

THE #1 SECRET TO LASTING WEIGHT LOSS! SEE PAGE 43

Health

WALK OFF 10 LBS In 21 Days!

Eat Your Way Slim On Fast Food

BREAKING NEWS

Outsmart Cancer With One Tiny Food Swap

TONE EVERY BULGE

Belly • Butt • Arms



5. YARD PESTICIDES

Ironically, the products you use to keep your lawn healthy can have the opposite effect on you. Some lawn and garden pesticides contain suspected carcinogens, according to EPA data. And long-term pesticide exposure may be related to changes in the brain and nervous system, the Fred Hutchinson Cancer Research Center reports. "Not only are you breathing the chemicals in, but you bring them indoors and onto carpets via your shoes," says McKay Jenkins, PhD, a journalism professor at the University of Delaware and author of *What's Gotten Into Us?* One study actually found an increased risk for leukemia in children whose parents used garden pesticides. Pick healthier brands like BurnOut and EcoClear—they're made from vinegar and lemon juice, and are effective weed-killers. To find less-toxic lawn-care companies in your area, go to Health.com/lawn-care.

7. Water Bottles You've probably heard that plastic could be bad for you because they may contain a chemical called BPA, an endocrine disruptor according to the National Institute of Environmental Health Sciences. The biggest concern with BPA is that it may reduce sperm counts in men," says Dr. Carpenter. To be safe, sip from an unrecycled plastic bottle.

8. FOOD-STORAGE CONTAINERS

BPA strikes again: Many food-storage containers are made of the hard, clear polycarbonate plastic that may contain BPA. As is the case with water bottles, the BPA can leach out of the plastic in these containers and seep into your leftovers.

"The leaching is increased during heating, but it also leaches to a smaller degree even when cold foods are stored," Dr. Carpenter explains. Glass containers are your safest—not to mention planet-friendly—bet. Both Rubbermaid (at left) and Pyrex make glass ones with BPA-free plastic lids.



6. All-Purpose Home Cleaners

Time for spring-cleaning? Using common household cleaners may expose you to potentially harmful chemicals. Ammonia and chlorine bleach can irritate the skin, eyes, and respiratory tract. And some cleaners contain phthalates, some of which are endocrine disruptors, meaning they interfere with normal hormone activity, says EWG senior scientist Becky Sutton, PhD. Although there's no definitive proof that phthalates cause problems in humans, "the greatest concern is how early-life exposure will affect male [reproductive] development," Dr. Carpenter says. There's weaker evidence, he adds, that phthalates



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