

THREE WAYS TO LIMIT YOUR CHILD'S EXPOSURE TO CHEMICALS

StoneTree Naturopathic Clinic, Collingwood, ON

Bisphenol-A in plastic bottles. Phthalates in plastic toys. Many parents know these chemicals pose a risk to children and are doing their best to remove them from their kid's lives.

But those are just the ones that make the news.

There are over 80,000 chemicals in use in our various manufacturing processes. Very few have been effectively regulated to decrease over-exposure risk for children.

In the United States, a chemical needs to be proven risky in order to be regulated, and rules in Canada are not much better. It's a process that is decidedly backwards, making our kids guinea pigs.

This week the American Academy of Pediatrics in the US stated that the US government has failed to keep dangerous chemicals off the market and needs to do more to limit children's exposure.

As Dr. Jeromone Paulson said to Reuter's Health, "Children are not little adults. Their bodies are different and their behaviors are different. That means that their exposures to chemicals in the environment are different, and the way their bodies (break down) those chemicals are different."

But change at a legislative level takes time. Change at a family level, though, can happen on your next trip to the store.

3 ways to limit your child's exposure

- *Buy organic food*, especially the dirty dozen: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (Imported), spinach, lettuce, potatoes and dairy products.
- *Buy glass or stainless steel containers* for your kid's lunches, and never reheat food in plastic.
- *Buy organic and all natural cleaners* like soap, shampoos and cleaning products.

You can find these products at local Collingwood area suppliers like the Environment Network Store, Loblaw, Wheat and Honey, Good Health Mart, Bulk Barn and the Creemore 100 Mile store.

*To learn about testing for environmental toxins, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*