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Your Environment

We are surrounded by chemicals that have known negative health effects. Many of these chemicals are found in general household cleaning products and beauty/ hygiene products.

You may have heard of parabens, BPAs, phthalates and salicylates, to name a few.

These chemicals may cause reproductive disorders, pregnancy loss and hormone disruption. They can also cause many other health issues such as asthma and allergies.

Consider your environment. What chemicals are found in your:

- kitchen
- bathroom
- laundry
- bedrooms
- living areas

What products do you apply on yourself on a daily basis that may contain harmful substances ?

I have an interest in helping make the environment as chemical free as possible, to help people live the healthiest life possible. By lowering our chemical exposure we can achieve better health – for ourselves and our families.

Would you be interested in knowing more about this topic?

If so, please provide your email address:

Suggestions/ comments?

In good health,

Dr Natasha Andreadis