

# 6 MYTHS

## About Toxic Chemicals



TO QUASH TODAY!

Knocking down myths that allow toxic chemicals into our food and products, and that stand in the way of changes we can make in our homes and communities.

1

### DOSE MAKES THE POISON

"The dose makes the poison" is generally understood to mean the higher the dose, the more poisonous the effect. BUT testing shows that low dose exposure to chemicals like EDCs can cause huge adverse effects, while a high dose may have no impact at all.

2

### EVERYTHING CAUSES CANCER

This kind of exaggeration is dangerous for so many reasons, including that it downplays the severity of carcinogens and actually prevents people from seeking out safer products. *Hey, if everything causes cancer, I guess one product is as good as the next...*

3

### THE PROBLEM IS TOO BIG, THERE'S NOTHING I CAN DO

Women can, and are, changing the game! For starters, there is tremendous power in voting with your dollar. Flex that power! You don't need to buy their bull (literally) - and make sure they know it.

4

### IT'S ON THE SHELF, IT MUST BE SAFE

It is virtually entirely up to companies to decide what chemicals to use in their products, and if those chemicals are safe. But when I find lead in lipstick and hormone disruptors in popcorn packaging, it's clear their definition of safe does NOT match mine.

5

### (GRAS) GENERALLY REGARDED AS SAFE

Ummmm, for whom? GRAS is a program of the FDA that has created a huge loophole for the chemical industry. Many chemicals in the GRAS program have been grandfathered in, with safety studies dating back some 50+ years.

6

### YOU'RE NOT GREEN ENOUGH

HOGWASH! Judgment and guilt are not welcome at this party. No matter where you are in your journey to reduce exposure to toxic chemicals, you are green enough.



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OUR HEALTH. OUR FUTURE. TOXIC FREE.

To learn more, pick up a copy of Leah Segedie's book, Green Enough.

and visit: [www.womensvoices.org](http://www.womensvoices.org)

