



Tips on Reducing Toxins In Breastmilk

The breast has a barrier membrane and it must be remembered that only between 1-10% of most substances you take in will find their way through the breast membrane and into the milk.

- Drink plenty of purified water; filter water for cooking too.
- Exercise regularly – but not too strenuously.
- Don't lose a lot of weight while breastfeeding, as fat breaks down toxins are released.
- Ensure you receive adequate calories from organic foods.
- Avoid constipation / ensure regular bowel motions to clear your digestive tract.
- Eat a diet low in processed foods and high in organic fruits, vegetables, grains and meats. Organic foods should be chosen as much as possible.
- Trim fat from foods, fat is a reservoir for toxins.
- Don't microwave your food and never microwave in plastic.
- Don't use aluminum cookware.
- Don't cook or keep high-acid foods in metal containers.
- Avoid plastic food containers for storing food.
- Minimize eating food from cans. Recent independent laboratory tests spearheaded by the Environmental Working Group (EWG) in the US found a toxic food can lining ingredient Bisphenol A (BPA) which is associated with birth defects of the male and female reproductive systems in over half of 97 cans of name-brand fruit, vegetables, soda, and other commonly eaten canned goods. For 1 in 10 cans of all food tested, and 1 in 3 cans of infant formula, a single serving contained enough BPA to expose a woman or infant to BPA levels more than 200 times the government's traditional safe level of exposure for industrial chemicals.
- Wash / rinse fruit and vegetables in vinegar and water (1tbsp vinegar: 500ml water) and/or peel.
- Avoid fish with high levels of mercury or PCBs such as swordfish, marlin, shark/flake, orange roughy/sea perch, barramundi, gemfish, ling, southern blue fin tuna and catfish. Limit other fish, such as tuna steaks, to one portion per week or two 140g cans of tuna per week (smaller tuna contain less mercury). Also limit your intake of crustaceans and bottom-dwelling fish.
- Limit caffeine intake.
- Avoid alcohol.
- Make sure your house is well ventilated.
- Avoid unnecessary medications.
- Avoid commercial bleach, oven cleaners, deodorizers and mold treatments and use non-toxic cleaning products instead. Better still make your own. For an All Purpose Cleaner combine 4 liters of hot water with 15ml baking soda and 50ml vinegar; for Dishwashing use vinegar for heavy grease and soap flakes instead of detergent.
- Avoid the use of pesticides.
- Avoid exposure to solvents, such as paints, varnishes, non-water-based glues, stains, paint removers, furniture strippers, wood treatments, perfume and nail polish etc.
- Don't use anti-perspirant sprays.
- Avoid dry cleaners and recently dry-cleaned clothes - air prior to wearing.
- **Eat Coconut Oil!!**

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