

# ENVIRONMENTAL TOXINS 101

ENVIRONMENTAL TOXINS ARE HARMFUL CHEMICALS THAT COME FROM MAN-MADE PRODUCTS AND POLLUTION—AND THEY'RE ALL AROUND US.

THESE TOXINS CAN GET INTO OUR BODIES THROUGH THE AIR THAT WE BREATHE, THE FOOD THAT WE EAT, THE WATER THAT WE DRINK, AND EVEN THE PRODUCTS THAT WE PUT ON OUR SKIN.



## OUR GOAL FOR YOU

- HIDDEN TOXINS IN EVERYDAY PRODUCTS AND FOODS
- CHOOSE SAFER SWAPS THAT PROTECT YOUR BODY AND THE EARTH
- TAKE SMALL, DOABLE STEPS THAT HAVE A BIG IMPACT OVER TIME

BEACHES GO GREEN 2.0



HEALTHY PLANET  
HEALTHY YOU

## WHERE ARE THESE TOXINS HIDING

AIR – CANDLES, VEHICLE EXHAUST, SMOKE, HOUSEHOLD CLEANERS, FRAGRANCES

WATER – PESTICIDES, PHARMACEUTICALS, PFAS, HEAVY METALS

FOOD – PESTICIDE RESIDUES, ARTIFICIAL ADDITIVES, PRESERVATIVES & DYES, PLASTICS FROM PACKAGING

PERSONAL CARE PRODUCTS – LOTIONS, SHAMPOOS, DEODORANTS, MAKEUP WITH HIDDEN CHEMICALS, FRAGRANCES

HOUSEHOLD ITEMS – NON-STICK COOKWARE, CLEANING PRODUCTS, AIR FRESHENERS, FURNITURE TREATMENTS

CLOTHING & TEXTILES – SYNTHETIC FABRICS, FLAME RETARDANTS, STAIN & WRINKLE-RESISTANCE, DYES

INDOOR ENVIRONMENTS – DUST, MOLD, OFF-GASSING FROM CARPETS, PAINTS, AND FURNITURE & CLEANING PRODUCTS

## WHY YOU SHOULD CARE

MANY OF THESE CHEMICALS ARE KNOWN ENDOCRINE DISRUPTORS, WHICH MEANS THEY CAN MESS WITH YOUR HORMONES, BRAIN DEVELOPMENT, IMMUNE SYSTEM, AND REPRODUCTIVE HEALTH. SOME ARE LINKED TO CANCER, INFERTILITY, EARLY PUBERTY, BEHAVIORAL ISSUES, AND EVEN CHRONIC ILLNESS. AND THEY DON'T JUST AFFECT US—THEY BUILD UP IN THE ENVIRONMENT AND HURT WILDLIFE, SOIL, OCEANS, AND AIR.

## THEIR EFFECT ON THE PLANET

- AIR POLLUTION – TOXINS FROM CARS, FACTORIES, AND BURNING WASTE POLLUTE THE AIR, LEADING TO SMOG, ACID RAIN, AND CLIMATE CHANGE.
- WATER CONTAMINATION – CHEMICALS, PLASTICS, AND PESTICIDES RUN OFF INTO RIVERS AND OCEANS, HARMING WILDLIFE AND MAKING DRINKING WATER UNSAFE.
- SOIL DEGRADATION – PESTICIDES, FERTILIZERS, AND INDUSTRIAL WASTE STRIP SOIL OF NUTRIENTS AND REDUCE ITS ABILITY TO SUPPORT HEALTHY CROPS.
- HARM TO WILDLIFE – ANIMALS CAN BE POISONED, SUFFER REPRODUCTIVE ISSUES, OR DIE FROM INGESTING TOXINS, PLASTICS, OR POLLUTED FOOD SOURCES.
- HUMAN HEALTH RISKS – TOXINS IN AIR, FOOD, AND WATER CONTRIBUTE TO ASTHMA, CANCERS, NEUROLOGICAL ISSUES, AND DEVELOPMENTAL PROBLEMS.
- FOOD CHAIN DISRUPTION – TOXINS ACCUMULATE IN PLANTS AND ANIMALS, MOVING UP THE FOOD CHAIN AND MAGNIFYING IMPACTS AT HIGHER LEVELS (LIKE IN FISH AND HUMANS).
- CLIMATE IMPACT – GREENHOUSE GASES AND POLLUTANTS TRAP HEAT IN THE ATMOSPHERE, SPEEDING UP GLOBAL WARMING AND EXTREME WEATHER EVENTS.
- BIODIVERSITY LOSS – POLLUTION-DRIVEN HABITAT DESTRUCTION AND TOXIN EXPOSURE REDUCE PLANT AND ANIMAL SPECIES, WEAKENING ECOSYSTEMS.

