



# PLASTIC DETOX

*Break Free from Plastic—For Your Body and the Planet*

## *Why Go on a Plastic Detox?*

Plastic isn't just an ocean problem—it's a body problem too.

Many plastics contain toxic chemicals like:

- Phthalates (hormone disruptors)
- BPA & BPS (linked to cancer, infertility & behavioral issues)
- PFAS (forever chemicals in wrappers, fabrics & cookware)

These toxins can leach into your food, water, and skin, and they don't break down easily in the environment.

A plastic detox is about reducing daily exposure to these hidden toxins while cutting back on plastic waste.



**BEACHES GO GREEN 2.0**



**HEALTHY PLANET  
HEALTHY YOU**

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[www.beachesgogreen.org](http://www.beachesgogreen.org)

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## *How to Start a Plastic Detox*

### **Start small, go step by step:**

#### *In the Kitchen*

- Switch to glass, stainless steel, or silicone containers
- Use beeswax wraps instead of plastic wrap
- Buy in bulk or choose plastic-free produce

#### *For Drinks*

- Carry a reusable water bottle
- Skip plastic straws—use metal, bamboo, or glass
- Brew coffee at home instead of using plastic coffee pods

#### *In the Bathroom*

- Use bar soap, shampoo bars, and toothpaste tablets
- Choose products in metal, glass, or compostable packaging
- Avoid body washes and lotions with microbeads or glitter

#### *On the Go*

- Keep a zero-waste kit with a reusable bag, utensils & cup
- Say no to freebies & individually wrapped items
- Thrift clothes or buy natural fiber clothing when possible



## *Where Plastic Is Hiding*

- Disposable cups, straws & utensils
- Food containers & plastic-wrapped snacks
- Personal care product bottles
- Shopping bags & product packaging
- Synthetic clothing (polyester, nylon, spandex)
- Water bottles, shampoo bottles, and food storage
- Sponges, cleaning tools & glitter

## *Why it Matters*

- Plastic takes hundreds to thousands of years to break down
- Microplastics have been found in human blood, lungs, placentas—and even breast milk
- Plastic production and disposal release toxic gases and contribute to climate change
- Marine animals and land creatures often eat plastic, mistaking it for food



EVERY PIECE OF PLASTIC YOU REFUSE IS A  
STEP TOWARD CLEANER BODIES, OCEANS,  
AND AIR.  
START YOUR PLASTIC DETOX TODAY—AND  
**INSPIRE OTHERS TO JOIN THE MOVEMENT.**