



Healthy Lifestyle Reference Card



AVOID plastic drinking water bottles that can leach harmful toxins and contribute to waste and pollution.

AVOID plastics labeled #3 (PVC) and #6 (Styrofoam) which contain phthalates, and #7 (Polycarbonate) which may contain the hormone disruptor Bisphenol A (BPA).

AVOID personal care products that contain parabens or phthalates, such as methylparaben and dibutyl phthalate (DBP).

AVOID exposure to toxic dry-cleaning chemicals such as perchloroethylene (also known as "perc") – a carcinogen.

AVOID tobacco use and exposure to second-hand smoke.

AVOID overuse of insect and mosquito repellents that contain DEET – a known nerve toxin. Don't apply directly to skin.

AVOID feminine care products that may contain pesticides, bleach and plastics.

CHOOSE reusable and recyclable glass or stainless steel containers. If necessary, use #2 plastic (high density polyethylene).

CHOOSE plastics only when necessary. Remember the rhyme: "Choose 5, 4, 1 or 2 – all the rest are bad for you!" Avoid re-using #1 plastic.

CHOOSE to read labels and use natural personal care products (including lotions, shampoos, cosmetics) that are fragrance-, paraben-, and phthalate-free.

CHOOSE dry cleaners who use CO₂ or water-based cleaners. Remove/recycle plastic bags from all dry-cleaned clothes and air them out before bringing inside.

CHOOSE a "smoke-free" lifestyle. Make your home and car "smoke-free."

CHOOSE a safe, effective insect repellent. Minimize DEET use. Choose picaridin or oil of lemon eucalyptus and use as needed.

CHOOSE to use natural or chemical-free feminine care products.

AVOID anti-microbial and anti-bacterial soaps, especially those containing triclosan – a pesticide.

AVOID excessive use of cell phones and the electromagnetic field (EMF) radiation they emit.

AVOID unnecessary medical x-rays, CT scans, fluoroscopy and other forms of radiation exposure.

AVOID skipping sleep. Don't disregard the importance of a good night's rest.

AVOID sleeping in rooms that are not completely dark. This disrupts normal sleep rhythms and affects health.

AVOID a sedentary, inactive lifestyle.

AVOID prolonged sun exposure and sunscreens containing oxybenzone and PABA (para-aminobenzoic acid) which absorb into skin and may cause cell damage.

AVOID dwelling on situations, decisions or people that cause you stress and anxiety.

CHOOSE bio-based, fragrance-free soaps. Wash hands often – before eating, after playing and after using the bathroom.

CHOOSE to use speakerphone or a headset with cell phones. Encourage children to limit cell phone use.

CHOOSE to keep good x-ray and medical test records. Share them with all health-care providers to avoid unnecessary tests.

CHOOSE to get 7-9 hours of sleep each night. Kids need more. Toddlers: 12-15 hrs; 3-5 yr olds: 11-13 hrs; 5-12 yr olds: 9-11 hrs.

CHOOSE to sleep in complete darkness. Turn off the TV and all artificial lights. Use light-blocking shades or a sleep mask.

CHOOSE a form of daily physical exercise, such as walking, jogging or cycling.

CHOOSE sunscreens with lower risk ingredients such as: titanium dioxide or zinc oxide. Wear protective clothing and hats. Use umbrellas or canopies for shade.

CHOOSE to take a positive approach. Balance your life with enjoyable activities.