

Following are simple precautionary practices that could lead to healthier and more sustainable life for our community and beyond.

1. Practice healthy purchasing and work with local, state and federal governments to become the example for corporations and individuals to follow when making environmentally preferable purchasing decisions.
2. Eat a well balanced diet, low in trans-fats with vitamin rich foods, vegetables and fruits. Buy and eat pesticide free, organic foods when possible.
3. Hydrate your body with 6-8 glasses of pure water per day.
4. Purchase non-toxic personal care products. (Visit [www.marincancerproject.org](http://www.marincancerproject.org) for products to avoid.)
5. Support the use of environmentally safe materials, technology and products. Phase out toxic chemicals that persist and accumulate in our bodies and in the larger environment.
6. Limit sun exposure. Do allow 20 minutes of sun exposure to provide the body with essential vitamin D and to prevent sunburn before applying sunscreen. Wear a hat and light cover-up clothing if outdoors for extended periods of time.
7. Minimize exposure to medical x-rays and radiation.
8. Know your own body. Seek professional advice if you notice changes.
9. Avoid antibacterial products. They produce antibiotic resistant bacteria.
10. Limit your contact with electromagnetic fields. Cell phones, microwaves and video display terminals are suspect.
11. Do not microwave food in plastic or Styrofoam. Use glass or ceramic instead. Eat raw foods and avoid microwaves when possible.
12. Avoid drinking from plastic bottles that have been exposed to bright sunlight or heat.
13. Stay fit with a minimum goal of 4 hours vigorous exercise per week.
14. Don't smoke. Avoid inhaling second-hand smoke.
15. Beware of toxic chemicals. Avoid pesticide use and exposure and dry cleaning solvents. Use environmentally friendly cleaning supplies.
16. Consume alcoholic beverages in moderation.
17. Hormone replacement therapy is suspect.
18. Decrease and manage stress and leave time to laugh!
19. Leave your shoes at the door, limiting indoor contamination.
20. Use non-toxic, chlorine-free household cleaners.
21. Use caution with plastics that leach chemicals, especially polyvinyl chloride (PVC).