

Toxins seep into our lives and our bodies in the most inconspicuous ways. The little things we do every day could be leading us down a toxic super highway: washing our face, brushing our teeth, or taking a shower. All of these have the potential of polluting our bodies and our entire environment. Why? Because of the chemicals contained in the products we use and how industry produces these products.

The air we breathe, the products we use and even the food we eat, all contain traces of toxins. Although Canada has strict guidelines on how much pollution a company is allowed to pump into the air and water and how much and what types chemicals farmers are allowed to use, there is not a total ban. This means pollutants still seep through and into our bodies.

[Toxic Nation](#) did a very interesting study of how much toxins the human body contains. They sampled different families from different parts of the country. Read more about [the study and the findings](#), maybe find a family close to where you live.

One interesting point in the BC family is that the teenage daughter has more toxins than her mother and her brother, and both children had more than the mother. This could be because of the priming and primping teenage girls do – putting more chemicals in and on their bodies. Young women are developing rapidly and keeping them away from toxins will make a difference to them and our world now and in the future.

It is virtually impossible to keep every toxin out of our body and our system, but watching what you eat and what kinds of soaps, deodorants and shampoos you use is a good start. As consumers we can choose to live in a way that limits our exposure to toxins as well as limits the amount of toxins we send into the environment.

As we refuse to purchase toxic products, companies will cease to manufacture them and real change will happen.

{linkr:related;keywords:toxins;limit:5;title:If+you+like+this%2C+try+these}