- ◆ Visit www.ehabc.org for more information. Sign up for the EHA BC Blog for news and updates.