1) Precautionary Alternatives
2a) Avoiding products that cause cancer, respiratory distress, miscarriage, or stillbirth.
2b) Non-ionizing Radiation: electromagnetic fields, power line emissions, including microwaves, computer monitors, etc.
3b) MBT(s) (methyl tertiary butyl ether) gas additive
4) Dry-cleaning chemicals: perchloroethylene
5) Air contaminants: auto exhaust emissions, power plant emissions (dioxin), incinerator emissions, metals, air fresheners
6a) Exposure to Superfund Site hazards chemicals
6b) Non-food container chemicals, plastic wrap, polyvinyl chloride (PVC) toys, etc.
7a) Cleaning products & antimicrobial soaps
8) Cleaning products & antimicrobial soaps
9) Meat and dairy products contaminated with antibiotics and growth hormones, fish contaminated with heavy metals, and pesticide contamination of these products
10) Asbestos
11) Smoking
12) Cleaning products & antimicrobial soaps
13) Exposure to Superfund Site hazards chemicals
14) Non-food container chemicals, plastic wrap, polyvinyl chloride (PVC) toys, etc.
15) Paints and solvents
16) Formaldehyde, polyurethane floor finishes
17) Cosmetics in ingredients: in creams, hairspray/sprays, nail products, in pans and antiperspirants
18) Aluminum in pans and antiperspirants
19) Non-stick pans
20) Light at night
21) Chlorine and fluoride in the water supply
22) Genetic engineering of food
23) Trans-fatty acids found in hydrogenated oils, snack foods, and other foods
24) Black Mold
25) Brominated flame retardants in mattresses, furniture, TVs

Precautionary Alternatives
Choose the many organic pest control methods for both indoors and yards available at better garden centers. Reduce the conditions that invite pests. Choose organic food and clothing. Avoid non-ionizing and non-toxic products.

Minimize medical and dental radiation exposure. Avoid long-term proximity to electric power sources and power lines, microwave ovens, electric blankets, VDTs and cell phones. Minimize sun exposure.

Support a ban on FITTEN (baking soda) or any baking soda. There are alternatives that achieve this purpose and gas can also be burned without it. Avoid using natural gas in the home. Use fire-resistant materials as a key way to reduce air pollutants and water contaminants. Drive a fuel efficient vehicle. Use indoor air filters. Support renewable energy sources. Clean up superfund sites; use consumer power to support industries that do not pollute in the first place. Use paper, stainless steel, or recycled ceramic food containers and do not microwave food in plastic or styrofoam containers.

Choose non-toxic cleaners that do not contain VOCs, many of which are available at health food stores. Reduce meat and dairy product consumption, and if you do choose to eat animal products, buy organic.

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Choose non-toxic cleaners that do not contain VOCs, many of which are available at health food stores. Reduce meat and dairy product consumption, and if you do choose to eat animal products, buy organic.

Reduce excessive times a week. Minimize consumption of baked or fried foods high in carbohydrates. Use low VHC (volatile chemical) paints available at eco-friendly home improvement stores. Use alternatives to water-based varnishes, such as tile flooring. Use water-based sealers for wood floors instead of polyurethane, it may take an extra coat. Try sustainably harvested wood instead of particle board, and if you do choose to eat animal products, buy organic.

Incidental exposure to benzene in benzene-based adhesives, including possible cancer & birth defects. Avoid benzene in benzene-based adhesives, including possible cancer & birth defects.

Use softeners and fabric conditioners as a key way to reduce air pollutants and water contaminants. Drive a fuel efficient vehicle. Use indoor air filters. Support renewable energy sources. Clean up superfund sites; use consumer power to support industries that do not pollute in the first place. Use paper, stainless steel, or recycled ceramic food containers and do not microwave food in plastic or styrofoam containers.

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