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NUTRITION

# How to avoid common contaminants



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Air quality and the products you use in your home can significantly impact your health. **This guide will help you identify and minimize common contaminants in your home, promoting a healthier environment for you and your family.**

AREA	COMMON CONTAMINANTS	ASSOCIATED SYMPTOMS	SOLUTION
Cleaning Products	Ammonia, chlorine, phthalates	Respiratory irritation, allergies, headaches	Use environmentally friendly products, baking soda, vinegar and ventilate when cleaning.
Paints and Varnishes	Volatile organic compounds (VOCs)	Dizziness, nausea, respiratory problems, irritability	Choose low VOC options and ventilate spaces.
Air fresheners	Formaldehyde, synthetic chemicals	Eye irritation, breathing problems, anxiety	Use essential oils and beeswax or soy candles.
Kitchen	BPA, pesticides, heavy metals	Hormonal disturbances, fatigue, neurological problems, hyperactivity, etc.	Use glass containers, wash fruits in vinegar and do not use Teflon.
Forever Chemicals	PFAS (non-stick utensils, food packaging)	Hormonal damage, decreased fertility, cancer risk	Avoid Teflon pans, use stainless steel or cast iron utensils.
Furniture and Construction	Formaldehyde, toxic adhesives	Allergies, skin irritation, respiratory problems, depression, etc.	Buy certified furniture and ventilate before use.
Dust and Mites	Mold, chemical contaminants	Nasal congestion, asthma, eye irritation	Vacuum with HEPA filter and wash linen with hot water.
Personal Care	Parabens, aluminum, synthetic fragrances, phthalates, etc.	Skin irritation, hormonal alterations, irritability, irritability	Use organic or natural, non-toxic products.
Water	Chlorine, heavy metals, pesticides	Digestive problems, toxin accumulation	Install water filters and wash food with filtered water.
Indoor Air	Carbon monoxide, radon	Dizziness, fatigue, risk of intoxication, confusion	Ventilate daily and use HEPA filter purifiers.
Pesticides	Chemicals in garden products	Eye irritation, nerve damage, hallucinations	Use natural pesticides like neem oil.
Electrosmog	Electromagnetic fields (EMF)	Insomnia, fatigue, headaches, cognitive difficulties	Turn off Wi-Fi at night, use radiation shields and move electronics away from the bedroom.

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## Weekly Plan for a Contaminant-Free Home

### MONDAY

Review cleaning products and eliminate toxic ones. Replace them with eco-friendly options and prepare homemade solutions such as vinegar and baking soda.

### TUESDAY

Check the kitchen. Swap plastic containers for glass or stainless steel and wash fruits and vegetables with a mixture of water and vinegar.

### WEDNESDAY

Performs deep cleaning of the home. Vacuum carpets and furniture with a HEPA filter, and clean surfaces with natural products.

### THURSDAY

Inspect indoor air. Open windows to ventilate and use air purifiers. If you have new furniture, place it in a ventilated space before using it.

### FRIDAY

Check water sources. Install or change water filters and arrange for a check of appliances that may contain contaminants.

### SATURDAY

Control textiles. Wash curtains, bed linen, and towels with ecological detergents. Check carpets and rugs that may accumulate dust.

### SUNDAY

Textile control. Wash curtains, bed linen and towels with ecological detergents. Check carpets and rugs that may accumulate dust.

### FINAL NOTE

Reducing contaminants in the home is a gradual process that improves the health and well-being of the entire family. Implement these tips and turn your home into a safe, toxic-free space.

