

## Exposures During Pregnancy

The health of your baby begins in the womb. We know eating healthy, taking prenatal vitamins, and avoiding smoking and alcohol helps protect growing babies.



However, there is an invisible risk factor that you may encounter in daily life: **toxic chemicals**.

## Toxic Chemicals and The Fetus

- Toxic chemicals, such as **phthalates** and **bisphenol A (BPA)**, mimic the body's natural hormones (estrogen, testosterone)
- Hormones control almost every aspect of the baby's growth
- These chemicals affect both the mom and baby's hormones, and how babies grow and develop

## Where are They Found?

Toxic chemicals are found in everyday items like:



## What Harm do They Cause?

BPA and phthalates can cause:

- ADHD
- Stunted growth
- Obesity
- Allergies
- Liver problems



## Ways to Protect Your Baby

**Test yourself before and during pregnancy**

- The Million Marker kit will help you discover and eliminate exposures

**Avoid the following**

- Processed foods
- Plastics numbered 3, 7
- Paper receipts
- The ingredient "fragrance"
- Capsule vitamins

