

# 3 Common Sources of Toxicity at Home & How to Eliminate or Counteract the Effects

## #1 Your Carpeting

### PROBLEM:

Many carpets have at least 49 toxic chemicals (most have up to 1000) that continually and consistently out-gas toxic fumes, poisoning you steadily over time. Formaldehyde, benzene and toluene are just a few that can cause a host of health problems from headaches, fatigue and sore throats to cancer, birth defects and severe neurological symptoms. They are also magnets for allergens, mold, and dust containing lead and pesticides.

### SOLUTION:

Ideally get rid of your carpets if you can. If you must have carpet, try woven wool, which has relatively fewer chemicals. You can also invest in some rubber tree plants and plants such as English ivy, peace lily and chrysanthemum, which may help remove chemical pollutants/solvents in the air that come from your carpets. Support your liver with nutrient dense foods, and gentle detoxification methods such as lymphatic massage, epsom salt baths, dry skin brushing.

## #2 Your Refrigerator

### PROBLEM:

Your fridge is one of the strongest sources of electromagnetic pollution in the home. Other sources of EMFs (electromagnetic fields) are electronics, including alarm clocks, computers, radios and compact fluorescent lights. EMFs coming from cell phones, electrical wiring, and other sources are all at radiation doses even higher than the ones associated with childhood leukemia.

### SOLUTION:

Sleep at least 6 feet away from your fridge (which can be hard with studios and one bedroom apartments), try not to keep electronic equipment in the bedroom, place your bed facing north-south to align with the earth's magnetic field. You can also try flower essences, which have been shown to reduce your body's reaction to intense environmental stimulation/EMF stress such as those from fluorescent lights.

## #3 Your Shower

### PROBLEM:

There are two sources of toxicity here. One is your vinyl shower curtain which off-gasses over 108 toxic chemicals that can damage your liver, central nervous system and kidneys. The other is the chlorine in the water coming out of your shower head. The main source of chlorine exposure is not from drinking it, but inhaling it. In one brief hot shower, you inhale the chlorine equivalent of what you would drink in 8 glasses of chlorinated water. Chlorine can cause respiratory ailments such as asthma and bronchitis. It also dries out hair and skin leading to rashes and irritations, and is also linked to colon and bladder cancer.

### SOLUTION:

Shower curtain: There are expensive hemp or bamboo versions but many places sell nylon shower curtains for around \$20 that will last you a lifetime, because you can toss it in the wash and it is very resistant to mold and mildew.

Shower water: You can take quick cold showers to reduce your exposure to the chlorine or you can buy a shower filter and still take nice warm steamy showers.

For more health resources, visit [www.flowinghealth.org](http://www.flowinghealth.org).