

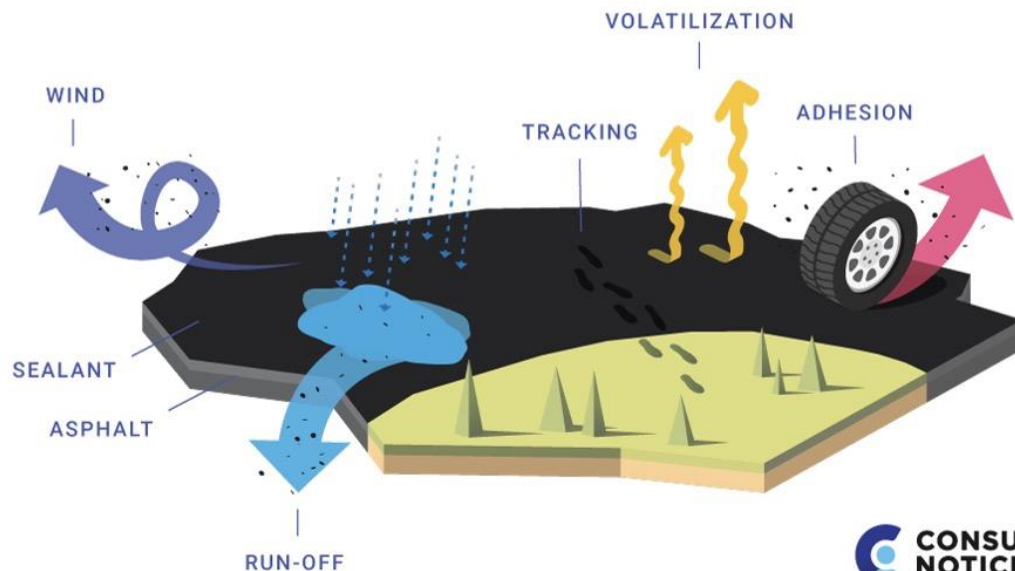
TOXINS & POLLUTANTS TO AVOID



York Region Environmental Alliance (YREA) presents info on the impact of toxic substances on the environment & human health. Access links by clicking e-news link at bottom right of slide.

Coal tar asphalt driveway sealants

Coal Tar-Based Sealer Contamination



These toxic asphalt driveway sealants contain polycyclic aromatic hydrocarbons (PAHs), known carcinogens. They increase the risk of a wide range of cancers, making their way into homes via dust, where young children are the most vulnerable. Scientists estimate that PAHs released to the atmosphere each year from applications of coal tar driveway sealants are similar/greater than annual PAH emissions from vehicles. Contaminating our waterways, these chemicals adversely affect aquatic life and reduce the number of species able to survive. A US report found coal tar sealants to be responsible for half the hazardous chemicals in 40 lakes - spurring several states to ban their use. Learn more about the health hazards and [dangers of coal tar sealants](#).

Fabric softeners & dryer sheets

Conventional fabric softeners contain deadly chemicals that slowly absorb into your skin. With an increase of asthma and eczema in children and our indoor air known to be 3 times more polluted than outside, it makes sense to eliminate as many toxins from our environment as possible.

ARE FLUFFY CLOTHES WORTH IT IF THEY ARE MAKING YOU SICK? Fabric softeners are made to stay in your clothing for long periods of time. As such, chemicals are slowly released either into the air for you to inhale or onto your skin for you to absorb. Dryer sheets are particularly noxious because they are heated in the dryer and the chemicals are released through dryer vents to pollute the outdoor environment.

HEALTH CONSEQUENCES OF EXPOSURE TO FABRIC SOFTENERS/DRYER SHEET CHEMICALS:

Benzyl acetate - linked to pancreatic cancer!

Benzyl Alcohol - upper respiratory tract irritant!

Ethanol - on the Environmental Protection Agency's (EPA) Hazardous Waste list and can cause central nervous system disorders!

A-Terpineol - can cause respiratory problems and central nervous system damage!

Ethyl Acetate - on the EPA's Hazardous Waste list!

Chloroform - neurotoxic, anaesthetic and carcinogenic!

Linalool - narcotic that causes central nervous system disorders!

Pentane - a chemical known to be harmful if inhaled



SOFTEN YOUR CLOTHES SAFELY WITH THESE ALTERNATIVES:

- ❖ Add 1/2 cup of borax, baking soda or unscented washing soda to wash cycle to soften fabric.
- ❖ Add 1/4 cup of white vinegar to rinse to soften fabric and eliminate cling.
- ❖ Wool dryer balls can be used for up to 1000 loads to reduce static and wrinkles in your clothes. They are fragrance-free, eco-friendly and safe to use on all types of fabrics.

ALSO NOTE - FABRIC SOFTENERS COAT TOWELS WITH A FILM THAT IMPEDES ABSORBENCY

Fragrance, the new second hand smoke

TOXINS IN: Air Fresheners

1,4-Diclorobenzene (1,4 DB):

a VOC that may impair lung
function

Formaldehyde:

a known carcinogen

Styrene:

associated with cancer and
neurotoxicity

Toluene:

linked to developmental and
reproductive toxicity



Being assaulted with heavy doses of after shave & perfume has seen an increase in fragrance free venues and events as our scent intolerance has become so widespread. Fragrance/parfum labels denote unidentified mixtures of health risk ingredients including carcinogens, allergens, respiratory irritants, endocrine disruptors, neurotoxic chemicals & environmental toxins. These artificial scents can be found in personal care products, air fresheners & cleaning products. We have enough air pollution & health issues without adding to them. Choose scentless, fragrance free products to minimize health consequences.

The dangers of stone & concrete dust



Many of us endure airborne dust from builders, infrastructure repair, & landscape paving. This dust is highly toxic to humans and regulations need to be strengthened to safeguard the environment & workers who are immersed in this, often without protective gear. Those who work with stone & concrete can develop serious diseases and ill-health as a result of breathing in dust. Respirable Crystalline Silica (RCS) is found in stone dust and causes silicosis, cancer and chronic obstructive pulmonary disease. It is so easy to suppress dust by splitting stone, using a wet saw or water mist spray to keep workers safe, dust out of the air & out of human lungs.

Vehicle idling, the modern facts



Experts in the automotive industry say 30 seconds is enough for a warmup with 1 minute enough on cold winter days. Idling for over 10 seconds uses more fuel & produces more CO₂ emissions than restarting your car. Save money & the environment by turning off your car while you are picking up kids at school, at the mailbox or waiting for a train to pass. Looking for a new vehicle? Be auto smart & consider Idle Stop-Start technology, available on hybrid & some conventional vehicles.

Now is the time for laser light shows

FIREWORKS - is an hour of oohs & ahhs worth it?

Fireworks bring bursts of air pollution, discharging heavy metal atoms that remain as aerosols, contaminating our air, water & earth with impacts on [human health](#). The chemical reactions release GHGE such as carbon dioxide, carbon monoxide, nitrogen dioxide & sulphur dioxide. Explosive blasts disturb wildlife & household pets, causing extreme stress. [Brampton recently banned](#) the personal use of fireworks because of noise complaints but it has far greater impacts. Isn't it time for cities to question age old practices, rethink this waste of money and allocate it where it would be of more benefit?



PFAS – Forever chemicals are everywhere

Forever chemicals DO NOT break down in nature. Exposure to PFAS may lead to:

- Decreased fertility or increased high blood pressure in pregnant women.
- Developmental delays in children, accelerated puberty, behavioral changes.
- Increased risk of some cancers, including prostate, kidney & testicular cancers.
- Reduced immune system ability to fight infections, reduced vaccine response.
- Interference with the body's natural hormones, endocrine disruptor.
- Increased cholesterol levels and/or risk of obesity.

Listing the entire class of these chemicals as toxic would enable Environment & Climate Change Canada to enact more effective restrictions. As with pesticides, industry pushback & lobbying is an impediment. So it is up to us as individuals to take measures to protect ourselves. Read about [hot spots in Canada](#) & ways we can [lower exposure to PFAS](#)



Wood best choice for cutting boards

Wood or plastic, which cutting boards are best?

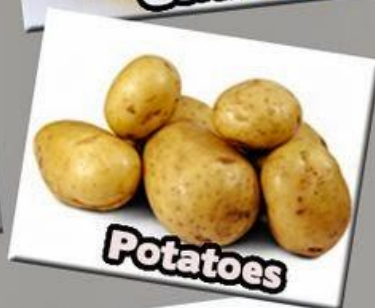
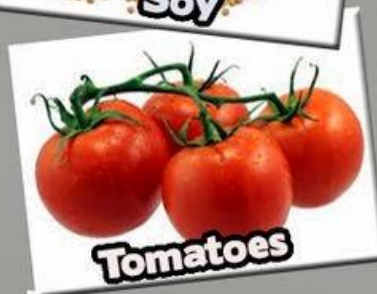
The choice is ours to make but the **antibacterial & antimicrobial** properties that inhibit the growth of bacteria and fungi in wood are an advantage worth consideration. If you are concerned about ingesting **less microplastic**, then plastic boards should be avoided. Whichever you choose, a good scrubbing with oxy bleach, soap and vinegar will keep the surfaces germ free. Check out the pros & cons **here**.



Buy organic to avoid these GMOs

TOP 10 GENETICALLY Modified Foods

RawForBeauty.com



What is done to alter foods genetically

- DNA traits have been engineered in plants to resist pests & herbicides.
- Bt corn, potato, sugar beet, cotton, eggplant, tomato, rice & soybean are engineered to produce the same toxin as the bacterium *Bacillus thuringiensis* in the plant cell.
- Roundup Ready crops are engineered to withstand the spraying of glyphosate & include corn, canola, soybean, cotton, sugar beet & alfalfa.
- Viruses have been incorporated into the DNA of sweet potato, papaya & zucchini to make them resistant to viral diseases.

These foods have the most pesticide residues – BUY ORGANIC



1. Strawberries



2. Spinach



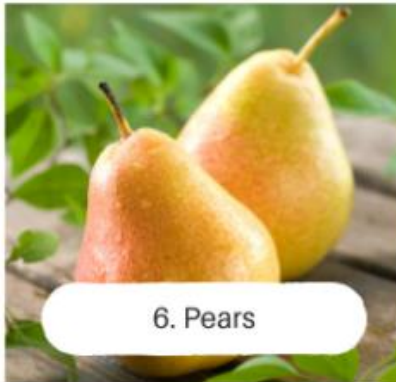
3. Kale, collard & mustard greens



4. Grapes



5. Peaches



6. Pears



7. Nectarines



8. Apples



9. Bell & hot Peppers



10. Cherries



11. Blueberries



12. Green Beans

Bovine growth hormone not allowed in Canadian milk

rBGH = GMOs in US DAIRY

Although banned in most industrialized nations due to health risks to humans & harm to animals, genetically engineered recombinant bovine growth hormone (rBGH) is injected into dairy cows in the US to increase milk production. Some serious concerns include:

- Increased many health problems in cows, including mastitis that can lead to bacteria and pus in milk (requiring antibiotics). Impinged on the welfare of animals; caused reproductive disorders (EU Report)
- Antibiotic use in food animals can lead to antibiotic resistance in humans
- Linked to various forms of cancer – breast, prostate, lung and to tumor development (Cancer Society)
- Precocious puberty

Look for the Canadian Milk symbols



**BUY CANADIAN DAIRY, SUPPORT OUR OWN FARMERS
& SAFEGUARD ANIMAL & HUMAN HEALTH**

Not a gluten intolerance, it's a glyphosate intolerance



Italy banned pre-harvest spray of wheat with glyphosate in 2016 and set MRL (maximum residue levels at 10parts per **Billion** while Canada continues to allow 5pp **Million** even as it considered raising those levels upon industry request. People suffering from IBS in Canada do not have these problems eating bread or pasta in Italy. BUY ORGANIC.

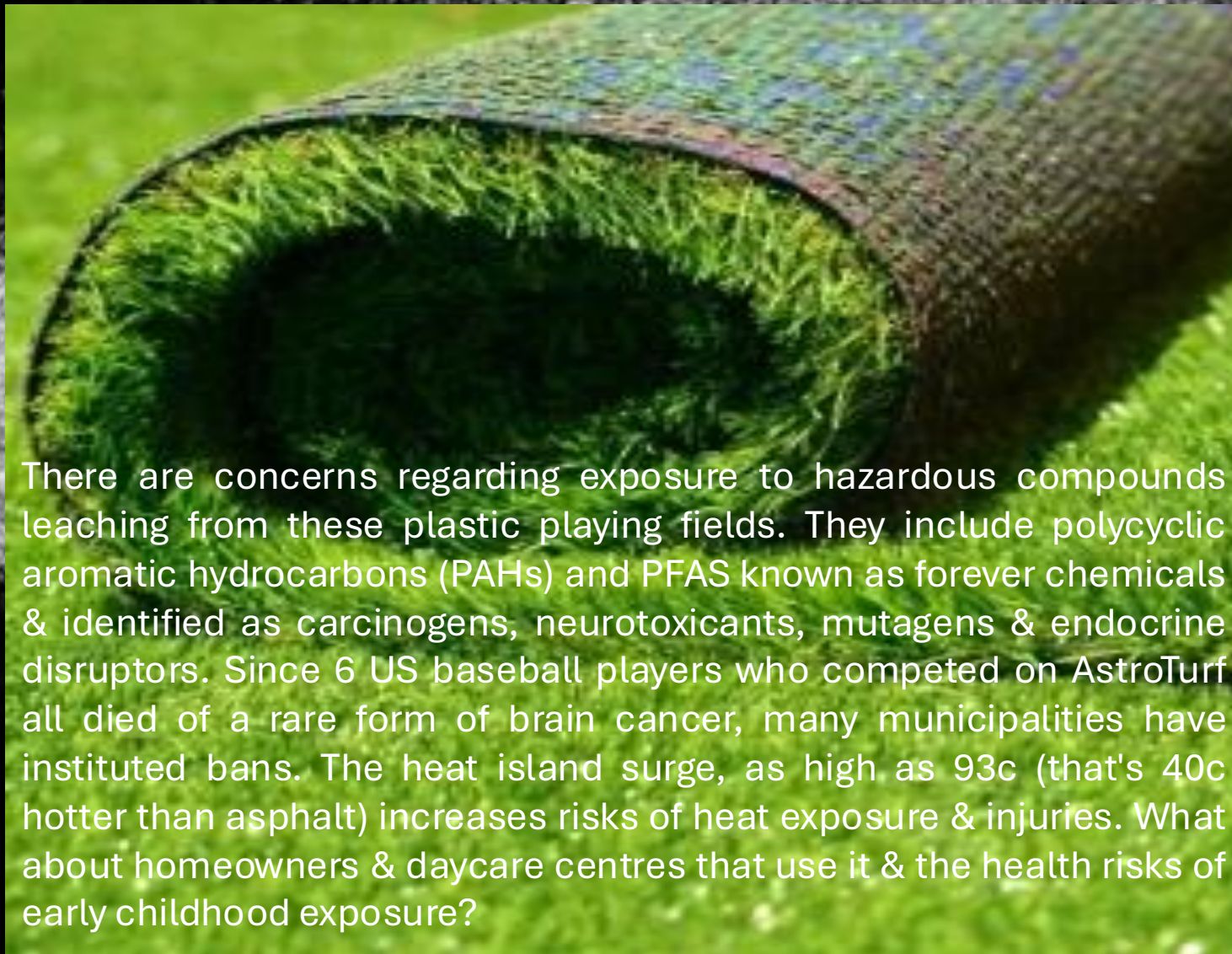
Light pollution is very harmful to wildlife

Your property is NOT an airport runway so stop with these silly fixtures.

All outdoor lighting should be turned off when you come in at night. Lighting interferes with insects' & birds' as well as bats' abilities to find food, navigate & reproduce.



Astro turf is a human health hazard



There are concerns regarding exposure to hazardous compounds leaching from these plastic playing fields. They include polycyclic aromatic hydrocarbons (PAHs) and PFAS known as forever chemicals & identified as carcinogens, neurotoxins, mutagens & endocrine disruptors. Since 6 US baseball players who competed on AstroTurf all died of a rare form of brain cancer, many municipalities have instituted bans. The heat island surge, as high as 93c (that's 40c hotter than asphalt) increases risks of heat exposure & injuries. What about homeowners & daycare centres that use it & the health risks of early childhood exposure?

Why ditch the lawn & garden chemicals?

4 REASONS TO AVOID YARD CHEMICALS



Avoid all lawn & garden chemicals



Chemicals kill bees, butterflies, fireflies, beneficial insects & poison your water, your pets & the planet. Get rid of the lawn & plant a pollinator garden instead.

Let's stay in touch



- Subscribe to our quarterly e-news & peruse back issues.
- Check out YREA's website <http://www.yrea.org/> for more info on pesticides in our food, what we all can do to MAKE EVERY MONTH EARTH MONTH, how we can keep our water clean & how to SHOP LIKE THE PLANET'S WATCHING.
- If you are concerned about a health or environmental issue, google to learn all you can.