



TOXINS IN FOOD & WATER: WHAT YOU NEED TO KNOW

What we eat and drink matters—not just for our health, but for the health of the planet. Today's food and water systems are often contaminated with harmful chemicals like pesticides, plastic residues, heavy metals, and forever chemicals (PFAS). These toxins can build up in our bodies over time, contributing to chronic health issues, hormone disruption, and environmental damage. This guide will help you recognize hidden toxins, make safer choices, and reduce your impact—one meal and sip at a time.

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WHAT'S HIDING IN YOUR FOOD?

PLASTIC CHEMICALS (BPA, PHTHALATES)

Leach from food packaging and containers. Can affect hormones and fertility.

PESTICIDES

Found on fruits, veggies, grains. Linked to hormone disruption, cancer, and neurological issues.

PFAS

"Forever chemicals" found in fast food wrappers, microwave popcorn bags, and nonstick cookware. Linked to thyroid issues, cancer, and immune problems.

ARTIFICIAL ADDITIVES

Dyes, preservatives, and flavor enhancers can trigger hyperactivity, allergies, and other health issues.

ANTIBIOTICS & HORMONES

Used in conventional meat and dairy production. Can promote antibiotic resistance and disrupt development.

WHAT'S IN YOUR WATER?

LEAD

Often from old pipes and plumbing fixtures; can cause neurological damage, especially in children.

CHLORINE & DISINFECTION BYPRODUCTS

Used to kill harmful microbes, but can form potentially harmful compounds.

NITRATES

From fertilizers and septic systems; can interfere with oxygen in the blood, dangerous for infants.

MICROPLASTICS

Tiny particles from plastics in packaging, pipes, and the environment; may carry toxic chemicals.

WHAT YOU CAN DO TO PROTECT YOURSELF, YOUR FAMILY & THE PLANET:

- Wash fruits and veggies thoroughly (or buy organic when possible)
- Avoid plastic food packaging and canned foods with BPA
- Eat more whole, unprocessed foods
- Use a certified water filter at home
- Avoid fast food and takeout containers coated in grease-resistant chemicals
- Store and heat food in glass or stainless steel instead of plastic
- Choose organic or pasture-raised meat and dairy

WHY IT MATTERS:

THESE TOXINS CAN:

- Disrupt your hormones
- Harm your gut and immune system
- Impact brain development and fertility
- Increase long-term risk of chronic disease

And they don't just affect people—they pollute oceans, harm wildlife, and damage ecosystems.

- Agriculture runoff leads to ocean dead zones
- Factory farms pollute air and water
- Plastic packaging turns into plastic pollution
- Food waste releases methane in landfills
- PFAS contaminate soil and waterways

