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KEEP CONTAMINANTS OUT OF YOUR BREAST MILK

Suggestions and Tips for
Concerned Mothers



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There are many different ways that contaminants could get into your breastmilk, many of which are quite avoidable. We suggest that the number one way to keep environmental contaminants minimized is by watching what you put into your mouth!

What you eat is what your baby will eat. While there are some contaminants that cannot be avoided and are traceable in nearly all breast milk, there are ways to avoid many of the contaminants that are in the food you eat and the liquids you drink. The main culprits that you may be ingesting or coming into contact without knowing it include, but are not limited to: Phthalates, Bisphenol A (BPA), Glyphosate, and Genetically Modified Organisms (GMO's).



Disclaimer:

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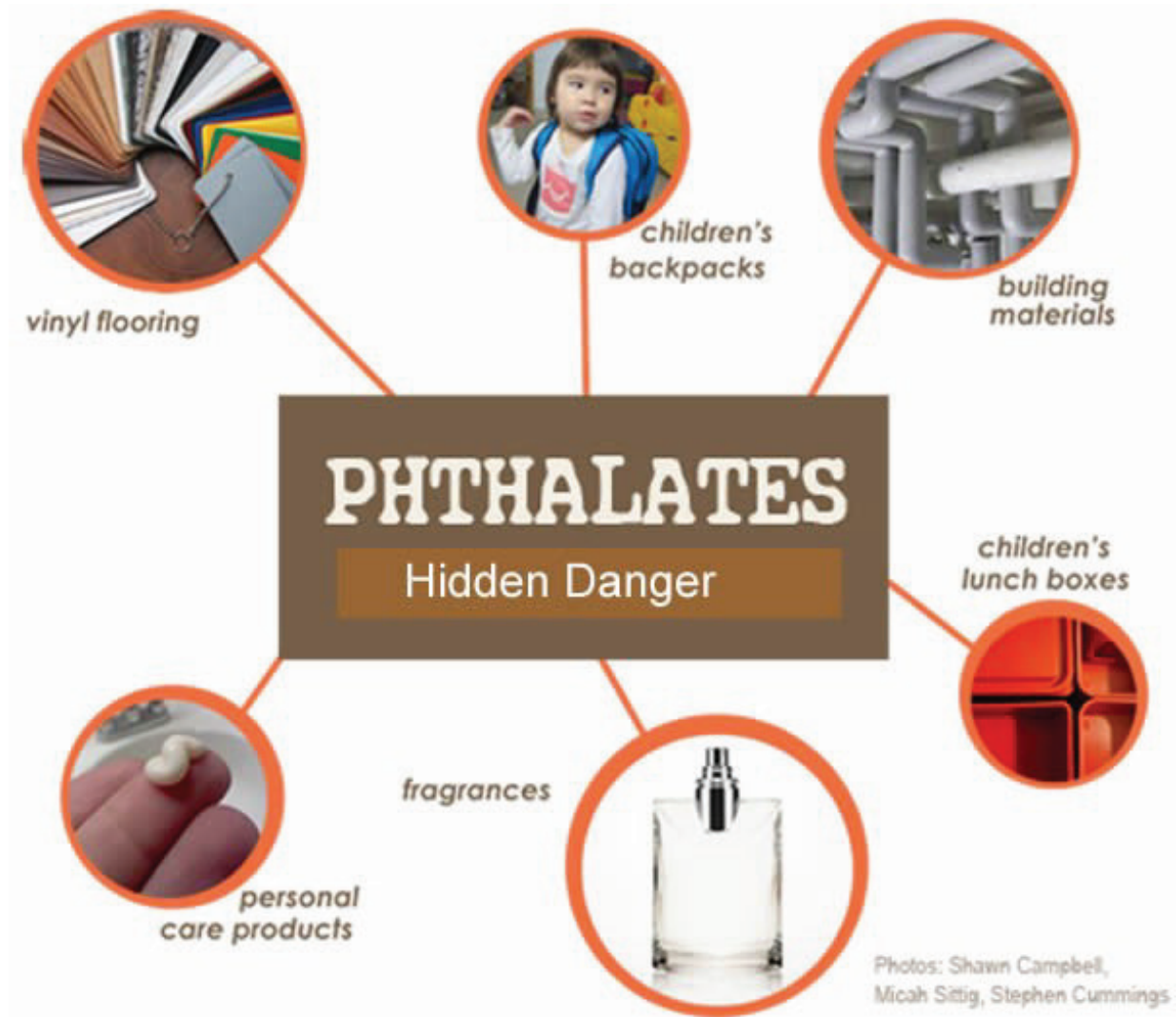
The Most Common Contaminants:

- Phthalates
- Bisphenol A (BPA)
- Glyphosate

What do these dreaded words mean to you?

Let me key you in on a few reasons to avoid them and how to do so.

Contaminant #1: Phthalates (pronounced THAL-ates), are a family of chemicals found in many types of consumer products from nail polish to rubber duckies. Most are used to make plastics and vinyl so that they are soft and pliable, such as shower curtains, but they are also found in personal care products such as lotion, to help them to spread more evenly. Phthalates are also common in perfumes, as they make scents last longer. While they seem to provide us with great and long-lasting products, phthalates have been linked to cancer, reproductive harm, developmental disorders, organ damage, nervous system problems, and endocrine disruption (by mimicking hormones).



How to avoid Phthalates: Check personal care and cosmetic ingredients, avoiding dibutyl phthalate (DBP), di-2-ethylhexyl phthalate (DEHP), diethyl phthalate (DEP), phthalic acid, phthalic anhydride, phthalic glycols. Phthalates are often hidden in your favorite perfumes and scents as “trade secrets”,

and are not even listed as ingredients! Avoid perfumes that use “fragrance” as an ingredient. In fact, use natural essential oils if you like to smell nice and avoid perfumes altogether. Use natural cosmetics and personal care items, especially hair products, lotions, antiperspirants, deodorants, and nail polishes.

Never microwave anything in plastic containers. Never microwave anything, ever, if you want our opinion, but that’s another topic. Don’t give your babies and children soft plastic or vinyl anything unless they are phthalate-free. Avoid using flexible vinyl products, such as lawn furniture, raincoats, shower curtains, and pet toys. Note that vinyl can be snuck into lunch boxes and backpacks. If you must have vinyl floors, keep your children off of these surfaces as much as possible or use area rugs that are phthalate-free!

Contaminant #2: Bisphenol A (BPA), is a chemical often used in hard plastic bottles and in the epoxy resin lining found in food and beverage cans. Research has shown that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA is a concern because of possible health effects of BPA on the brain, behavior, and prostate gland of fetuses, infants and children. It has been associated with effects on the developing brain of infants and has been associated with breast and prostate cancer in laboratory studies.



How to avoid it: BPA as well as phthalates can leach from food containers and plastic packaging into food and beverages. It is important to opt for fresh or frozen foods rather than canned foods as much as possible. Studies have also shown that those people who prepare their own foods have lower

levels of BPA than those who eat more meals prepared outside of the home. When you do eat at a restaurant, choose one that is reputable for using fresh ingredients.

Store foods in glass or food grade stainless steel containers, rather than plastic containers, especially foods that are fatty or acidic. Warmer temperatures increase the rate of chemicals leaching into food and beverages, so again avoid using microwaves, and do not wash plastic in the dishwasher. "Microwave safe" does not refer to the food that is contained in the plastic bowl you are using. If you drink coffee, consider using a french press, as many automatic coffee makers contain BPA and phthalates in their plastic containers and tubing.

Contaminant #3: Glyphosate, most commonly known as Monsanto's retail weedkiller, Roundup, is a broad-spectrum systemic herbicide used to kill weeds, especially any annual broadleaf weeds and grasses that may potentially compete with crops. Glyphosate has been declared a "probable carcinogen" by the World Health Organization, as it acts like an antibiotic and can destroy the natural "microbiome" of humans, which can lead to a problem referred to as "leaky gut" and creates an influx of toxins through the wall of the gut into the bloodstream.

Breaking News

Monsanto's Roundup Found in Mothers' Milk



**Study suggests world's most widely used
toxin accumulates in human tissue.**

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Because it is used on corn and soy, nearly all soft drinks and candies sweetened with corn syrup, and all chips and cereals that contain soy fillers have glyphosate in them. Also most beef and poultry are contaminated with glyphosate because the cows and birds are fed GMO corn or soy, which is also treated with glyphosate.

Wheat is also often sprayed with glyphosate just prior to harvest, indicating that all non-organic bread and wheat products are also sources of glyphosate toxicity. Amounts of glyphosate in single foods servings may not be large, but the cumulative effect of the deadly herbicide can be devastating. According to a professor at MIT, Dr. Stephanie Seneff, glyphosate destroys a seven-step metabolic route in plants, and she points out that the human gut has the same pathway. Meaning, Roundup appears to kill beneficial gut bacteria, allowing pathogens to grow, which also interferes with the synthesis of crucial amino acids, and deficiencies in important minerals such as iron, cobalt, manganese; and much more.

Indeed, according to Dr. Seneff, glyphosate is possibly "the most important factor in the development of multiple chronic diseases and conditions that have become prevalent in Westernized societies," including but not limited to: Autism, Gastrointestinal diseases such as inflammatory bowel disease, chronic diarrhea, colitis, Crohn's disease, Obesity, Allergies, Cardiovascular disease, Depression, Cancer, Infertility, Alzheimer's disease, Parkinson's Disease, Multiple Sclerosis, ALS, and more.

Many countries have already taken action to ban the use of glyphosate and GMO crops that are grown regularly in the USA. Glyphosate has been found in very high quantities in the breast milk of American mothers, at rates between 760-1600 times the allowable limits in the drinking water in Europe. Tested urine samples have shown that Americans have 10 times the accumulation of glyphosate as Europeans.

How to avoid: Eat Organic! Herbicides and pesticides are more common on foods that are not organic. Herbicides and pesticides are difficult to wash off, but if you must eat fresh foods that are not organic, please cut off the skins of fruits or eat fruits and vegetables that are not on the "dirty dozen" list (see below). You don't want any unnecessary chemicals, herbicide, and pesticides to get into your baby's milk, or your own body! Roundup is being studied more and more, and is being found to lead to many chronic diseases, mainly by destroying our own gut health. Also avoid common genetically modified foods that stem from non-organic rice, corn and soy found in typical junk foods, chocolate made in the USA with soy lecithin, baby formulas, jellies, American rice, ketchup, which includes sugar made from beets, meat from animals fed soy and corn, dairy from cows fed genetically modified grains, and the many cosmetics that include GMO's treated with Roundup.

Thank you for investing time in learning how to protect you and your baby from harmful contaminants, please feel free to share this guide with friends and family to help build awareness about the challenges we face.



Together we have the power and influence to demand the best for our families.

Sincerely,

Stephanie Spangler

Stephanie Spangler

Owner,
EcoNursing.Com

 CUT ALONG LINE



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Shopper's Guide to Pesticides in Produce™

APPLES	PEACHES
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CUCUMBERS	SPINACH
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NECTARINES	SWEET BELL PEPPERS
⊕ HOT PEPPERS & KALE/COLLARD GREENS	

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Clean FIFTEEN™

Shopper's Guide to Pesticides in Produce™

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CAULIFLOWER	SWEET CORN
EGGPLANT	SWEET PEAS (FROZEN)
GRAPEFRUIT	SWEET POTATOES
KIWI	

Courtesy of the Environmental Working Group <http://www.ewg.org/>

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