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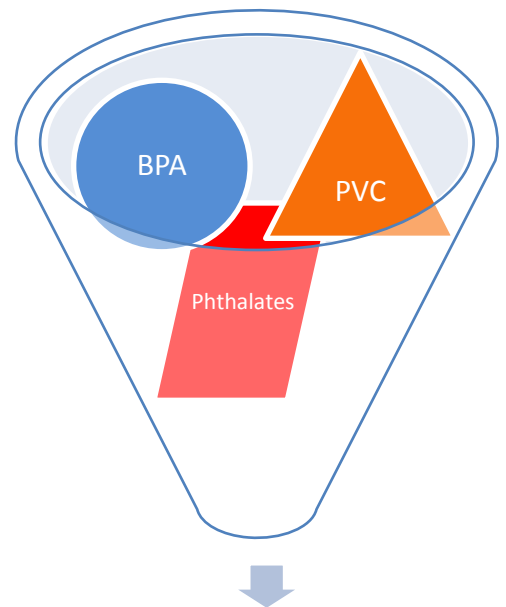
Avoiding Toxic Plastic

Creating a safer environment is a work in progress. Making even small changes can create long-term health dividends.

What's in your baby's bottle?

A review completed by the Center for Health, Environment and Justice called ["Report on Public Health Concerns - Phthalates and Bisphenol-a"](#) states, "Children are particularly vulnerable to the effect of chemicals in their environment mainly because they face greater exposures due to their size and behaviors, and because they are more sensitive

as a result of their ongoing development. Infants and young children have structural and functional characteristics that while common to their normal growth and development may actually increase their vulnerability to chemicals."



Cancer, diabetes, early puberty, developmental damage, obesity, behavioral disorders



Effects on Fetal Development

Pregnant mothers should avoid personal care products and plastics containing these chemicals as well, because they may cross the placental barrier and cause hormone disruptions at key times of the baby's development.



What is Bisphenol-a?

[Bisphenol-a \(BPA\)](#) is an industrial chemical used to make polycarbonate plastic. Bisphenol-a has become one of the most commonly used chemicals, racking up a stunning six billion pounds each year. Almost 90% of major U.S. baby bottle manufacturers use the BPA chemical in their production.

BPA can also be found in water bottles, the lining

in metal cans (even baby formula) and food storage containers.

BPA is considered by environmental scientists to be an "endocrine disruptor." Studies have shown that the unstable BPA bond will allow the chemical to leach into food or liquids in contact with the plastic during normal, everyday use.

BPA may cause adverse health effects, such as increase in obesity and diabetes, interference with the normal development of unborn babies, stimulation of mammary gland development (which is a risk factor for breast cancer) and early onset of puberty.

What are PVC and Phthalates?

[Phthalates](#) are a class of chemicals that are often found in PVC. They are added to children's plastic toys and teethers to make them more flexible. They are also found in many household, personal care products, and medical supplies.

Laboratory studies have shown that phthalates can mimic hormones. This is why they have been categorized by environmental scientists as "endocrine disruptors."

By disrupting our natural hormones they lay the foundation for potential health problems, especially in children.

PVC, which can be found in bath toys, teethers and bibs, has been called the "Poison Plastic" by many health experts. Along with phthalates, PVC is more likely to contain lead and volatile organic compounds. A new study by [CHEJ](#) "Volatile Vinyl:

The New Shower Curtain's Chemical Smell," reveals that PVC shower curtains can release over 100 toxic chemicals.

The truth about PVC is even more shocking than we ever imagined. The chemicals researched in the study have been associated developmental damage, as well as damage to the liver, central nervous, respiratory and reproductive systems.

HOW TO AVOID TOXIC PLASTIC:

1. **CHOOSE** plastics with the recycling code 1, 2, 4 or 5. Recycling codes 3, 6 and 7 (PC) are more likely to contain PVC, phthalates and BPA. Keep in mind that you won't find recycling codes or material labels on all products, so check trustworthy resources for well-researched BPA free product guides.
2. **WHEN** choosing shampoos, soaps and lotions for your children, watch for the term "fragrance" in the ingredient list. This is a clue that a combination of chemicals, which may include phthalates, may be present. Check with [costmeticsdatabase.com](#) to help eliminate some the footwork.
3. **CHOOSE** teethers, bibs and toys made without PVC. By steering clear of PVC, you will avoid phthalates as well.
4. **PURCHASE** products from companies who specifically label their products as BPA, PVC and Phthalate free.

