

# The Anticancer Lifestyle Program's Top 10 Environmental Action Steps

1. Use personal care products free of carcinogens, chemicals of concern, endocrine disrupting chemicals, and fragrance. Be sure to read labels. Avoid touching cash register receipts.
2. Use natural fabrics for clothing and household items; avoid stain repellents and dry cleaning that uses PERC.
3. Use cleaners free of carcinogens, chemicals of concern, endocrine disrupting chemicals, fragrance, and volatile organic compounds. Read labels.
4. Do not cook with non-stick cookware, and avoid plastic, bags or boxes in the microwave; use glass, stainless steel, cast iron, or ceramic for cooking.
5. Do not use plastic for food storage; use glass or ceramic instead. Avoid canned foods and touching cash register receipts—both are sources of BPA and related chemicals.
6. Keep your air clean--free of dust, pesticides, and fragrances from all sources; wet mop and use HEPA filters. Remove your shoes when entering your home.
7. Avoid cell phone use next to your body and skin and when using other electromagnetic field emitting devices, be sure to maintain a good, safe distance.
8. Reduce exposure to flame retardants in mattresses, pillows, upholstery, foam, heating blankets, electronics, etc.
9. Reduce volatile organic chemical exposure of all kinds, including radon, mothballs, candles, pressed wood, solvents, PVC products, air fresheners, etc.
10. Test your water for contaminants such as radon, arsenic, lead, or PFASs; use the appropriate water filter; store water in glass.