

28 TIPS: To Keep Chemicals Out of Your Body and Environment

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In a nutshell, if you want to become or stay healthy:

Watch Your: Water, Air, Food, Pest Control, Cleaning Products, Home Furnishings and Personal Body Products

Suggestions

1. Use Water Purifier, get Reverse Osmosis system with charcoal under sink, and for shower head to remove chemicals
2. Use Air Purifier. Get Quality Vacuum- Clean Furnace filters often, Fix Gas Leaks, Use Electric/Solar Heat. if possible.
3. Eat no pesticides, genetically engineered or irradiated foods. Buy Organic Foods - especially low fat, free range, and hormone/pesticide free meats.
4. Use only organic pest and lawn control. For Pests - www.thebestcontrol.com - free internet book – “The Bug Stops Here” - Check phone book for safer pest control companies
5. Watch Cleaning Materials*: Avoid typical ammonia, dishwasher detergents, drain cleaners, toilet cleaners, car wash, tar and grease removers. Avoid pine or phenol products - Lysol, Pinesol contain phenol. Air fresheners contain formaldehyde and can cause cancer.
 - Buy safer cleaning agents-(use baking soda & white vinegar, 7th Generation-Bi O Kleen-Earth Friendly).
 - Try Safe-Tee Chem. Products- Phoenix 480 968 6828 PST for oven cleaners, grease removers, household cleaners, carpet spotters, glass cleaners or try health food store products.
 - For soap-Dr. Bronner’s soaps, Kiss My Face. Use no antibacterial Triclosan soaps (liver damage)
 - For laundry bleach (use hydrogen peroxide- check- www.lighth2o2use.com. 35%)
 - For disinfectant (use above H₂O₂ and Zephiran),
 - For deodorizers (as air fresheners use a citrus essential oil, ECCO Mist),
 - For scouring powder (Bon Ami).
 - For candles, use organic natural wax and wicks.

- Use no regular fabric softeners (problems because of fragrances, benzyl acetate, chloroform and pentane) can damage lungs, brain and cause cancer. see <http://www.sixwise.com/>. To soften fabrics add 1 cup plain baking soda to each wash.

*See attached superlative sheets for natural home substitutes prepared by Elizabeth Hughes – www.pinksunrise.com/fixit/cleaning.htm I AM CHECKING ON PERMISSION FROM HER - no luck so far.

6. Furniture: but no plywood-synthetic filling. Use all natural wood, hard plastic, metal, glass with natural stuffing and covers if possible.

7. Avoid chemical marking pens, correction fluid, smelly or food odor crayons, Non-toxic ones are often available.

8. Avoid shiny smelly white or colored paper in books or papers if ink and chemicals in paper can cause illness. Watch wet ink, especially fresh dyes on newspaper. Spread out books or papers and carefully heat items in oven to dissipate odor.

9. Do not use pesticide, urethane or polyester, form-fitting, synthetic or smelly, mattresses or pillows. Do not use feather pillows or comforters because of allergies. Allow no boric acid on mattress as a flame retardant. If you cannot buy costly organic cotton mattresses or pillows, make your own with thick layers of flannel sheets sown together. Put into a cotton mattress cover. You can also place several thick cotton blankets over a thick aluminum foil pad on top of an old mattress. Noisy but inexpensive.

10. Floor: Avoid smelly linoleum, soft vinyl or synthetic (4 phenylcyclohexene and styrene and butyl rubber in backing) or moth or stain resistant carpets, use hard tile or ceramic tile, wood, natural cotton or wool carpets and use safe carpet pads and glue. 707 571 1229 - www.naturalhomeproducts.com or Colin Campbell carpets www.naturescarpet.com at 604 734 2758.

11. Cookware: Use no aluminum (pots or rice cookers) or thin stainless steel. Preferred is glass, ceramic coated (Go to estate sales) or heavy stainless steel. Use no styrofoam or soft plastic for storage of water or beverages. Try to buy foods, such as mayonnaise, catsup, maple syrup etc. in glass. Hard plastic is better than soft. Look on bottom: #5 best - #2 and 4 next best.

12. Use no aluminum foil for food storage or cooking. Use glass as much as possible. Do not drink from aluminum cans (soda pop/beer) as this can cause Alzheimer's. Brominated ingredients, or benzoates+ citric acid (vitamin C) in pop have been reported to cause illness.

13. Watch for natural gas leaks in stoves, hot water heaters and furnaces. Watch for oil leaks in garage and basement or when oil or kerosene is used for heating. Watch for illness when putting gasoline in the car. Avoid the fumes of all these heating materials because they contain hydrocarbons which can cause many forms of allergy. Asthma, headaches, arthritis, fatigues and changes in behavior and activity..

14. Do not use or have a microwave - Use an electric toaster oven for fast heating. Use ceramic or glass pot plus oil in bottom and pour in corn for popcorn. Heat, stir and shake until no popping. In relation to plastic wraps it is reported to cause chemicals in plastic to drip into contents of foods and beverages to cover dishes in microwave ovens. Use paper or cellophane as cover.

15. Use No synthetic sweeteners as Aspartame or Saccharine. Try Stevia liquid for sweetener. For 1 cup sugar substitute 1/3 to a 1/2 tsp Stevia powder or a 1/2 to a 3/4 tsp of the liquid. For Xilitol use a 3/4 cup, for honey use a 1/2 cup but lower recipe liquid by 1/8th to a 1/4 cup. (from Beating Cancer with Nutrition by Pat Quillin 760 804 5703)

16. Buy no polyester (formaldehyde can cause cancer), pesticide or GE fabrics. Wear all natural clothing (wool, silk, rami) and avoid all treated or wrinkle-free or stain resistant or pesticide cotton.
17. Chemicals (chloroethylenes) in dry-cleaned clothes cause cancer, Air out and do not store in bedroom. Air-out and store clothes in spare bedroom. Find “green” cleaners.
18. Use no mothballs or naphthalene. Try essential oils such as cedar, clove, mint or orange. Buy some vacuum plastic large storage bags. (larger chain, grocery or linen stores)
19. Personal body products: lotions, creams, lipstick moisturizers* can contain cancer causing ingredients. Beware of lauryl sulfate, DEA cocamide, Quaternium 15, PRG40, propylene glycol, glycerine & talc. Watch your perfumes (Read S. Epstein’s “Unreasonable Risk” 800 638 7819 and Cancer Gate). Buy body products at Health stores and use organic coconut (Mercola.com) or jojoba oil. Use no fingernail polish & remover. They are probably safer if purchased from Health Food Stores
20. Use no regular sanitary products, Rather use only natural because some sanitary products are bleached white with dioxin (like agent orange). Buy Essentials or other safer items from Health Food Stores (bleach might be related to endometriosis.)
21. Disposable diapers contain plastic in the form of bisphenol A which can make males more effeminate. Use Tushies (HealthStores) for infants or use diaper service and natural cotton diapers. Also be careful of smelly wipes.
22. Allow no regular hair dyes. Some cause cancer. Use natural hair dyes (health stores) or buy wigs
23. Use no fluoride toothpaste. A pea-sized amount of fluoridated toothpaste has been reported on toothpaste to be unsafe for a 7 year old child if swallowed. Use only organic toothpaste from health food stores. (There are reports that it is also unwise to have it in our water supply.) Dr Robert Bernardini’s book - Truth About Children’s Health - 800 366 3748
24. For Dental Care: Allow only ceramic, never mercury or metal fillings, no root canals. These tend to become a problem again later on.
25. Get no vaccinations until you have read pros and cons. Toxic metal related brain damage has been known by our government since 1991. Less mercury in vaccines = less autism. I definitely personally believe it is one factor related to autism. Read books and see videos 440 268 0897 - by S. Tenpenny and call 703 938 0342 – [National Vaccine Information Center](#) for more information.
26. Check with health department for safe areas to live in your city. Never live in a moldy home, near an expressway or over a toxic dump site. Watch out for high power electric wires, TV stations and cell phones. Radiation is very bad. Move if your city or town is badly polluted or irradiated..
27. It is possible to become ill from the chemical (Anvil with piperonyl butoxide) used for fogging to kill infected mosquitoes. These chemicals can cause asthma, rashes, tremors or spasms, headaches, problems thinking clearly and it can be toxic to water wildlife, animals (affecting brain and causing cancer) and possibly humans.

Go to another sector of town the night they spray, do not allow dogs out and keep children off the lawns for 24 hours, turn off air-conditioner in home. If you must stay home, keep windows shut and sealed and use a fan in the bedroom (mosquitoes do not like a breeze.) Use Bite Blocker, or All Terrain Herbal Armor (5 oils to deter bites) I do not prefer Deet because it can be dangerous for children’s sunburned skin.

28. It is possible to become ill from electromagnetic energy exposures from computers, cell phones, nearby high power wires, TV cable or radio towers etc.

1. You can put a button on your cell phone, Get from Naturx 480 361 8410 or Bio Pro (800) 660-7474
2. You can wear of necklace disc that will help protect you. Rene at (310) 821-4506
3. If children are exposed near power lines to 2 milligauss (mG) or more, there are reports they can have more leukemia and brain tumors. Get a meter and measure your home, school or work exposure or call Russell Olinski 602 432 1449. If too exposed MOVE.
4. No need to get a cover on your new computer. But if your computer is very old, you will need a screen. They cost about \$90.

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NATURAL HOME SUBSTITUTES

Cleaning the House Safely by Elizabeth Hughes

Five basic nontoxic ingredients that can be used as cleansing agents:

These ingredients, supplemented with vegetable-oil- based soaps, lemon juice, herbs or toothpaste, can be mixed together and used to bring a natural, economical and safe shine to your home.

- * baking soda
- * washing soda
- * borax
- * salt
- * white vinegar

Here are some of the compounds you can make:

Disinfectant:

Mix 1/2 cup borax (a natural mineral that kills mold and bacteria) with 1 gallon hot water.

Add a few sprigs of fresh thyme. Steep for 10 minutes, strain and cool. Store in a recycled plastic spray bottle.

Floor cleaner:

Mix 1 cup white vinegar with 2 gallons hot water.

For greasy floors, add 1/4 cup washing soda and 1 tablespoon vegetable-oil-based soap to the above mixture.

Window-washing fluid:

Mix 1 cup vinegar with 4 cups hot water.

Oven cleaner:

Make a paste of baking soda and hot water. Sponge onto stains and wipe clean.

Copper-pan cleaner:

Sprinkle surface of pans with coarse salt. Rub salt into stains with the cut half of a fresh lemon.

Wood furniture cleaner:

To remove water stains on wood furniture, dab white toothpaste onto the stain. Allow the paste to dry and then gently buff off with a soft cloth.

Removing mildew:

To remove mildew from bathtubs, bathroom curtains and tile, make a mixture of: one-half cup vinegar, one-half cup of Borax cleaning detergent and 2 cups of water. Pour it on the dirty areas and let it sit for a few minutes, and then scrub with a cloth. If mildew is still visible, use the mixture twice.

Clean the toilet bowl: Combine equal parts of baking soda, Borax cleaning detergent and white vinegar. Pour generously around the bowl and scrub with a brush. Or leave it over night if badly stained.

Removing crayon, pencil or ink from walls:

To remove crayon, pencil or ink marks from the walls (without removing paint), take about 2 tablespoons of baking soda and mix in water. Dip a white wash rag in the solution and rub the marks away. Wipe away excess baking soda with the same cloth.

Furniture Polish:

Make your own furniture polish by combining one tablespoon of lemon juice or white vinegar with one-half cup of olive or vegetable oil. Take a soft cloth and polish.

Removing crayon, pencil or ink from upholstery:

To remove pencil, crayon or ink marks from upholstery, use dry baking soda. Use a hairbrush or similar brush to rub baking soda and remove the marks.

Blood stains:

To remove blood stains, combine one quart of Borax cleaning detergent with two cups of cold water. Rinse stained clothing item in cold water, and scrub in warm water with your hands. Then dip in solution and wash by hand.

Coffee and chocolate stains:

To remove coffee and chocolate stains, mix one teaspoon of white vinegar in one quart of cold water. Sponge on stain and wipe clean.

Other hints:

Ironing Clothes: To get crisp results when ironing clothes, combine 1-2 tablespoons of cornstarch in one pint of water. Pour into a spray bottle, shake and spray clothes before ironing.

Bug Control:

-To keep bugs out of flour, pasta, rice, pancake mix and other wheat products, put 2 to 3 bay leaves in the containers.

-Rather than pesticides, you might foil roaches by placing bay leaves around cracks in the room and leaving out dishes of equal parts baking soda and powdered sugar. The last resort is a mix of powdered sugar and boric acid (a poison).

-For other pests, a soapy water spray can be an insecticide, and a shallow pan filled with stale beer will kill snails and slugs.

-To protect the family pet, alternatives to toxic flea collars include eucalyptus ointment, herbal baths and a pinch of brewer's yeast or Vitamin B with dinner.

Removing Grease: To remove grease or hair from the drain, use equal parts of vinegar, salt and baking soda. Pour mixture down the drain and let stand for 15 minutes. Then pour boiling water down the drain.

<http://pinksunrise.com/fixit/cleaning.htm>