

The Hidden Cost of Pesticides



Annually, **33,500 tons** of pesticides and **3 million tons** of fertilizer are used on U.S. lawns (1 ton = 2000 pounds!)

Pesticide residue **contaminates** air, dust, household surfaces, and carpets due to drift and track-in



Of 30 commonly used lawn pesticides: **16** are toxic to birds, **24** are toxic to aquatic organisms, and **11** are toxic to bees

Children in homes using pesticides are **6.5 times more likely** to develop leukemia



Minimizing Your Exposure to Toxins



Any of these measures will be helpful; the more you can do, the better for you and your family!



Invest in a filter system for your drinking and cooking water, and follow the recommended maintenance schedule. Use a metal water bottle if you can, rather than plastic.

Avoid highly processed food, and use the Clean 15 / Dirty Dozen shopping guide:
<https://www.ewg.org/foodnews/index.php#.WcEzSTVrypo>

Change into house shoes or go barefoot when you get home. This reduces tracked-in toxic debris and makes cleaning easier!

Remember that your skin absorbs chemicals, so shop for personal care products that won't compromise your health. Sadly, cosmetics are one of the worst offenders.

Use non-toxic soaps and cleaners inside your house. Many good brands are now available.

Air your house regularly, and change your HVAC filters on a schedule. If you use window AC units, rinse out the filters once a month.

Run a ventilator fan while you shower, and use a de-humidifier in damp areas of your house to discourage mold and mildew.

Remove the plastic from dry cleaned clothes and let them air thoroughly before storing.

If you are in the market for new carpeting or furniture, avoid heavily treated synthetic or fiberboard products. Always let new products have a chance to out-gas before use.

Buy better alternatives to lawn and garden pesticides: this helps our health, the pollinators we depend on, and protects our water supply.

If your neighbors use a lawn service, ask them to please request non-toxic products or switch to a company that does.

Be proactive about your health! Good diet, sleep and exercise habits support your physical health and your ability to withstand the inevitable stresses of daily life. If you think you need a detox, please call on us: we are here to help!



An ounce of prevention is always worth a pound of cure.

