



The Top 25 Products

IN YOUR HOME
**THAT CAUSE
EARLY AGING
& DISEASE**

BY BRIAN VASZILY

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Host, Your Best Years Start Now

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"We're overwhelmed with so much health 'information.' Brian knows how to get the truly valuable insights that will make the biggest difference in people's lives out of those he interviews. And with the top-caliber longevity experts in 'Your Best Years Start Now', this summit is going to be a life-changer."

-Jason Prall, leading longevity researcher, The Human Longevity Project

• YOUR BEST YEARS • **START NOW**

21 Top Experts Reveal Their **3 Most Important Secrets**
to **Look Younger, Feel Younger, and Live Longer**



*"This summit is one of the most necessary events in years. Who at midlife and beyond doesn't need clarity on the most effective steps to feel, look, and live their best now and into the future? And the host, Brian Vaszily, is super bright and totally delightful, so it's going to be not just essential and informative, but **FUN!**"*

-Dr. Susan Peirce Thompson, New York Times Bestselling Author, Bright Line Eating



"My friend Brian Vaszily, a natural health veteran with over 2 decades experience and one heck of an interviewer, had a rough first half of life, to say the least. He's turned that into a mission that's making a big difference in the lives of those in their middle years and beyond, and an event that is sure to positively change your life."

-Ocean Robbins, CEO & Host, Food Revolution Network

SEE HOW YOU FEEL ABOUT THE FOLLOWING...

Hello, Brian Vaszily here, founder of The Art of Anti-Aging and host of *Your Best Years Start Now*. And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the "anti" means we're *against* all the destructive lies about getting older out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and past your best years.

We're *against* all the toxic "solutions" and toxic thinking being pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain these can, should, and will be **YOUR BEST YEARS**.

And we are 100% committed to providing you the proven most effective health and wellness steps to look your best, feel amazing, and live a long life doing it. If our mission sounds worthwhile to you, welcome to our positive and supportive community :-)



And YES, you should be very excited about the upcoming *Your Best Years Start Now* online summit, because it really is the pinnacle of our mission.

You see, here is the bottom line on what you are about to get in this once-in-a-lifetime summit...

**In the *Your Best Years Start Now* Summit
You Are About to Get **TOTAL CLARITY** on
What Will Help You *Most...***

YES, there is an overwhelming amount of health “information” out there.

So much, in fact, that it can be *very* frustrating and confusing to know what’s actually most important for you to do right now that will have the greatest impact on your health and wellbeing immediately, and well into the future.

That is why -- unlike anything you’ve experienced before -- in the unique *Your Best Years Start Now* online summit, you are about to get total clarity.

Because I’ve gathered 21 of the world’s true most renowned and trusted anti-aging and longevity doctors and researchers, each from different areas of expertise...

And I am going to challenge them to each answer this one mission-critical question for you:

"From your area of expertise, what are the three most essential things people must do to look their best, feel their best, and live a long life doing it?"

They’ve had months of thinking and preparation, and I’ve had various back-and-forth discussions with each of them on this ultimate question for you... and what you are about to discover in the summit will be no less than *life-changing*, and possibly even *life-saving*.

Because, yes, you are about to learn the best-of-the-best non-drug, non-surgery, non-toxic secrets from 21 of the world's best doctors and researchers that will help you quickly and help you most, such as:

- How to best avoid Alzheimer's and other forms of dementia and enjoy a sharp memory and focused brain now and very late into your life
- The most effective secrets to prevent and reverse wrinkles, age spots, sagging skin, dark circles, and other signs of "old-looking" skin
- The proven most powerful nutrition steps you must take now to avoid serious diseases like cancer, stroke, and heart disease
- How to stop pain and avoid pain in your joints, muscles, and elsewhere
- The most essential (and safe) steps to maximize your daily energy
- What actually works *best* to enjoy the deepest, most restorative sleep of your life... every single night
- The scientifically proven most effective way to lose even the most "stubborn" weight (p.s., it has nothing to do with "willpower")
- How to best enjoy sexual health and intimacy no matter your age, now and late into your life
- The most effective steps to STOP self-sabotaging emotions like anxiety, fear, loneliness, and guilt (that otherwise drag your health, happiness, and longevity down)... and much, MUCH more.



Total clarity on the most essential insights you need to know, from the best-of-the-best, that can truly help you right now and well into the future...

...That is why you don't want to miss a moment of this unique *Your Best Years Start Now* online summit!

And because you're going to want to listen and absorb all of these truly life-changing insights multiple times – when, where, and how YOU choose to do so -- right now you're getting...

The Complete Recordings & Transcripts of the Entire
100% GUARANTEED LIFE-CHANGING
Your Best Years Start Now Summit with an
Incredible Early Bird Offer You're Going to ♥...



[Click Here Now to Find Out and See Which "Empowerment Package" is Right for YOU](#)



"Brian Vaszily has an uncanny ability to pull the best-of-the-best out of those he interviews. And the insights he lends from his own experience are so powerful in their own right. With many of the world's top anti-aging experts in this one event, anyone lucky enough to listen is in for a true life-changing treat."
-Jonathan Otto, *Depression, Anxiety, and Dementia Secrets, Autoimmune Secrets*

INTRODUCTION

Your home is your sanctuary, your safe spot, your haven.

That is why the LAST thing you likely want to think about is whether it could cause you harm.

The truth is, though, products in your home, including those you may love and use daily, could be a source of toxins that contribute to premature aging and chronic disease.

Below is a list of the top 25 worst offenders.

These are ranked in countdown order to the worst-of-the-worst, though please keep in mind there is a fair amount of subjective interpretation in any such ranking. Factors such as your own current health, the prevalence of these in your home, and more certainly comes into play.

So after reading through these, you should decide for yourself which may be your own "worst offenders."

With that noted, this is important: Please "scan your own emotions" during and after reading this, and make sure you do NOT feel anxious or guilty.

Don't feel like you have to empty your home of everything or go find some cave to live in.

And by all means, don't feel guilty if you didn't know some or all of this.

The companies behind these products have no requirement to let you know their products can cause cancer, diabetes, premature skin aging and more.

And of course they'll fight these facts tooth and nail, including shooting the messenger (that's us)... because your awareness of this is not exactly good for their business, you know?

The truth is, though, there is no such thing as a toxin-free world.

The best you can do is to, one, eliminate and reduce your exposure to them in a reasonable way.

Start with those that feel most concerning to you and your loved ones, and work your way through the list. As you'll see, there are plenty of alternatives out there.

And two, and even more importantly, take the right steps to detoxify your body and optimize your immune system with the healthiest diet and lifestyle choices.

This provides the most powerful "shield" against toxins so you can look your best, feel your best, and live a long life doing it.

If you are not already signed up for The Art of Anti-Aging's major summit on all the most effective ways to do exactly that called *Your Best Years Start Now*, [head here and sign up](#)... it's free, and life-changing.

So consider this import report a form of empowerment.

Start making changes where you feel it is most necessary, and work your way forward.

Because when you keep taking small steps, they do add up to big progress.

And YES, please do feel free to share this report with others you care about!

THE 25 WORST OFFENDERS IN YOUR HOME

25. PRINTER

Office printers may emit particulate matter 2.5 (PM_{2.5}), which are tiny inhalable particles that are 2.5 micrometers or less in diameter.¹

These particles are so small that they can travel deep into your lungs and even your bloodstream, wreaking havoc and increasing your risk of heart attacks, heart and lung disease, decreased lung function and other respiratory problems.²

Carcinogens like benzene and trichloroethylene (volatile organic compounds, or VOCs) are also among the toxic substances released by printers, at concentrations high enough that researchers advise placing printers as far as possible from your desk or workspace as possible, and in a spot with adequate ventilation.³



24. SHOWER CURTAIN

If you have a vinyl shower curtain, replacing it with a natural fabric version or even a glass door is a wise move, as plastic shower curtains made of polyvinyl chloride (PVC) are toxic.

They're a major emitter of phthalates and VOCs into your bathroom's air, as such toxins are not chemically bound to the PVC.⁴

¹ [Environ. Sci. Technol., 2007, 41 \(17\), pp 6039–6045](#)

² [U.S. EPA, Particulate Matter \(PM\) Pollution](#)

³ [Environ Sci Pollut Res Int. 2015; 22\(7\): 5241–5252.](#)

⁴ [Epidemiology: November 2008 - Volume 19 - Issue 6 - p S120](#)

Phthalates are reproductive toxins used to make plastic more flexible and as such are found in hundreds of products, including personal care products, raincoats, flooring, detergents and more.

They've been linked to hormone disruption, infertility and cancer⁵ and should be avoided whenever possible.

23. DRY CLEANED CLOTHES

If you have a collection of freshly dry cleaned clothes hanging in your closet, be aware that they're releasing toxic chemicals into your bedroom as you sleep.

Among them is tetrachloroethylene, or PERC, a common dry cleaning chemical (a chlorinated solvent) that's been deemed a likely human carcinogen.

Not only is this chemical contaminating waterways but it also remains on your clothing, in measurable amounts, after cleaning.

Then, each time you dry clean an item, the levels of PERC increase.⁶ An easy fix is to choose clothing that doesn't need to be dry cleaned (thus saving you a trip to the cleaners, too), and opting for greener environmentally friendly cleaners for items that are dry clean only. Keep in mind, too, that some clothing typically dry cleaned can actually be safely cleaned by hand.

22. FABRIC SOFTENER

Fabric softeners are among the most chemical-laden of all laundry products, containing questionable fragrance chemicals, preservatives and phthalates. Quaternary ammonium compounds, known reproductive toxins that have also been linked to asthma, are also commonly found in fabric softeners.⁷

In fact, it's largely because of fabric-softening dryer sheets that dryer vents are a source of air pollution, spewing out VOCs and other carcinogens into the air.⁸ Fortunately, the use of fabric softeners is completely optional when doing laundry, so

⁵ [U.S. National Library of Medicine, Phthalates](#)

⁶ [Environmental Toxicology and Chemistry August 26, 2011](#)

⁷ [EWG May 5, 2016](#)

⁸ [Environ Health Perspect. 2011 Nov; 119\(11\): a474–a475.](#)

just skip them — and avoid any detergent that claim to contain any form of fabric-softening agents.

In lieu of dryer sheets, toss a couple of wool dryer balls in with your clothes; the natural lanolin provides a safe way to make your clothes especially soft and static free.

21. PERFUME

When it comes to perfume and cologne, anything goes. Manufacturers may choose any combination of thousands of chemical ingredients to create their signature scent, with unknown effects to your health.

When the Campaign for Safe Cosmetics and the Environmental Working Group (EWG) tested 17 name-brand fragrances, 38 “secret” chemicals were discovered that weren’t listed on the labels.⁹

On average, the fragrances contained 14 secret chemicals each, including phthalates and other hormone-disrupting chemicals, chemicals known to trigger allergic reactions and asthma and a slew of compounds that have not been assessed for safety.

In other words, your “intoxicating” fragrance really is toxic! If you enjoy wearing fragrance, skip the synthetics and opt for those made of pure essential oils instead.

20. COUCH

Your couch, easy chair and other upholstered furniture likely contain polyurethane foam (PUF) that was treated with flame retardant chemicals such as polybrominated diphenyl ethers (PBDEs).¹⁰

After health concerns, including thyroid problems, infertility and negative impacts on neurodevelopment, were revealed, PBDEs were phased out in the mid-2000s. If you have older furniture, it probably still contains them, but even newer furniture foam may contain equally problematic replacement chemicals linked to hormone disruption and cancer.¹¹

⁹ [Campaign for Safe Cosmetics and Environmental Working Group, Not So Sexy: The Health Risks of Secret Chemicals in Fragrance](#)

¹⁰ [Environ Int. 2017 Oct; 107: 181–189.](#)

¹¹ [Environmental Health Perspectives February 1, 2015](#)

When you're ready to replace your couch, look for one without chemical flame retardant chemicals. It should contain the TB117-2013 label, which reads, "The upholstery materials in this product contain NO added flame retardant chemicals."¹²

19. PILLOW

Like your couch, your pillow could also be a source of toxic PBDEs, especially if it's older and made of foam (this includes breastfeeding pillows).

Foam pillows can also release VOCs,¹³ which are chemicals that may cause cancer, damage to your liver, kidneys and central nervous system, headaches and even visual disorders and memory impairment.¹⁴

They may also affect your skin, as VOCs are linked to atopic dermatitis, or eczema.¹⁵

Considering you spend many hours with your face pressed against your pillow, this is one area where it's important not to skimp.

Look for those made of natural wool, organic cotton or plant-based fillings or, if you want foam, natural latex foam instead of petroleum-based products (i.e., memory foam).



¹² [Environmental Working Group, Healthy Home Guide, Upholstered Furniture](#)

¹³ [Environ Health Perspect. 2011 Jan; 119\(1\): A16.](#)

¹⁴ [U.S. EPA, Guide to Indoor Air Quality, Volatile Organic Compounds](#)

¹⁵ [Indian J Dermatol Venereol Leprol. 2017 Jul-Aug;83\(4\):415-423.](#)

18. TELEVISION AND GAMING CONSOLES

Electronics may seem pretty innocuous (except for the risk of excessive screen time), but they're actually one of the primary sources of flame retardants (both PBDEs and brominated varieties) in your home.

When consumer groups tested 12 TV housings (the outside plastic portion), they found flame retardants in 11 of them — at concentrations of up to 33 percent of the weight of the housings!¹⁶

The chemicals do not stay contained in your electronics. Rather, they escape into your household air and dust where they are easily inhaled by you and/or your children.

For this reason, be sure to keep your electronic devices well-dusted (using a damp cloth or microfiber cloth), and consider locating them as far away from seating areas as possible.

17. NONSTICK COOKWARE



Perfluorooctanoic acid (PFOA), also known as C8, is one of hundreds of poly- and perfluoroalkyl substances (PFASs). Used to make Teflon and other nonstick cookware for decades, the chemical was largely phased out after being linked to cancer and hormone disruption,¹⁷ but chances are you may still have some of these “vintage” pots and pans in your kitchen.

When heated to high temperatures, this cookware may release toxic fumes that are strong enough to kill pet birds,¹⁸ not to mention, rarely, may cause polymer fume fever, otherwise known as “Teflon flu,” in humans.¹⁹

Newer generation nonstick cookware is likely no better, as the replacement chemicals may still belong to the PFAS family, chemicals linked to health concerns ranging from liver toxicity and kidney cancer to obesity and delayed puberty.²⁰

¹⁶ [Toxic-Free Future September 19, 2017](#)

¹⁷ [Arch Toxicol. 2018; 92\(5\): 1729–1739.](#)

¹⁸ [Vet Rec. 1975 Feb 22;96\(8\):175-8.](#)

¹⁹ [BMJ Case Reports Volume 2012](#)

²⁰ [Green Science Policy Institute, The Madrid Statement](#)

The solution? Ditch the nonstick in favor of safer options like cast iron, stainless steel, ceramic, tempered glass and carbon steel.

16. SUNSCREEN

Check the back of your sunscreen bottle. If it contains oxybenzone or octinoxate, toss it. These widely used chemicals filter ultraviolet (UV) rays but have been associated with lower testosterone levels in adolescent boys and men, adverse effects during pregnancy and other indications of hormone disruption in children and adults.²¹

The chemicals are so questionable that Hawaii lawmakers recently passed a bill banning the sale of sunscreens that contain them over concerns they're destroying coral reefs.²²

Fortunately, it's easy to find safer sunscreen alternatives, which include those containing mineral-based UV blockers like zinc oxide and titanium dioxide.

15. PFAS-CONTAINING COSMETICS

After you check your sunscreen, turn your attention to cosmetics like foundation, moisturizer, mascara, anti-aging products, eye shadow and more, scouring them for "fluoro" ingredients including:²³

Perfluorononyl Dimethicone Phosphate	Perfluorodecalin	C9-15 Fluoroalcohol
Octafluoropentyl Methacrylate	Perfluorohexane	Pentafluoropropane
Polyperfluoroethoxymethoxy	Difluoroethyl Peg Phosphate	Polyperfluoroethoxymethoxy
Peg-2 Phosphate	Methyl Perfluorobutyl Ether	Perfluorononylethyl
Carboxydecyl Peg-10	Dimethicone	Perfluorodimethylcyclohexae
Perfluoroperhydrophenanthre	Polytetrafluoroethylene (PTFE)	Polyperfluoromethylisopropyl Ether
DEA-C8-18	Perfluoroalkylethyl Phosphate	Teflon

These ingredients are indicative of PFASs in your cosmetics — the same ones found in nonstick cookware — and they've been linked to a concerning variety of health effects including cancer, thyroid disease, developmental damage, immune system effects and more.²⁴

²¹ [Environmental Working Group, The Trouble With Ingredients in Sunscreens](#)

²² [Hawaii.gov SB No. 2571](#)

²³ [EWG March 14, 2018](#)

²⁴ [Agency for Toxic Substances and Disease Registry, PFAS Health Effects](#)

When EWG evaluated thousands of different cosmetics, they identified PFAS chemicals in 200 products from 28 popular brands.²⁵ These chemicals are now found in the majority of Americans, so take a look and ditch your personal care products that contain them.

14. SCENTED CANDLES AND AIR FRESHENERS

Your favorite scented candles may emit more than 100 VOCs, and the chemicals can interact with ozone in your home's air to form additional "secondary" pollutants that are equally as dangerous, like formaldehyde.²⁶

This applies not only to scented candles but also to ANY scented product in your home, such as laundry products, cleaners, personal care products and air fresheners.

When researchers from the University of Washington tested 25 such products, they found an average of 17 VOCs emitted from each, and noted:

"Each product emitted 1–8 toxic or hazardous chemicals, and close to half (44%) generated at least 1 of 24 carcinogenic hazardous air pollutants, such as acetaldehyde, 1,4-dioxane, formaldehyde, or methylene chloride.

These hazardous air pollutants have no safe exposure level, according to the U.S. Environmental Protection Agency."²⁷

A simple fix?

Choose fragrance-free home goods whenever possible, and if you want to enjoy a favorite scent, use pure essential oils in a diffuser.

13. FOOD CONTAINERS

Are you still storing your food in plastic? Worse yet, are you microwaving in plastic? Switching to glass instead will reduce your exposure to dangerous plastics chemicals like the endocrine disrupter bisphenol-A (BPA). Other dangerous types of food containers to avoid include:

²⁵ [EWG March 14, 2018](#)

²⁶ [Environ Health Perspect. 2011 Jan; 119\(1\): A16.](#)

²⁷ [Environ Health Perspect. 2011 Jan; 119\(1\): A16.](#)

- Microwave popcorn bags, which may contain PFASs²⁸
- Fast-food wrappers, bags and boxes, which may also contain PFASs
- Canned foods, which are a major source of BPA, perhaps even greater than plastic²⁹

12. KITCHEN CABINETS

Remodeling your kitchen anytime soon? Steer clear of composite wood products like medium-density fiberboard (MDF), particleboard or pressboard.

These products are often used to make cabinet boxes, and sometimes doors, and they're usually glued with toxic adhesives that can emit cancer-causing formaldehyde fumes into your home's air. Alternatives include:³⁰



- Safer composite wood products that guarantee low formaldehyde emissions
- Solid wood cabinet doors (and drawer fronts)
- Aluminum cabinets
- Open shelving made from solid wood, glass or metal
- Mycoboard, which uses formaldehyde-free plant-based binders

11. LAMINATE COUNTERTOPS

Similar to kitchen cabinets made from composite wood products, laminate countertops may use toxic formaldehyde-emitting adhesives.

²⁸ [EWG February 1, 2017](#)

²⁹ [Food Addit Contam Part A Chem Anal Control Expo Risk Assess. 2014 Mar; 31\(3\): 466–489.](#)

³⁰ [EWG, Healthy Living Guide, Kitchen Cabinets & Countertops](#)

Although there are low-emitting laminate countertops available, consumer non-profit the Environmental Working Group (EWG) states they're not very durable.³¹

"If available, salvaged stone — like granite or slate — and salvaged wood are the most sustainable low-emitting materials," according to EWG. Concrete, stainless steel and recycled glass (set in cement, not with epoxy) are other outside-of-the-box options for your countertops that are both durable and nontoxic.

10. DE-GREASERS, OVEN CLEANERS AND TOILET CLEANERS

These common cleaning products often contain hydrochloric acid, phosphoric acid, sodium or potassium hydroxide or ethanalamines, which are caustic chemicals that may lead to burns if you get them on your skin, blindness if you get them in your eyes and lung irritation and inflammation if you inhale their fumes.³²

To clean your oven safely, try a paste made out of baking soda and water (let it sit overnight for best results).

Toilets can be cleaned using a homemade spray of vinegar, water and essential oils.

Baking soda sprinkled in the bowl acts as an abrasive to help remove stains safely.

9. NAIL POLISH

Polishing your nails with typical polish means you're potentially being exposed to triphenyl phosphate (TPHP),³³ a flame retardant and plasticizer known to alter hormone levels, affect sperm and act as an endocrine disrupter.



Even if your nail polish claims to be "3-Free" (nail polish manufacturers have been claiming to be free of the three toxins toluene, formaldehyde and dibutyl phthalate

³¹ [EWG, Healthy Living Guide, Composite Wood Risks](#)

³² [EWG, Healthy Living Guide, Cleaners and Air Fresheners](#)

³³ [Environ Int. 2016 Jan; 86: 45-51.](#)

(DnBP) since the 2000s), it still likely contains TPHP, which was widely used as a replacement for DnBP.³⁴

What to do if you prefer a polished look?

Buff your nails for a natural sheen or at the very least seek out a nontoxic TPHP-free formulation.

8. MATTRESS

Inside your mattress is likely a toxic stew of chemicals located just inches from your face.

VOCs, polyvinyl chloride (PVC, a reproductive toxin) and flame-retardants are all par for the course in mattress production.

Unfortunately, that means you could be inhaling dangerous chemicals while you sleep.

The next time you're in the market for a mattress, think not only about comfort but



also about toxicity.

Mattresses made using natural latex and wool are healthier alternatives, as are organic mattresses made from at least 95 percent organic content.

Look for certifications such as the Global Organic Textile Standard (GOTS), which requires 95 percent certified organic material and prohibits the use of chemical flame retardants, polyurethane (found in memory foam) and other toxic chemicals.³⁵

³⁴ [Environ Sci Technol. 2018 Nov 6; 52\(21\): 12841–12850.](#)

³⁵ [Consumer Reports February 20, 2018](#)

7. TAP WATER

Every once in a while a story about contaminated tap water makes headlines, like the Flint, Michigan water crisis that exposed more than 100,000 people to unsafe levels of lead.

Yet, there's a good chance your tap water is also toxic... perhaps not according to federal and state regulatory agencies, but harmful to your body nonetheless.



When EWG evaluated nearly 50,000 public water utilities in the U.S., more than 250 contaminants were detected. Although many are legal under the Safe Drinking Water Act, some were found at levels that exceed those deemed safe by scientific studies. The EWG study detected:³⁶

- 93 contaminants linked to cancer
- 78 linked to brain and nervous system damage
- 63 associated with developmental harm to children or fetuses
- 38 linked to fertility problems
- 45 linked to hormonal disruption

What can you do?

Have your tap water tested (or at least check out EWG's online Tap Water Database to see contaminants found in your area) and install a water filter to remove contaminants accordingly.

A more immediate solution is to pick up one of the newer reusable water bottles that contain a built-in filter, which is also useful if you tend to refill often from drinking fountains or the office sink.

³⁶ [EWG, State of American Drinking Water](#)

6. CELL PHONE AND WI-FI ROUTER

In November 2018, the final results of the National Toxicology Program's (NTP) animal study on the effects of cellphone radiation were released, revealing "clear evidence" of a cancer link. Male rats exposed to high levels of radio frequency radiation (RFR),³⁷ the same type used by 2G and 3G cellphones, developed cancerous heart tumors.



There was also some evidence that exposure to RFR used by cellphones could cause brain tumors and adrenal gland tumors.

"These studies should have been done before more than 90 percent of Americans, including millions of children, started using this technology day in and day out," Olga Naidenko, Ph.D., senior science advisor for children's environmental health at EWG stated.³⁸ Indeed.

There's even concern that your cellphone could be a source of exposure to organophosphate flame retardants and plasticizer chemicals³⁹ — so consider washing your hands after use (especially before eating) or minimizing how long you spend with your phone in your hand (use hands-free options instead or, if using a tablet, prop it up on a stand instead of holding it).

Don't worry — I'm not asking you to give up your cellphone. But given the data, it makes sense to keep it as far away from your body as possible.

This includes while you're talking and texting as well as when you're not (don't store it in your pocket or bra, or sleep with it under your pillow). Children, who are still developing, should use cellphones sparingly, if at all.

This applies to all sources of RFR, including computers, tablets and Wi-Fi routers. The latter typically operate in a similar frequency band as cellphones but are not held up against your head while in use, which may decrease their risk. That said, try to locate your router as far away from your living space as you can (as opposed to installing it directly next to your office desk).

³⁷ [National Institute of Environmental Health Sciences November 1, 2018](#)

³⁸ [EWG November 1, 2018](#)

³⁹ [Environmental International December 4, 2018](#)

5. PAINT

Ready to change the look of your wall color? It can be great for freshening up and modernizing your space, but not so great for your health, depending on what type of paint you use.

Paint is a major source of hormone-disrupting, cancer-causing VOCs. It may contain preservatives that release formaldehyde, additives (like nonylphenol ethoxylates) that disrupt hormones and solvents like ethylene glycol, which are respiratory irritants and reproductive and developmental toxins.



Phthalates, linked to hormone disruption, are also found in many paints. Proper ventilation is crucial while painting, but so is choosing the right paint. Here's what to look for and avoid:⁴⁰

- Choose low- or no-VOC paints (they may also be Green Seal-11 certified), which means less than 50 grams per liter of VOCs for flat paint and less than 100 grams per liter for non-flat paint
- Avoid antifungal and antimicrobial paints, which may have pesticides added
- Milk-based paints and mineral- or plant-based pigments tend to be healthier than water-based latex or oil-based paints

4. PESTICIDES

Pesticide residues are common in U.S. homes, which is concerning because these chemicals may cause damage to your liver, kidneys and endocrine and nervous systems.⁴¹

Exposure to pesticides used inside the home is also linked to an increased risk of cancer (leukemia) in children.^{42,43}

These chemicals should be used only as a last resort, if at all, as there are many natural strategies to control insects and other pests around your home.

⁴⁰ [EWG, Healthy Living Guide, Paint](#)

⁴¹ [U.S. EPA, Pesticides' Impact on Indoor Air Pollution](#)

⁴² [Pediatrics October 2015, VOLUME 136 / ISSUE 4](#)

⁴³ [Int J Cancer. 2011 Oct 1;129\(7\):1678-88.](#)

Also use caution with topical pesticides on pets, such as flea and tick preventatives, which can be easily transferred to your hands, bedding, carpet and furniture.

3. CARPET

If you're installing new flooring, avoid wall-to-wall carpeting, which comes with problems on multiple levels.

First, it's filled with chemicals, in the carpet, the padding, and the adhesives, including VOCs and PBDEs (in older carpet padding), which off-gas into your home's air.

Carpeting, if damp, can also be a perfect medium for mold growth, and the carpet itself is an effective trap for dust, pesticides and dirt, which can then become airborne when you walk on it or vacuum. Even the U.S. Environmental Protection Agency (EPA) recognizes this risk, stating:

*"Some studies indicate that poorly maintained carpet can release significant quantities of particles into the air during the course of daily activity. In addition, young children may play on carpet where they may be more likely to come into contact with contaminants that have not been properly removed through regular and effective vacuuming."*⁴⁴

The use of carpeting has been linked to increased levels of dust and allergens as well as health problems like mild cognitive effects and asthma.⁴⁵ Regular vacuuming is important.

The American Lung Association recommends vacuuming at least three times a week using a HEPA-filter vacuum, but even this will not remove all the contaminants (and who has time to vacuum three times a week?!).

A better solution is to choose healthier flooring material like tile or wood.

If you plan to choose new carpeting anyway, consider wool options or look for those with lower VOC emissions (Green Label Plus or Greenguard Certified). Stain- and water-proofing treatments should be avoided and choose low-VOC adhesives or no-adhesive hook fastener installation.⁴⁶

⁴⁴ [U.S. EPA, Controlling Pollutants and Sources of Indoor Air Pollution](#)

⁴⁵ [Int J Environ Res Public Health. 2018 Feb; 15\(2\): 184.](#)

⁴⁶ [EWG, Healthy Living Guide, Carpets](#)

2. DUST

Those dust bunnies collecting in the corner are more than just an eyesore — they're the literal collection of dirt, skin cells, pet dander, carpet fibers, soil, household chemicals, heavy metals and more, and they're quite toxic.

All those chemicals I talked about, from pesticides to flame retardants,⁴⁷ collect in your home's dust.

Even chemicals that have been banned long ago, like PCBs, show up in house dust, which has repeatedly been shown to be "highly contaminated by persistent and endocrine-disrupting chemicals."⁴⁸



In one meta-analysis of U.S. studies on household dust, researchers described indoor dust as a "reservoir for commercial consumer product chemicals, including many compounds with known or suspected health effects."⁴⁹

Children may be most vulnerable, as they spend a lot of time on the floor and put their hands in their mouth often, but everyone is affected.

It's kind of like Pig-Pen from the Peanuts comics — we're all walking around in a cloud of dust, inhaling everything from fragrance compounds to plasticizers on a daily basis.

Cleaning your home regularly will help, using a vacuum with a HEPA filter and a wet mop on your floors, along with a microfiber or damp cloth on other areas (avoid spraying the cloth with chemical sprays, which will only add to the problem).

High-quality air filters, changed frequently, can also cut down on the amount of toxins you're exposed to via dust.

⁴⁷ [Environ. Sci. Technol., 2012, 46 \(24\), pp 13056–13066](#)

⁴⁸ [Sci Total Environ. 2008 Oct 1;404\(1\):26-35.](#)

⁴⁹ [Environ. Sci. Technol., 2016, 50 \(19\), pp 10661–10672](#)

However, to really get to the root of the problem, remove the sources of the toxins (like products containing flame retardants) and try not to track new ones into your home (i.e., take your shoes off at the door and put doormats at all entryways).

1. INDOOR AIR

Indoor air is No. 1 on the list for good reason: you're exposed to it continuously and you depend on it for your very survival.

Unfortunately, the air inside your home is highly polluted, even more so than outdoor air. The fact is, efforts to make homes more energy efficient have led to tightly sealed houses that trap pollutants inside.

In some cases, you may experience immediate effects from indoor air pollution, such as headaches, dizziness or respiratory irritation from inhaling cleaning fumes, but more likely it's the long-term, invisible effects that will get you.

"[H]ealth effects may show up either years after exposure has occurred or only after long or repeated periods of exposure," the EPA states. "These effects, which include some respiratory diseases, heart disease and cancer, can be severely debilitating or fatal."⁵⁰

What's more, air pollution causes wrinkles and premature aging and compromises the integrity of your skin.⁵¹ That's right. It's not only sun exposure that can age your skin: exposure to pollutants in the air can do it too. Exposure to air pollution has been linked to:

- Pigment spots on the face⁵²
- Skin aging⁵³
- Lentigines, sometimes described as liver spots — the small brown patches of skin that tend to increase with age⁵⁴

⁵⁰ [U.S. EPA, Introduction to Indoor Air Quality](#)

⁵¹ [Journal of Investigative Dermatology May 2016, Volume 136, Issue 5, Pages 1053-1056](#)

⁵² [Journal of Investigative Dermatology July 22, 2010](#)

⁵³ [Indian J Dermatol Venereol Leprol. 2017 Jul-Aug;83\(4\):415-423.](#)

⁵⁴ [Journal of Investigative Dermatology May 2016, Volume 136, Issue 5, Pages 1053-1056](#)

Jean Krutmann, director at the Leibniz Research Institute for Environmental Medicine in Germany, who has published several studies on the effects of air pollution and skin, even went so far as to say “at least for the pigment spots on the cheeks, it seems air pollution is the major driver.”⁵⁵

You can't reduce your exposure to air the way you can other major sources of toxins, but what you can do is rid your home of the major toxin emitters.

This is the common thread — as you remove the “bad stuff” from your home, it'll have a trickle-down effect that will make your household dust and air less toxic overall.

Installing an air cleaner is another wise move, provided it has a high efficiency rate and draws enough air through the cleaning element (in other words, small tabletop units may not make a meaningful change in your air quality).

However, as noted by the EPA, “The most effective ways to improve your indoor air are to reduce or remove the sources of pollutants and to ventilate with clean outdoor air.”⁵⁶

So get started tackling this list — and open your windows to let some fresh air in.

⁵⁵ [The Guardian July 15, 2016](#)

⁵⁶ [EPA, Indoor Air Quality, Air Cleaners and Air Filters in the Home](#)

NOW WHAT?

Take a deep breath. Now release. I know this is a lot of information, and not exactly the flowery kind, but remember — it's not meant to overwhelm, it's meant to empower.

Every little bit helps, so do what you can, but make sure you don't stress over it (that stress can be a worse toxin than any of these!)

You may find it helps to make it into a game, eliminating one toxic item each day or week, for example. Also consider organizing a "7-Day Toxic Product Elimination Challenge" with your friends. Or try [Detox Me](#)⁵⁷ — a free app from the Silent Spring Institute, which walks you through steps to remove toxic products from your home and keeps track of your progress.

And again, the most important steps of all are to detoxify your body and optimize your immune system with the healthiest diet and lifestyle choices. This provides the most powerful "shield" against toxins so you can look your best, feel your best, and live a long life doing it.

If you are not already signed up for The Art of Anti-Aging's major summit on all the most effective ways to do exactly that called *Your Best Years Start Now*, [head here and sign up](#)... it's free, and life-changing.

Own the Recordings and Transcripts of the Entire Summit, and
Help Support Our Mission, with the
[Your Best Years Start Now Empowerment Package](#)



⁵⁷ [Silent Spring Institute, Detox Me App](#)