

FOOD + DRINK

- Eat organic and fresh food when possible. *The types of produce known to retain the most pesticide residues are apples, celery, tomatoes, kale, cucumbers, grapes, hot peppers, nectarines, peaches, potatoes, spinach, strawberries, sweet bell peppers and summer squash.*
- Eat grass-fed, hormone-free and antibiotic-free protein. Avoid fish high in mercury such as swordfish, tuna and shark.
- Opt for glass, stainless steel or BPA-free plastic containers for storing food and drink. Plastic packaging and containers may contain bisphenol-A (BPA) and phthalates, which have been linked with breast cancer and infertility. When substitutes are unavailable, follow this rhyme to help you remember which plastics are safer: *4, 5, & 2 – all the rest are bad for you!*
- Never heat food or drink in plastic containers, as heat increases the release of phthalates and other chemicals that plastic contains into whatever you are eating or drinking.

ADDITIONAL RESOURCES

- healthychild.org
Comprehensive resource with easy steps to create healthier environments for children
- www.ninenaturals.com
Products and resources for expecting and new moms
- www.safecosmetics.org
In-depth information on chemicals found in beauty products
- www.ewg.org
Helpful databases on cosmetics, cleaning products and more from the Environmental Working Group
- www.acog.com/toxicchemicals
The American Congress of Obstetricians and Gynecologists' guide to toxic chemicals during pregnancy
- www.cehcenter.org
Scientific research and educational resources on environmental toxins from Mount Sinai Children's Environmental Health Center

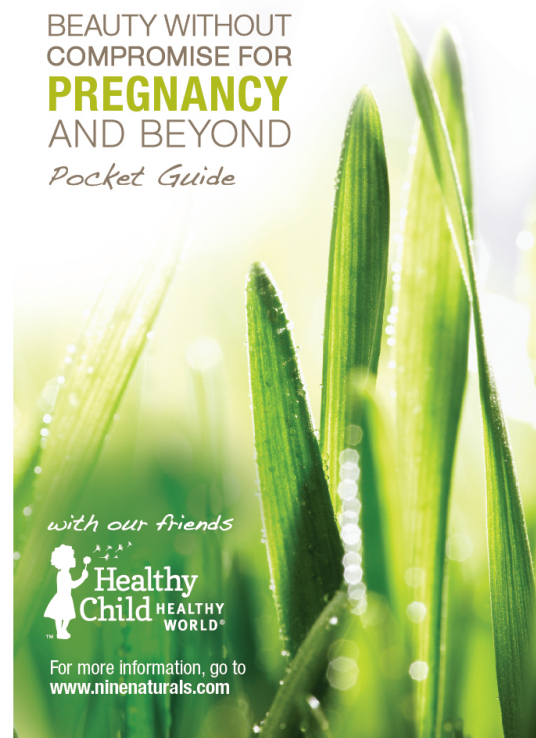

**NINE
NATURALS®**

BEAUTY WITHOUT
COMPROMISE FOR
PREGNANCY
AND BEYOND
Pocket Guide

with our friends



For more information, go to
www.ninenaturals.com



SHOP SMARTER! LEARN TO READ LABELS.

A growing number of studies have shown that common chemicals in everyday personal care products, such as shampoo, makeup, and moisturizers, are associated with developmental, reproductive and behavioral disorders, hormone disruption and cancer. While pregnant or breastfeeding, we recommend reading labels carefully and avoiding the following chemicals:

- Parabens
- Phthalates (Often found in products with synthetic fragrance)
- Sulfates
- DEA-related ingredients
- Retinyl Palmitate & Retinol (vitamin A)
- Coal tar dyes
- Petrolatum, Petroleum & Petroleum distillates
- Formaldehyde, DMDM hydantoin & bronopol
- PEG & PPG & other ethoxylated compounds
- BHA (butylated hydroxyanisole) & BHT (butylated hydroxytoluene)

Incorporating natural products and habits during pregnancy and beyond can lead to a healthier lifestyle for you and your family!

BEAUTY

Products that touch your skin can be absorbed into your bloodstream and impact your health and your baby's health.

- Switch out your personal care products for safer options. The average woman's daily beauty routine consists of 12 beauty products, exposing her to 168 unique ingredients and potentially harmful chemicals. *Nine Naturals products are made with pure, 100% plant-based ingredients!*
- Avoid chemical-laden hair treatments, such as hair dyeing and chemical straightening – processes that can expose you to carcinogens and other harmful chemicals. Embrace your natural hair color, and get creative with fun hairstyles. *Nine Naturals haircare is formulated color-safe!*
- Instead of nail polish, dare to go bare, and buff your nails for shine.
- Pamper yourself with facials and massages at salons that use natural and organic products.



HOME

- Review labels on household products for harmful substances, and switch to products that use plant-based formulas and disclose all ingredients.
- Mitigate indoor air toxin build-up by regularly opening windows, using an air purifier, and vacuuming often.
- Take your shoes off at the door. Shoes track in unwanted dirt and chemicals from the outdoors.
- Green your baby nursery. Buy baby bedding, furniture and mattresses that are free of harmful component materials, like chemical flame retardants.
- Avoid major home renovations during pregnancy, which can increase chemical exposures. If they can't be avoided, aim to be out of the house during the work.
- Use no-VOC (Volatile Organic Compounds) paints in the home.