



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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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.