

Environmental and dietary triggers to avoid

Children are constantly growing and developing, and generally speaking, have very little control over their environment. For these reasons, children are at a much greater risk for developing health problems due to exposure to environmental and dietary triggers than are adults. The following tables list some of the most common environmental and dietary triggers for children and offer suggestions on how to avoid or limit exposure to these triggers.

Environmental triggers

Environmental triggers to avoid	Prevention tips
Chlorine	<ul style="list-style-type: none"> • Use water filters • Limit time in chlorinated pools and hot tubs
Dry cleaning agents	<ul style="list-style-type: none"> • Use natural, biodegradable and perfume free detergents and cleaning agents
Extinguishing agents	<ul style="list-style-type: none"> • Wear 100% cotton clothing • Use organic bedding
Fluoride	<ul style="list-style-type: none"> • Use a fluoride-free toothpaste (xylitol toothpaste)
Aluminum	<ul style="list-style-type: none"> • Use stainless steel, ceramic, glass or cast iron cookware • Do not use aluminum foil and food products packed in aluminum cans • Avoid non-stick cookware • Use aluminum-free baking powder and deodorant
Others	<ul style="list-style-type: none"> • Use an air purifier, especially in the bedroom • Avoid prolonged exposure to electromagnetic fields (EMF) • Avoid plastic furniture or floors (polyvinyl chloride) • Do not use herbicides and pesticides on lawns, gardens, at home or on pets • Make sure your personal care products and cosmetics do not contain parabens, fragrances, synthetic dyes, phthalates, sodium lauryl sulphate (SLS), sodium laureth sulphate (SLES), formaldehyde, triclosan, toluene, propylene glycol, benzophenone, PABA or other chemicals. • Avoid highly allergenic substances (e.g. pollution, cigarette smoke, dust mites, etc.)

Dietary triggers

Dietary triggers to avoid	Prevention
Hydrogenated, trans and esterified fats	<ul style="list-style-type: none"> • Use healthy fats and oils (e.g. avocado, coconut, olive, etc.) for cooking • Make sure you use the right fats and oils for their purpose (i.e. do not cook at high temperature with oils that have a low smoking point)
Hormones & Antibiotics	<ul style="list-style-type: none"> • Shop for pasture-raised organic meat and free-range eggs • Avoid meat from animals kept in concentrated feed operations
Mercury	<ul style="list-style-type: none"> • Avoid fish and seafood with a high mercury content (e.g. king mackerel, swordfish, tuna)
Sugar and refined starches	<ul style="list-style-type: none"> • Replace sugar and refined starches with whole grains • Limit processed and canned foods
Allergenic food	<ul style="list-style-type: none"> • Eliminate allergenic foods and alternate foods to which you or your child are sensitive • Talk to your family doctor or dietitian about an elimination diet and a food reintroduction protocol
Excitatory Neurotoxins	<ul style="list-style-type: none"> • Avoid caffeine, monosodium glutamate, artificial sweeteners, food colorings, nitrites, sulphites, glutamates and propionates
Plastics	<ul style="list-style-type: none"> • Do not microwave food in plastic or polystyrene containers • Do not store food in plastic or foil • Avoid plastic water bottles
Others	<ul style="list-style-type: none"> • Drink plenty of water • Add fermented foods (e.g. kombucha, coconut kefir, sauerkraut, etc.) to your diet • Maximize your intake of antioxidants, phytonutrients and flavonoids • Limit the intake of phenolic substances (e.g. apples, grapes, strawberries, etc.)

