

## Awareness and First Steps

**Awareness is the first step toward adopting an Anticancer environment.**

Continuing to identify and remove toxins from your life will help you as you make changes in the products you buy and use on a daily basis.

- You might feel overwhelmed with all the changes you need to make in order to create a truly Anticancer environment. Keep in mind that creating your Anticancer environment will take time.
- Instead of thinking, "I have to change everything at once", try to prioritize your changes. Remember the earlier suggestions of how to get started:
  - ✓ Ease of Solution: What are some quick changes you can make that won't take much effort? For example, taking off your shoes when you enter your home.
  - ✓ Categories in This Course: Would it be easiest to make changes as you learned about them in this course?
  - ✓ Locations in Your Home: Start in a specific location, like the bathroom or kitchen, and continue from room to room?
  - ✓ Types of Cancer: Which substances are linked to specific cancers?
  - ✓ Known Carcinogens: Which substances have been proven to be the most carcinogenic?
  - ✓ "In, On, Around" your body: Start with chemicals you might be ingesting ("In"), or chemical exposure from products you put on your body ("On"), or toxins in your home that you absorb through inhalation ("Around").
  - ✓ Cost/Effectiveness Ratio: Are there inexpensive changes you can make that will have a big impact? For example, cleaning with diluted vinegar instead of a more expensive cleaner with toxic chemicals.

There are easy-to-use tools to help you find safe and affordable alternatives.

- For tips on a healthier home environment, visit the Environmental Working Group website at [ewg.org](http://ewg.org)
- Check the Household products database at [householdproducts.nlm.nih.gov/](http://householdproducts.nlm.nih.gov/)
- To find healthier personal care products, see the Environmental Working Group's SkinDeep database at [ewg.org/skindeep](http://ewg.org/skindeep)
- To find healthier cleaners, check the Environmental Working Group's "Healthy Cleaners " database at [ewg.org](http://ewg.org)
- To find what contaminants might be in your municipal water, see the Environmental Working Group's Tap Water Database at [ewg.com/tapwater](http://ewg.com/tapwater)