

# Healthy Child Healthy World: A Guide to Protecting Your Children from Environmental Toxins



## Healthy Child Healthy World: Creating a Cleaner, Greener, Safer Home by Christopher Gavigan

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1682 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 348 pages



Our children are facing a growing number of environmental toxins that can harm their health. These toxins can be found in the air we breathe, the water we drink, the food we eat, and the products we use. Even low levels of exposure to these toxins can have negative effects on children's health, including developmental delays, learning disabilities, behavioral problems, and chronic diseases.

Healthy Child Healthy World is a comprehensive guide to protecting your children from these toxins and creating a healthier environment for them to grow and thrive. This book provides information on:

- The most common environmental toxins and how they can harm children's health

- How to reduce your children's exposure to these toxins
- How to create a healthier home environment for your children
- How to advocate for policies that protect children's health from environmental toxins

Healthy Child Healthy World is a valuable resource for parents, caregivers, and anyone who wants to protect children from environmental toxins. This book is written in a clear and concise style, and it is packed with practical information that can be easily implemented. By following the advice in this book, you can help your children live healthier and happier lives.

## **The Most Common Environmental Toxins and How They Can Harm Children's Health**

There are many different types of environmental toxins that can harm children's health. Some of the most common include:

- **Lead:** Lead is a toxic metal that can damage the brain and nervous system. It can also cause learning disabilities, behavioral problems, and developmental delays. Lead is found in lead-based paint, old plumbing fixtures, and some toys.
- **Mercury:** Mercury is a toxic metal that can damage the brain, kidneys, and lungs. It can also cause developmental delays, learning disabilities, and behavioral problems. Mercury is found in fish, dental amalgams, and some products.
- **Pesticides:** Pesticides are chemicals used to kill pests. They can be harmful to children's health if they are inhaled, ingested, or absorbed through the skin. Pesticides can cause a variety of health problems,

including developmental delays, learning disabilities, and behavioral problems.

- **Air pollution:** Air pollution is a major environmental health problem for children. Air pollution can cause respiratory problems, heart problems, and cancer. Children are particularly vulnerable to air pollution because their lungs are still developing.
- **Water pollution:** Water pollution is another major environmental health problem for children. Water pollution can cause a variety of health problems, including diarrhea, vomiting, and skin infections. Children are particularly vulnerable to water pollution because they are more likely to swallow water while swimming or playing.

## **How to Reduce Your Children's Exposure to Environmental Toxins**

There are a number of things you can do to reduce your children's exposure to environmental toxins. Some of the most important include:

- **Test your home for lead:** If your home was built before 1978, it is important to test it for lead. Lead-based paint is the most common source of lead exposure for children.
- **Use lead-free plumbing fixtures:** If you are replacing your plumbing fixtures, be sure to use lead-free fixtures.
- **Avoid old toys:** Old toys may contain lead or other toxic materials. When buying toys for your child, look for toys that are made from non-toxic materials.
- **Choose organic foods:** Organic foods are grown without the use of pesticides. Eating organic foods can help to reduce your child's exposure to pesticides.

- **Wash your child's hands frequently:** Washing your child's hands frequently can help to remove pesticides and other toxins from their hands.
- **Keep your child out of polluted areas:** If possible, keep your child out of polluted areas, such as busy roads or industrial areas.
- **Filter your child's water:** If you are concerned about water pollution, you can filter your child's water to remove contaminants.

## How to Create a Healthier Home Environment for Your Children

In addition to reducing your children's exposure to environmental toxins, you can also create a healthier home environment for them. Some of the things you can do include:

- **Ventilate your home:** Opening windows and doors can help to ventilate your home and remove indoor air pollutants.
- **Use non-toxic cleaning products:** Many cleaning products contain harsh chemicals that can be harmful to children's health. When cleaning your home, use non-toxic cleaning products that are made from natural ingredients.
- **Avoid using scented products:** Scented



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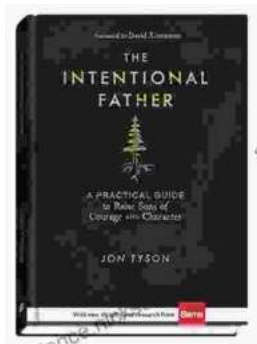
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