
Chemical Free Kids

Raising healthy children in a toxic world

BY DR SARAH LANTZ (PHD)
RESEARCH FELLOW, SOCIAL POLICY UNIT
UNIVERSITY OF QUEENSLAND

Table of Contents

ACKNOWLEDGEMENTS	
TESTIMONIALS	
FORWARD	
PROLOGUE: THE REASON FOR THIS BOOK	
INTRODUCTION	
HOW DO CHEMICALS GET INSIDE US?	
<i>THE INDUSTRIAL REVOLUTION</i>	
<i>IMPACT OF CHEMICALS ON THE BODY</i>	
<i>WHAT MAKES CHILDREN MORE SUSCEPTIBLE?</i>	
<i>IN THE BEGINNING: INSIDE THE WOMB</i>	
<i>FROM THE BREAST IS BEST</i>	
HOW WELL ARE OUR YOUNG PEOPLE ACTUALLY FARING?	
CHEMICALS FOR EVERYONE: OUR CHEMICAL LEGACY	
<i>WHAT ARE CHEMICALS?</i>	
<i>HOW DO CHEMICALS GET IN YOUR BODY?</i>	
<i>ACUTE AND CHRONIC REACTIONS</i>	
<i>HOW SCIENCE MEASURES CHEMICAL TOXICITY</i>	
IF IT'S ON THE SHELF IT MUST BE SAFE. OR IS IT? THE CHEMICALS IN OUR EVERYDAY PRODUCTS	
<i>SOME COMMON CONSUMER ASSUMPTIONS</i>	
<i>WHAT IS THE DIFFERENCE BETWEEN 'NATURAL' AND 'SYNTHETIC' CHEMICALS? AND DOES IT REALLY MATTER?</i>	
<i>BECOMING A CHEMICAL DETECTIVE</i>	
<i>WHAT'S REALLY IN BABY PRODUCTS?</i>	
TO BE A CONSCIOUS CONSUMER, OR NOT?	
BEAUTY SECRETS: WHAT THE COSMETIC COMPANIES DON'T WANT US TO KNOW	
<i>THE TOXIC TEN: WHAT YOU NEED TO KNOW ABOUT YOUR BEAUTY REGIME</i>	
THE ECONOMICS OF HEALTH – I CAN'T AFFORD IT, OR HOW CAN I NOT?	

CONSUMING CHEMICALS: WHAT'S REALLY ON YOUR DINNER TABLE?

WHAT ARE WE EATING?

CONVENTIONAL, ORGANIC AND CERTIFIED ORGANIC: WHAT'S THE DIFFERENCE? AND DOES IT REALLY MATTER?

THE RISE OF THE FARMERS' MARKET.....

FOOD AS REWARDS AND PUNISHMENT.....

PARENTING WITH PILLS.....

'FIX MY CHILD, THERE IS SOMETHING WRONG WITH HER' - LIVING IN A PILL POPPING WORLD

HOW WE FIX THE 'DISORDERED' CHILD

THE NEW APPROACH TO CHILDHOOD HEALTH AND WELLNESS

TO VACCINATE OR NOT?

10 STEPS FOR LIVING IN WELLNESS IN A TOXIC WORLD

1. PRECONCEPTION CARE.....

2. INVESTING IN EARLY CHILDHOOD

3. CONSCIOUS PARENTING

4. CREATING A TOXIC FREE HOME

5. EATING FOR WELLNESS

6. MEDICATING KIDS: CONSIDER THE ALTERNATIVES

7. LIVING SUSTAINABILITY: OUR FOOTPRINT ON THE EARTH

8. MAKING INDUSTRY RESPONSIBLE.....

9. MEASURE WHAT MATTERS.....

10. CONTRIBUTION AND ACTIVISM.....

WHAT DOES IT MEAN TO LIVE IN WELLNESS?

EPILOGUE..... ERROR! BOOKMARK NOT DEFINED.

USEFUL RESOURCES & READINGS

ENDNOTES

