

What is Body Burden?

Body Burden is a term used to describe the amount or concentration of chemicals that can be detected in the human body at any one time.

This happens when we come in contact with synthetic chemicals and pollutants that can remain in our bodies tissue for many years after the original exposure is done.

If our body is working hard to filter out contaminants and toxins all the time, it is decreasing the effectiveness of the immune system to fight off illness, and diseases. When pregnant, it's important to remember everything we are exposed to gets sent to the baby as well.

Did you know new borns can have body burden?

In 2004 a test spearheaded by the EWG revealed a staggering 287 chemicals and toxins were found in the cord blood for new born babies! This included pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage.

Of the chemicals found, 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests.

❌ A developing child's chemical exposures are greater pound-for-pound than those of adults.

❌ An immature, porous blood-brain barrier allows greater chemical exposures to the developing brain.

❌ Children have lower levels of some chemical-binding proteins, allowing more of a chemical to reach "target organs."

❌ A baby's organs and systems are rapidly developing, and thus are often more vulnerable to damage from chemical exposure.

❌ Systems that detoxify and excrete industrial chemicals are not fully developed.

❌ The longer future life span of a child compared to an adult allows more time for adverse effects to arise.



The good news is that there are SO many SIMPLE ways to begin reducing you and your families body burden. A HUGE way is through the products you put on your skin every day. Check out the Toxin-Free Master List handout to make this process easier!