

AIR

PROBLEM: “Marin county ranks among the dirtiest/worst 20% of all counties in the US in terms of the number of people living in areas where non-cancer risk from hazardous air pollutants exceeds 1,” according to EPA data found at <http://scorecard.org>

FACT: 247,289 people in MARIN County face a cancer risk more than 100 times the goal set by the Clean Air Act.

- * 91% of the air cancer risk is from mobile sources (*i.e. cars*)
- * 7.7% of the air cancer risk is from area sources (*i.e. the bay*)
- * 1.1% of the air cancer risk is from point sources (*i.e. factories*)

FACT: Airborne toxins may contribute to

- behavioral disorders
- asthma & respiratory illness
- learning & development delays
- birth defects
- soft-tissue sarcomas (lung cancer)
- diabetes
- endometriosis
- reduced sperm counts
- immune system abnormalities
- premature death.

SOLUTION: Encourage legislation for cleaner air, more responsible industry and use low emission automobiles (sell your SUV).

PROBLEM; Dry Cleaning contributes perchloroethylene (perc), an organo-chlorine and suspected carcinogen, into the air, rivers and land.

SOLUTION: Look for “green” cleaners. Air out your dry cleaning before bringing it into the house. Do your best to wear layers between dry cleaned products and your skin.

PERSONAL CARE

PROBLEM: Toxins can be absorbed through our skin.

FACT: Toxic ingredients in skin care products can cause

- tumors
- reproductive complications
- biological mutation
- skin & eye irritation

SOLUTION: Read labels. Avoid artificial color and fragrance, aluminum chlorhydrate in anti-perspirant, and avoid these five chemicals:

Propylene glycol
Sodium Lauryl Sulfate (SLS)
Sodium Laureth Sulfate (SLES)
Diethanolamine (DEA)
Mehtyl, Propyl, Butyl & Ethyl Paraben

Look for products with:

- non-irritating vegetables & herbs
- natural scents
- pH compatibility
- no animal testing

RESOURCES

www.foodnews.org Look up how many pesticides your child eats

www.rachel.org Understandable scientific information on human health & the environment.

www.ewg.org Environmental working Group explores issues of great concern and publishes reports that are available on the web.

www.marincancerproject.org: Local group looking into personal care products.



YOUR BODY

PERSONAL CHOICES

A GUIDE TO REDUCING ENVIRONMENTAL RISKS

Pesticide Free Zone
Box 824
Kentfield, CA 94914
www.pesticidefreezone.org
888/590-3993 or 415/459-1391

FOOD

PROBLEM: Conventional farming contributes toxins to the air, water and earth. Pesticides contaminate many fruits and vegetables.

FACT: The following fruits and vegetables rank highest in pesticide contaminants.

1. Strawberries
2. Bell Peppers
3. Green & Red Peppers
4. Spinach (tied with peppers)
5. Cherries (U.S.)
6. Peaches
7. Cantaloupe (Mexican)
8. Celery
9. Apples
10. Apricots
11. Green beans
12. Grapes (Chilean)
13. Cucumbers

SOLUTION: 1) Wash fruit and vegetables thoroughly with soap & water or veggie wash. 2) **Choose organic food.**

Organic food is grown or produced without the use of pesticides for 3 years before certification. Organic food does not contain genetically engineered ingredients. Organic food is not irradiated. Organic meat and fish have been raised without use of antibiotics and have been fed organic feed for 3 years. Organic food does not include bovine growth hormone (rBGH).

FACT: Organically grown foods contain more polyphenolics, Vitamin C, and other nutrients. And they taste better! Organic farming enhances the soil.

PROBLEM: Resistant strains of E. coli, Salmonella and Campylobacter are linked to the use of antibiotics in animals.

FACT: Humans most often become infected by these disease-causing bacteria by ingesting contaminated foods, particularly foods of animal origin.

SOLUTION: Look for organic sources of meat and dairy. Reduce non-organic meat choices.

PROBLEM: Pesticides, which could cause many types of cancer accumulate in animal fat.

SOLUTION: Trim all visible fat from meat, fish and poultry. Consume low or non-fat dairy products. Eat low-fat meats.

PROBLEM: Nitrite reacts with chemicals in food to make nitrosamine, one of the most potent known carcinogens.

SOLUTION: Ask your grocer to carry cold cuts and hotdogs processed without nitrates.

PROBLEM: The U.S. is one of the only countries that allows genetically engineered bovine-growth hormone (rBGH) in meat and dairy products.

FACT: In 1999, 101 out of 186 member countries of the United Nations voted **NO** to rBGH in **ANY** amount in their food products.

SOLUTION: Choose organic meat and dairy.

WATER

PROBLEM: Scientists estimate that each year up to 7 million Americans become sick from contaminated tap water, which can also be lethal. (NRDC)

FACT: Inspector General's audit of EPA data reported that about 77% of known monitoring and reporting violations, and 35% of known health standard violations, are not included in EPA's compliance database so they lied about compliance gains in 2003-4.

SOLUTION: Ask your water supplier if they are up to standards. Test water for:

- bacteriological quality
total coliform organisms
- physical characteristics
color, turbidity, odor, pH
- chemical characteristics
nitrate/nitrite, chloride, sodium, iron hardness, manganese
- volatile organic chemicals
as listed in the CT Department of Public Health Code 19-13-8102
- insecticides (most common in this area)
carbaryl, chlordane, chlopyrifos, DDT-DDE, diazinon, dicofol, isenphenfos, lindane, malathion, methoxychlor
- herbicides (most common in this area)
2, 4-D, dicamba, dacthal, MCPA, MCPP, trtfluralin
- fungicides (most common in this area)
chlorothalonil

PROBLEM: Excessive use of fluoride in water and toothpaste has been shown to contribute to dental fluorosis and osteoporosis.

FACT: Dental fluorosis is identified by mottled, white spots, which typically turn brown.

SOLUTION: Drink filtered or bottled water.