

12 TOP TIPS FOR AVOIDING HARMFUL CHEMICALS THIS FESTIVE SEASON

It's that time of year again, debates begin over what is and isn't a Christmas film, emails are met with an onslaught of out of office responses and 'All I Want for Christmas' is playing on repeat. Christmas can be complicated as it is, without having to worry about avoiding hazardous chemicals.



1. Whether you love them or will be surreptitiously feeding them to the dog when no one is looking, you'll likely make acquaintance with one or two brussels sprouts this Christmas. If affordable, [buying organic](#) fruits and vegetables is a good way to reduce your exposure to pesticides used to grow food.

2. No Christmas preparation is complete without a last-minute dash to the shops for cranberry sauce or that secret Santa gift you kept meaning to buy. [Till receipts](#) can be an unfortunate source of [bisphenols](#), you can ask not to have a receipt or ask for an electronic copy if possible.

3. Looking for that perfect stocking filler, or simply want to look good for the big day? Try to avoid [make-up and beauty products](#) with chemicals such as parabens or those beginning with 'flouro'. For a handy guide to help you identify these chemicals, check out [this report](#) by the Danish Consumer Council.

4. There's no better protection from a wayward snowball than a cosy waterproof jacket. However, some [waterproof clothing](#) is sometimes treated with harmful, "forever chemicals" [PFAS](#). If possible, choose waterproofs that are labelled PFAS (or PFC) free.

5. Thinking of taking a brisk walk in the snow? You'll probably want a hot drink to hand to keep you warm inside and out. Make sure you're using a [glass or stainless-steel mug](#) to reduce the chances of your cup releasing harmful chemicals into your drink.

6. When you're buying presents, food or cosmetics, look for products with ecolabels. Not all certifications are perfect, but the [Soil Association](#), [EU Ecolabel](#), [Blue Angel](#) and [Nordic Swan](#) are some good ones to look out for.

7. Christmas can be a magical and exciting time for children, but they are also [more vulnerable](#) to the effects from toxic chemicals that may be [found in toys](#). Advice on keeping harmful chemicals away from children can be found on our page [here](#), and check out this guide on buying [safe toys](#).

When the big day arrives, there will still be opportunities to reduce your exposure to harmful chemicals:

8. For many of us the best part of Christmas day is the food, but some [cookware, such as non-stick pans](#), may contain chemicals such as PFAS. Try not to overheat or damage the pan. If you are still being asked for Christmas gift ideas why not ask for a stainless steel or ceramic pan.

9. It's important to ventilate your home even during the coldest months. This reduces the chance you and your festive guests will be exposed to harmful chemicals built up in [house dust](#). It can also help if everyone has had too many sprouts!

10. You've probably managed to cater the perfect amount and don't have any food left over, right? Of course not! Whether it's a few carrots, or the backup turkey that your parents insisted on bringing, you'll probably be reheating Christmas dinner for the next week or so. Ensure you don't reheat it in [plastic containers](#) as this may allow harmful chemicals to leach into your food.

11. After the big dinner, it's time for the big clean. [Cleaning products](#) can contain [harmful chemicals](#). Try cutting down on the range of cleaning products you use or make your own cleaning fluids from vinegar and bicarbonate of soda.

12. Our last Christmas tip is... relax! It can be overwhelming trying to avoid hazardous chemicals in your home.

Discover Chiropractic wishes you and all your loved ones happy holidays and Happy New Year!