



Transforming Autism Workshop 2.0: A Live, Interactive Event 10 Toxins Lurking in Your Home

By Luminara Serdar



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Toxic Item	Why It's Bad	Use Instead
<p>Air Fresheners</p> 	<p>Air fresheners contain toxic chemicals designed in a lab to smell like something natural.</p> <p>Fragrances in these products cause cancer, development issues, affect skin, lungs, liver, kidney, nervous system, GI system, reproductive system.</p> <p><u>Here's a list of the toxins and what they do.</u></p>	<p>Why not use the natural thing instead? Essential oils are a great replacement!</p>  <p>Place a few drops of lemon, pine, or your favorite smell into a spray water bottle and spray when needed.</p>

Toxic Item

Toilet Bowl Chemicals, Toilet Cleaner, Bathroom Cleaner



Why It's Bad

These chemicals are toxic, corrosive and bad for the environment. Who needs blue toilet water??

These chemicals not only go down the drain and affect the environment and wildlife.

But they also cause cancer, asthma, irritate the eyes, skin and lungs, disrupt hormones, create allergies, lead to chronic health issues, cause organ damage.

Use Instead

Non-toxic, natural cleaners, which are abundant in stores these days.

Or use a spray water bottle filled with 60% water, 40% vinegar and a few drops of your favorite essential oil (optional).



Use baking soda and a scrub brush as a gritty cleaner for tough stains.

Toxic Item

Laundry Detergent



Why It's Bad

Detergents contain many chemicals, even those classified as probable carcinogens, skin, eye, organ irritants, those causing headaches, dizziness, neurotoxicity, those that are harmful to the environment.

Certain chemicals can create super-bugs capable of evading antibiotics, and hormone mimickers that feminize male fish (and what does that do to our kids?)

Use Instead

Unscented forms of the following brands:
Earth Breeze Eco Sheets, Nellie's, Truly Free



Dryer Sheets and Fabric Softeners



These contain fatty acid compounds that transfer to clothing to make them feel more slippery, and thus not stick together. It may reduce absorbency of towels and trap odors.

They also contain fragrances and possibly carcinogenic compounds which may affect the respiratory system.

Wool dryer balls or nothing.
Humans survived for centuries without dryer sheets!



Toxic Item

Why It's Bad

Use Instead

Dish soap, Dishwasher Cleaners and Rinse Aids



Similar to laundry detergents, these may contain chemicals harmful to wildlife and the environment, as well as cause rashes, disrupt hormones, cause cancer, damaging to eyes, lungs and skin.

Rinse aids contain surfactants that coat the dishes with a chemical so the water droplets roll off the glass. But you're left with the chemicals on your glass.

Brands like Ecos, Better Life, Aspen Clean, Blueland or Defunkify Dishwasher Pods



Raid and other Bug Sprays



These poisons to bugs and ants may be a poison to a child also, depending on the dose and length of exposure.

But I advise not to spray or flea bomb at all.

Natural bug repellants, like essential oils and herbs. Diatomaceous Earth around the outside edge of your home, vinegar in a spray bottle, corn syrup + borax for ants.



Toxic Item

Soap, Shampoo, Conditioner, Baby Lotion, Baby Powder, Perfumes



Why It's Bad

These personal care products contain chemicals that may be hormone disruptors, cause allergic reactions, cause cancer, clog skin and scalp pores, be neurotoxic, cause fertility and reproductive issues.

Use Instead

Check the ewg.org database for their ratings on the safest products to use. Use essential oils as a fragrance for the body instead of perfumes.



Flame Retardants in Bedding, Furniture, Electronics, Clothing, Toys, Car Seats and much more



Polybrominated diphenyl ethers, or PBDEs were required in furniture, bedding and many soft goods until outlawed in 2013.

They were determined to cause cancer, reduced IQ and hyperactivity. They are persistent and contaminate our air and water.

Check that the items you're purchasing don't contain flame retardants, Wash kids' hands frequently & before eating, Use a HEPA air filter in the house, Mop floors or vacuum carpets frequently



Toxic Item

Off-gassing New Floors, Carpets, Furniture, Paint, Walls, New Cars



Why It's Bad

New products will emit something similar to 'that new car smell', the combination of volatile organic compounds that emit a toxic bouquet into the respiratory tract.

These may be known to cause cancer, irritate eye, nose, throat, damage organs and nervous system, produce headaches, dizziness, nausea, allergies.

Use Instead

This is tricky, because most of us already have our homes set up and don't plan on remodeling because a floor is off-gassing.

Increase ventilation – open windows as much as possible! Use a HEPA filter. Use plants to help detoxify the home, particularly spider plants.



Use furniture with solid wood instead of wood composites or laminates, natural, uncoated fabrics.



Use VOC-free paints if repainting. Off gas new products outside for as long as possible before bringing it inside.

Toxic Item

Non-stick Cookware & Water-proof Chemicals on Clothing



Why It's Bad

Coatings used for non-stick cookware, like PFAS, PFOAs, also known as forever chemicals, contain toxic fluorine compounds.

They disintegrate in cookware with overheating and increased usage and have been found to cause cancer and birth defects.

These are also found in bedding, yoga pants and clothing, other water or stain-resistant clothing. Not only does this get on humans, but gets into the environment and comes back around to us through the water supply.

Use Instead

Non-toxic cookware, including those with ceramic coating, like the Caraway brand.



Buy natural fiber clothing, avoid clothing shown to have forever chemicals in them.



See the Environmental Working Group's report on per- or poly-fluorochemicals, forever chemicals, in clothing [here](#).

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