

# H<sub>2</sub>O

fitness & wellness for women

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**H<sub>2</sub>O MAGAZINE**

Published by Ignite Media Group, Inc.  
5708 Bend Creek Road  
Dunwoody, GA 30338  
phone: 770-396-5199  
fax: 770-390-0716

[www.H2O-magazine.com](http://www.H2O-magazine.com)

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**MISSION**

To invite and inspire our readers to embrace a life of health, fitness and wellness. And, to continue educating and encouraging those readers who already do.

nature's rx

## Staying Clear of Carcinogens

Carcinogens are chemicals that pose serious threats to our long-term health. Prolonged exposure to carcinogens is blamed for many types of cancers. They exist in our food, the products we use, even in the air we breathe. Now, more than ever, Americans are educating themselves on what carcinogens are and where to find them.

"These chemicals have a lot to do with the way things are done now. More processing of food, faster production of materials for the home and more concentrated cleaning products make carcinogens prevalent in every day life," says Dr. Lisa Wilkins, a family practitioner in Philadelphia, Penn., who offers the following 10 suggestions for avoiding or reducing exposure to carcinogens in our daily lives.

**Quit secondhand smoking.** When a person smokes near you, move!

**Eat your veggies.** A diet rich in fruits and vegetables (and consequently rich in antioxidants) neutralizes carcinogens such as nitrates, which are found in processed foods like hot dogs.

**Do indoor cardio.** Check the weather report, and exercise inside on dangerous air days.

**Work smart.** If your work exposes you to chemicals, wear protective masks, gloves and safety clothing.

**Go organic.** Buy organic foods, especially fruits and vegetables, which contain fewer chemicals than conventional foods.

**Plug into your yard.** Avoid using all gas-powered lawn equipment. Opt for electric or manual tools to avoid toxins in gas fumes and smoke.

**Get microwave savvy.** Do not microwave foods in plastic, as this can release carcinogens into food. Use glass or ceramic instead.

**Top your tap.** Install a filter on your kitchen tap to reduce disinfectant byproducts.

**Let your air breathe.** Be sure that new homes are properly ventilated to minimize exposure to the formaldehyde found on building products.

**Quit firsthand smoking.** Direct inhalation of nicotine, along with exposure to everyday carcinogens, is too dangerous to risk. Find a way to quit today. —*Sharon Daugherty*

