

YOUR 2013 SPRING DE-TOX TO-DO LIST:

Say goodbye to these stupid uses of toxic chemicals...

Ditch antibacterial products with triclosan and triclocarban. These chemicals don't get your hands any cleaner but can interfere with hormones.



Clean with a damp mop and vacuum your home and couches regularly. Removing dust decreases your exposure to toxic chemicals added to furniture.



Stop using flea collars with neurotoxins tetrachlorvinphos and propoxur. Safer flea and tick control options exist. See NRDC's Green Paws' [product guide](#).



Avoid lawn care products with toxic pesticides such as "weed and feed" products with cancer causing 2,4-D. Pick weeds by hand and spot-apply only when needed.



Check lice shampoo labels to make sure lindane, an EPA-banned pesticide and neurotoxin, is not on the ingredients list.