

9 Hidden Toxins in Your Home and How to Get Rid of Them

Water Bottles

The threat: Bisphenol A (BPA) is found in some plastic water bottles and can leach into your water. BPA is an endocrine disruptor linked to early puberty and cancer.



The fix: Buy a [glass](#) or [stainless steel water bottle](#), which are always free of BPA.

More info:

- [Stainless Steel Water Bottles Smackdown](#)
- [Glass Water Bottles Guide](#)
- [National Institutes of Health: BPA](#)

Food Storage Containers

The threat: As with plastic water bottles, plastic food storage containers often contain the endocrine disruptor BPA.

The fix: Choose [glass storage containers](#), like those made by Pyrex, instead of plastic. If you do use plastic, never microwave it use it to store hot food.

More info:

- [Food and Drug Administration's BPA: Use in Food Contact](#)



Nonstick Pans

The threat: Nonstick cookware contains perfluorooctanoic acid (PFOA), a chemical linked to cancer and liver disease.

The fix: Opt for stainless steel or cast iron cookware instead.

More info:

- [Best Stainless Steel Cookware Set Showdown](#)
- [Nonstick Chemicals Guide](#)



Vacuum Cleaner

The threat: Rather than removing dust and toxins from your home, your vacuum cleaner may be stirring them up so you breathe them in.



The fix: Buy a [vacuum cleaner with a HEPA filter](#), which will trap small particles and remove more toxins from the air. Bonus: HEPA filters traps more allergens, too.

More info:

- [What is a HEPA filter and do I need one?](#)

Personal Care Products

The threat: Personal care products like deodorant, toothpaste, makeup, and shampoo are very loosely regulated in the US, which means they often contain harmful chemicals.



The fix: Do your research with Good Guide and Skin Deep

and buy products with fewer (or no) harmful ingredients. Or, [make your own personal care products](#).

More info:

- [Good Guide](#)
- [Skin Deep Cosmetics Database](#)

Water

The threat: Your tap water might be contaminated with dangerous pollutants.



The fix: Filter your water, either with a simple carbon filter like a [Brita pitcher](#), or with a reverse osmosis system. (Note that bottled water is not the answer; it's often just tap water put into a

wasteful plastic bottle.)

More info:

- [NRDC's Guide to Water Filters](#)
- [EWG's Water Filter Buying Guide](#)



Baby Toys, Bottles & Personal Care



The threat: Teething toys and bottle nipples can contain endocrine-disrupting phthalates, bottles might be made with BPA, diaper rash ointment and lotion can be chock full of harmful chemicals, and formula cans can be lined with BPA.

The fix: Do your research. Buy [natural baby toys](#) made of wood, silicone, and rubber. Use glass, stainless steel, or BPA-free baby bottles with silicone nipples. Look up your baby's lotion, shampoo, and other personal care products on Skin Deep or Good Guide.

More info:

- [10 Best Natural and Green Baby Toys](#)
- [Good Guide](#)
- [Skin Deep Cosmetics Database](#)

Pillows & Mattresses

The threat: Pillows, mattresses, and even sofas can contain polybrominated diphenyl ethers (PBDEs), chemical flame retardants linked to thyroid problems. Exposure is especially bad for babies and kids, and the chemical can be passed to a baby through breastmilk.

The fix: Go for pillows made from [natural foam](#), wool, natural latex, [buckwheat](#), organic cotton, or another natural material, and buy an [organic mattress](#).

More info:

- [Reducing Your Exposure to PBDEs in Your Home](#)
- [Choosing the Right Pillow for You](#)



Household Cleaning Products



The threat: Cleaning products from dishwashing and laundry detergents to all-purpose cleaners are virtually unregulated. And companies that make those products aren't required to disclose their ingredients – which means that many contain harmful chemicals.

The fix: Buy natural cleaning products from eco-minded brands you trust. Use the Guide to Healthy

Cleaning and Good Guide to check your products. Or learn to [make your own green cleaning products](#).

More info:

- [Guide to Health Cleaning](#)
- [Good Guide](#)

About Go Green Travel Green

Go Green Travel Green is for moms who want to live green, save money, and continue to travel after they have kids. We cover everything from cloth diapering and baby-wearing to family travel tips, kid-friendly destinations, and money-saving advice for moms on the go.

Founded in 2008, Go Green Travel Green (GGTG) quickly became a top sustainable travel website. GGTG was re-launched in 2013 with a focus broadened to include green living, money tips, family travel, and other topics that are important to moms.

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