## A New Leaf: 8 Conscious Things for a Healthier Pregnancy

Holistic Healthcare – Kelly Brogan, MD, ABIHM

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## **Talking Points**

This article offers great reasons for "greening" your life and personal environment, but also 8 applicable ways to make conscious choices in your life (especially during pregnancy).

- Punt the plastic. They are formed with toxins, and should never be heated. These toxins are known to affect hormones, your brain, your behavior and your endocrine glands, and can increase the risk of cancer.
- Clean cleaning. Rather than harsh chemicals, Brogan offers alternative products, as well as make-at home cleaning agents
- ❖ Toxic Teflon. Teflon is a toxic product, please don't use it use cast iron, ceramic or glass instead.
- Healthy H2O. Water is our greatest natural resource, and could be one of the most polluted. To remove as much pollution as possible, invest in a reverse osmosis and carbon filter for cooking and drinking water, and a less expensive shower filter to eliminate vaporized chlorine.
- Quality Cosmetics. Skin is one of the major entry point between our bodies and our environment. Brogan makes some great suggestions for self and skin care for ourselves and our children
- ❖ Minimize Magnetic Fields the invisible pollution. Brogan offers tips on how to minimize exposure without giving up the technologies we have come to rely on
- ❖ Air Awareness especially in our houses. HEPA filters, choosing manufacturers who don't use flame retardants, and of course PLANTS!
- Opt for Organic (with an inset list of fruits and veggies that are least likely to be sprayed with pesticides)

## Resources

Follow Kelly Brogan's blog at <a href="http://kellybroganmd.com/blog/">http://kellybroganmd.com/blog/</a>

According to Dr. Andrew Weil, the foods you should always buy organic - <a href="http://www.drweil.com/drw/u/ART02985/Foods-You-Should-Always-Buy-Organic.html">http://www.drweil.com/drw/u/ART02985/Foods-You-Should-Always-Buy-Organic.html</a> and the ones that you don't - <a href="http://www.drweil.com/drw/u/ART02984/Foods-You-Dont-Have-to-Buy-Organic.html">http://www.drweil.com/drw/u/ART02984/Foods-You-Dont-Have-to-Buy-Organic.html</a>

What is reverse osmosis? <a href="http://science.howstuffworks.com/reverse-osmosis1.htm">http://science.howstuffworks.com/reverse-osmosis1.htm</a>

Why avoid BPA? <a href="http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-answers/bpa/faq-20058331">http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-answers/bpa/faq-20058331</a>

Some recipes for natural, non-toxic cleaning - <a href="http://healthychild.org/easy-steps/green-spring-cleaning-9-diy-recipes-for-natural-cleaners/">http://healthychild.org/easy-steps/green-spring-cleaning-9-diy-recipes-for-natural-cleaners/</a>