

Five Keys to an Anticancer Environment

1. **Read labels and know ingredients.**

- Use products with fewer hazardous ingredients or find safe, homemade alternatives.
- Look for products that do not list fragrance, perfume or parfum as an ingredient.
- Be aware that a claim like “natural” does not necessarily mean safe or non-artificial.
- Be wary of ingredients listed in all capital letters.

2. **Keep your air clean.**

- Reduce smoke in the house from sources such as tobacco use, cooking, candles, fireplaces, woodstoves, or vehicle exhaust.
- Open windows for fresh air exchange.
- Use HEPA filters in vacuums, or heating/air conditioning systems to trap dust and particles in the air. Wet mop floors.
- Take your shoes off in the house.
- Avoid fragrances or scented products.

3. **Minimize the use of plastic and petroleum by-products.**

- Avoid heating or storing food or drinks in plastic containers. Try glass or ceramic for food storage.
- Avoid non-stick cookware and Styrofoam® containers.
- Minimize the use of petroleum-based ingredients in personal care products.
- Switch to non-plastic versions of items, where available.

4. **Minimize the use of commercial pesticides in and around the home.**

- Keep a clean, dry home to minimize pests.
- Control garden and lawn weeds by manually pulling or mulching.
- Try nontoxic repellents and pesticides, such as diatomaceous earth, and homemade pest and weed control solutions using vinegar, salt, and soap.

5. **Remember: Less is More (fewer products, fewer ingredients and additives)**

- Use fewer products with simpler ingredients as a good way to minimize your exposure to toxins. Ask yourself: how many different cleaning and body care products do I really need?