

*The greatest gift, the gift of life, is on its way.*

Whether you are pregnant or trying to conceive. Start protecting yourself now.

We are all familiar with the standard advice to avoid alcohol, smoking, drugs, diet restriction, etc...

What about the products that you use or are exposed to everyday that can impact your pregnancy?

Your body is undergoing many changes and things that you put on, in or are exposed to, can impact your baby's health.

Babies are now being born pre-polluted with over 150 chemicals in their fetal cord blood.



*The time to act is now!*

*"The environment impacts everyone from gestation to geriatrics"*

*June is healthier pregnancy month.*

National Toxic  
Encephalopathy Foundation



For more information on toxins and safer and healthier alternatives visit:

**NTEF-USA.Org**

**Info@NTEFUSA.Org**

**702/490-9677**



*Can your favorite fragrances, hygiene and cleaning products, even the 'fresh air' you breathe, affect your baby?*

**YES!**

The first trimester is vital for the development of your baby. Central organs including the neural tube, which turns into the brain and spinal cord, are developing as early as the third month.

We live in a world engulfed with chemicals, some are good, but other carry adverse health effects. Unless you live in a bubble you cannot escape the effects of the environment, but you can make healthier choices regarding things that you have control over.

A few of the more prevalent products and chemicals that you should pay attention to have neuro-toxic effects or contain endocrine disrupting chemicals. Keep in mind, what you apply to your skin is potentially absorbed into your body.

For every product that has questionable chemicals, some with known health risks, there are either safer alternatives or the ability to make your own. Beware of advertisements promoting green and "natural" products...

Let's look at a few items and chemicals that you most likely are currently using that can be problematic during your pregnancy (next page).



## Resources & Information

National Toxic Encephalopathy  
Foundation  
NTEF-USA.Org

Safer Products for Healthier  
Living:  
ChemicalFreeLiving.com

Safer Cosmetics Companies:  
Safecosmetics.org/get-the-  
facts/safer-cosmetics-  
companies/campaign-safe-  
cosmetics-compact.signers/

Top Pesticide Laden Foods:  
Ewg.org/foodnews/summary.php

Non-GMO Project:  
NonGMOProject.org

Not Just A Pretty Face: The Ugly  
Side of the Beauty Industry:  
Notjustaprettyface.org/

Safer Pest Control:  
Thebestcontrol.com/bugstop/bugsto  
ps.pdf

Prop 65 California Chemical List  
[https://oehha.ca.gov/media/downlo  
ads/proposition-  
65/p65chemicalslist.pdf](https://oehha.ca.gov/media/downlo<br/>ads/proposition-<br/>65/p65chemicalslist.pdf)

©NTEF 2015

**Personal Products:** There are over 4,000 chemicals, mainly synthetic, used in the manufacturing of fragrances. Check your labels for the following chemicals to avoid: Coumarin, benzophenones, Quaternium-15, d-Limonene, Eugenol, 1-4 Dioxane, Triclosan. Essential Oils are not a safer alternative, as they can be made from pesticide sprayed plants or chemically extracted. Remember Unscented is NOT the same as Fragrance Free. Cancel your Brazilian blow out.

**Bedding:** At times you will be challenged to find a comfortable way to sleep and be tempted to purchase foam mattress toppers. Toppers are made of petroleum and hazardous substances. A safer alternative is to invest in an organic mattress topper that does not off-gas VOC's.

**Nursery:** Try not to paint or remodel the baby's soon-to-be room if possible. If you are doing some renovating, use only low VOC or non-VOC paints and purchase no or low VOC emitting carpeting. The new carpet smell comes from styrene, a neurotoxin. Try to make this one room as organic and chemically neutral as possible.

**Air Fresheners:** Fresheners spray toxins in addition to scents. Invest in a high quality air filter that removes dust, pollen and VOC's.

**Cleaning:** Most cleaning products contain artificial fragrances that cover up the VOC's in the product. Using white vinegar, baking soda, lemon juice, mineral oil, or Bon Ami® you can clean almost everything.

**Laundry:** Use dryer ballers and white vinegar (in the final rinse) in place of liquid detergent and fabric softeners. Articles will not be as soft, but they will be healthier and VOC free!

**Phthalates:** Also known as DBP, DEP, DEHP, phthalates are hormone-altering chemicals used in cosmetics, plastics, and detergents. Early exposure in pregnancy may have both an increased risk of preterm delivery, disruption of an essential pregnancy hormone, and adverse affects on the genitals of male babies. Avoid recyclable plastics labeled as 3, 6 or 7.

**Pesticides:** Toxic by design. Birth defects, brain abnormalities, and learning disabilities are all associated with exposures. Beware of spraying pesticides, including Round Up, in your home or office. For diet, favor organic choices and avoid GMO foods. For clothing, fabrics especially cottons, are sprayed with pesticides, chose organic clothing and linens as much as possible.

**BPA and Plastics:** Stay clear of Bisphenol A (BPA) and its substitutes BPS and BPF, as they mimic estrogen. Use stainless steel, glass, and cast iron for both cooking and storage.

Internet of Things: aka wireless devices such as diaper notification are harmful to newborns and should not be used. They fail to inform of non-thermal exposures. Parents need to be more proactive, rather than rely upon their smart phone for infant care.