

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
- Check the Household products database at householdproducts.nlm.nih.gov/
- To find healthier personal care products, see the Environmental Working Group's SkinDeep database at ewg.org/skindeep
- To find healthier cleaners, check the Environmental Working Group's “Healthy Cleaners “ database at 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