

Planetary Wellbeing

Cut Pollution & Toxicity

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- **Low-Toxin Manufacturing**
- Natural Garden & Lawn Care
 - Organic & Sustainable
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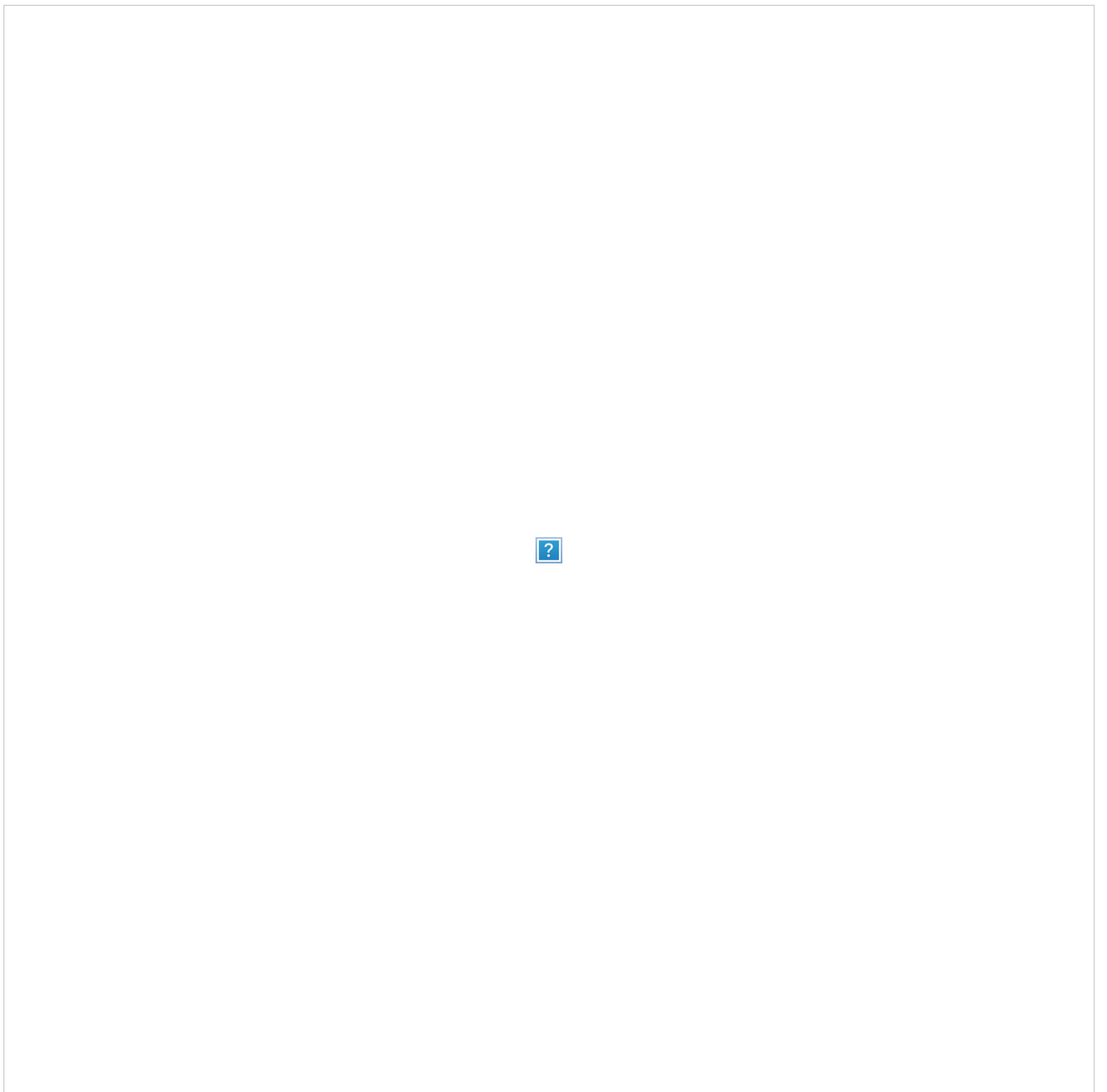


Choose a Dioxin-Free Life

Whether you realize it or not, you may be creating and consuming highly toxic dioxins every day, much to the detriment of your health. Dioxins (and furans) are part of a toxic family of substances known as persistent organic pollutants or POPs of which there are only 12 called the “dirty dozen.” These compounds don’t degrade in the environment, and they exist indefinitely once they are released into the world. That’s bad news for both human and environmental health.

Quick Guide: What is Dioxin?

- **How dioxins are created:** Most dioxins are created as byproducts when other chemicals or products are made or combined, such as herbicides and pesticides, chlorine bleaching of pulp and paper, or when chlorine and organic material combine in the environment. They can also be produced when products (especially plastics) are burned. They are not made for any specific purpose in and of themselves.



- **Effects of dioxins on human and animal health:** Dioxins build up in the fatty tissues of humans, which is what makes them so dangerous – over time, we accumulate more dioxins in our bodies where they can cause disease and illness, including Hodgkin’s disease, non-Hodgkin’s lymphoma, soft-tissue sarcoma, and metabolic disorders. Dioxins and cancer are close friends – dioxins are a likely human carcinogen (leukemia, liver cancer, etc.), can be a hormone disruptor and

harm fetal development, and may cause skin diseases like chloracne.

- **How dioxins enter the human body:** They can be breathed in from contaminated air (near incinerators, copper smelters, cement kilns, or coal-fired power plants), or consumed in contaminated beverages or food. In fact, 90% of all exposures happen when we eat dioxin-laden foods, mainly beef, pork, poultry, fish, shellfish, eggs, and dairy products.^[1]

- **Names dioxins are known by:** Dioxin-like compound (DLC), PCDD, PCDF, TCDD (the most toxic dioxin), and dioxin-like PCBs.

Take Action! Reduce Your Contribution to Dioxin Production

1. **Ditch chlorine bleach:** Stop the dioxin-chlorine bleach relationship by opting for chlorine-free laundry and cleaning since chlorine is a pre-cursor to dioxins in the environment.
2. **Stop incinerating:** Don't burn your garbage or send your waste to an incinerator.
3. **Cut plastic consumption:** Reduce your consumption of plastics.
4. **Eat less meat, dairy:** Adopt a vegetarian diet to reduce your consumption of dioxins.
5. **Reduce bleached paper products:** Stop consuming bleached-white paper products and choose processed-chlorine-free papers instead, including printer paper, coffee filters, diapers, feminine hygiene products, tissues, and paper towels.
6. **Go organic:** Don't support the chemical herbicide and pesticide industry – grow an organic garden and lawn, and choose organic food and eco-fashion made from organic cotton and hemp.
7. **Clear your cupboards of triclosan:** Clear your personal care routine of triclosan-containing products as this degrades into dioxins, too.

Dig Deeper: Dioxins' Impact on the Environment and Human Health

- Read more of the basics about dioxins from the [Center for Health, Environment & Justice](#).

- Find out more about why you should ditch chlorine bleach because of its relationship to dioxin: See [Dioxin – a byproduct of chlorine chemistry](#) or [Why is dioxin so dangerous?](#)

- Learn more about how dioxins impact human health from the [World Health Organization](#).

Picture Credit: Image by [Wisconsin Department of Natural Resources](#)

[1] *What are dioxins and furans*. (n.d.). Retrieved from US Environmental Protection Agency – OSW: <http://www.epa.gov/osw/hazard/wastemin/minimize/factshts/dioxfura.pdf>

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