

**To gain a better understanding of environmental toxins,  
check out the following resources:**

<https://www.precisionnutrition.com/all-about-environmental-toxin>

<https://www.sciencedirect.com/topics/medicine-and-dentistry/environmental-toxin>

<https://pdfs.semanticscholar.org/7516/ead955c3e599954b091bc051aa31c97c6290.pdf>

**Chronic illness and toxins:**

<https://www.beyondpesticides.org/resources/pesticide-induced-diseases-database/endocrine-disruption>

<https://www.lung.org/our-initiatives/healthy-air/sota/health-risks/>

<https://www.drkarafitzgerald.com/2018/12/19/environmental-toxins-cognitive-decline-6-steps-to-reduce-your-risk/>

**Learn more about the endocrine system and endocrine disruptors:**

<https://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors>

<https://www.livescience.com/26496-endocrine-system.html>

**BPA:**

[https://www.medicalnewstoday.com/articles/221205.php#avoiding\\_exposure](https://www.medicalnewstoday.com/articles/221205.php#avoiding_exposure)

**Household toxins:**

<https://drhyman.com/blog/2016/07/25/get-these-toxins-out-of-your-house/>

<https://www.jillcarnahan.com/2018/07/19/what-is-your-total-toxic-burden-how-to-reduce-it-for-better-health/>

**Homemade Cleaners to make with ingredients from your pantry**

<https://www.bhg.com/homekeeping/house-cleaning/cleaning-products-tools/homemade-cleaners/>