

Regain the Terrain: Making our Children Well



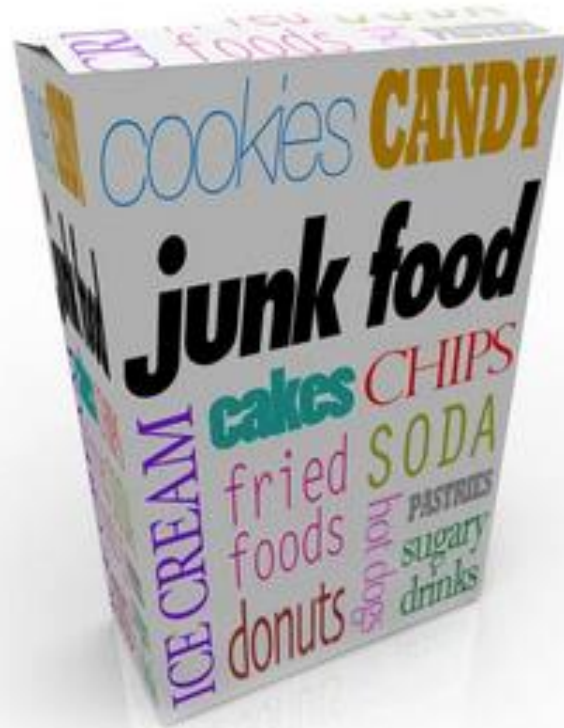
1. Organic food whenever possible! If not organic, avoid genetically modified organisms (GMOs) and wash fruit and vegetables thoroughly. Avoid buying meat and other foods in plastic whenever possible.



2. **Avoid school lunches until this is fixed! Send your child to school with lunch from home.**



3. **Avoid processed foods. They are full of pesticides, emulsifiers, and preservatives. Many of these chemicals are obesogens!**



4. Eliminate the microwave. If used, do not heat food in plastic.



5. Use a water filter. Be sure to replace refrigerator filters every six months.



6. Use an air filter. Choose a HEPA filter, if possible, particularly if you live on a busy urban street. Clean the air ducts of your home every year or biannually. Replace the heater filter quarterly (depending on whether you live in an area with a lot of particulate matter pollution). Consider houseplants that help detoxify such as spider plants.



7. **Reduce exposure to Wi-Fi. Shut off the router at night. Hardwire your home whenever possible. Check the location of any 4G or 5G cell towers near your home.**



8. Take off shoes at the door. Many toxicants are tracked into the home on shoes.



9. Use non-toxic products on pets. Eliminate toxic flea collars and other chemical pesticides used with your animal companions.



10. Prioritize environmental health. Make it fun by involving the whole family!



The slide features decorative geometric shapes in the corners: a grey square with a blue diamond in the top-left, a blue triangle with a grey diamond in the top-right, and a grey triangle with a blue diamond in the bottom-right.

GMOScience

educate to regenerate

Michelle Perro, MD

www.gmoscience.org

info@gmoscience.org