

# Environmental toxins and your health



There are a number of toxins and pollutants in the environment that you're exposed to on a daily basis. They can have an effect on your health in numerous ways, without you even knowing it.

## What are environmental toxins?

Chemicals that leach into the water, air, and soil are all environmental toxins you may be exposed to. They're man-made and can have serious and detrimental effects on your health.

They include:

- Pollution.
- Cigarette smoke.
- Pesticides.
- Plastics.
- Car fumes.
- Water treatment chemicals.

Once breathed in, absorbed by your skin, or ingested with food or water, they're processed by your liver, kidneys, skin, and lymphatic system. When these organs begin to weaken due to illness or constant filtering of toxins, they build up in your system and poison you from the inside out.

## What you can do to reduce your exposure to environmental toxins

One of the first steps to take to lower your risk of disease associated with environmental toxins is to reduce your exposure to them.

Easy ways to do this is to:

- Buy organic produce free from pesticides.
- Wash all fresh produce, organic or not, thoroughly before eating. You should even wash fruit and vegetables that you peel as the contaminants can be on your hands or on the knife you use to cut them.
- Spend time out of the city. Breathe the fresh air of the country-side every so often.
- Filter your water or drink bottled water.
- Drive with your windows closed and your car's air circulator on to minimise car fume exposure.
- Use glass containers and recyclable bags for your groceries to minimise the amount of plastic discarded into the environment.
- Quit smoking and avoid second-hand smoke.
- Reduce your need for chemical household cleaners and opt for natural ones instead to reduce the number of chemicals leaching into the soil and ground water.

On top of this, you can make sure your body is able to handle any toxins you're exposed to. Eat a fibre-rich diet and 6-7 portions of vegetables and 2 portions of fruit a day to provide your body with the nutrients it needs to keep your detoxification organs functioning.