



NEWS FROM TAWNA



This newsletter is designed to share some of the valuable information that comes across my desk regarding safer choices for a healthier family, I hope it's helpful to you. - TAWNA

Having gone through a major health crisis while pregnant with my daughter, I'm really happy to share we are both healthy and strong 3 years later. Feeling very blessed for that; I feel it's important for me to share some of the things that I have learned along the way:



READ LABELS! This one simple thing can lead to much healthier choices for our families. When Olivia was born we really started to take notice of not just what we were putting on her skin (the reason for Tawna Hill Baby) but also what we were using for basic things, such as household cleaners, laundry detergents, food we prepare, etc.

I know as parents we don't always get a chance to research things as much as we would like to. But when it comes to our little ones, we all really need to take the time to read labels to be aware. Chances are there is something nasty lurking with in the list of ingredients. The marketing industry can be pretty sneaky, throwing around words like 'natural' and 'organic'. Half of the products you pick up in the drug store state one or both of those claims on the bottle... If you actually read the label and see the ingredient listing you'll realize that often at least 75% of the ingredients have nothing natural about them.

We may not all have scientific degrees to decipher the ingredients we see but as consumers we having the buying power to purchase items that make a better choice for our families. This list is compiled of the dirty dozen chemical and toxins that are in everyday products provided by David Suzuki <http://www.davidsuzuki.org/issues/>



[downloads/Dirty-dozen-backgrounder.pdf](#) to help you avoid some unnecessary chemicals with your family.

The cleaning routine in our household has officially been detoxified, we now use a vinegar/distilled water solution in a spray bottle. For heavy duty jobs like crusted on pans in the kitchen, we use baking soda which also works well in the



bathroom. Laundry detergent can be tricky, the marketing can fool you into picking some that actually contain petrochemicals while appearing to look safe. Check out this recent clip/article "Some 'green' detergents contain petrochemicals" - CBC News [cliphttp://www.cbc.ca/video/#/Shows/1221254309/ID=2050392946](http://www.cbc.ca/video/#/Shows/1221254309/ID=2050392946)

Natureclean, a Canadian company or Seventh Generation are good choices when it comes to laundry and safe household cleaning supplies.

When it comes to food items always try to buy fresh, most canned goods contain BPA's in the lining to preserve the product inside. [Take The BPA Challenge | Healthy Child Healthy World](#) Avoid anything that has added color, as it's not necessary to consume items that contain dyes when colour can be added naturally.

At the end of the day, in order to really keep your family a little safer from toxic chemicals, it's truly important to be diligent about reading ALL labels, whether it be for bath, home needs or food.