

## 孕期接触

孩子的健康从在妈妈肚里的时候就已经开始，就需要被保护。我们早就知道饮食健康，多吃维他命，远离烟酒可以保护宝宝的成长发育。但是在日常生活中，还有一种看不见的东西影响着宝宝的健康：有害化学物质。

## 有害化学物质对孩子的影响

像酞酸酯(Phthalates)和酚甲烷(BPA)这样的化学物质，可以模拟身体内的荷尔蒙，比如雌激素和睾酮。激素的分泌控制着宝宝生长的方方面面。因而这些有害化学物质不仅影响着妈妈和宝宝的激素分泌，也影响着宝宝的生长发育。

酞酸酯(Phthalates)和酚甲烷(BPA)可能导致：  
- 多动症/生长发育迟缓/肥胖/过敏/肝脏问题

## 有害化学物质都在哪儿？

他们在日常用品中随处可见：



塑料瓶里



化妆品里



食物包装里

## 保护宝宝的方法

孕前和孕期积极体检

孕期最好不要接触以下东西：

- 加工食品
- #3, #6, #7 塑料
- 纸质发票
- 香精
- 胶囊类维他命



## Exposure During Pregnancy

The health of your baby begins in the womb. We know eating healthy, taking prenatal vitamins, and avoiding smoking and alcohol helps protect growing babies. However, there is an invisible risk factor that you may encounter in daily life: toxic chemicals.

## Toxic Chemicals and The Fetus

Toxic chemicals, such as Phthalates and Bisphenol-A (BPA), mimic the body's natural hormones (estrogen, testosterone). Hormones control almost every aspect of the baby's growth. These chemicals affect both the mom and baby's hormones, and how babies grow and develop. BPA and phthalates can cause: ADHD/Stunted growth/Obesity/Allergies/Liver problems

## Where are They Found

Toxic chemicals are found in everyday items like:



Plastic Bottles



Cosmetics



Food Packaging

## Ways to Protect Your Baby

Test yourself before and during pregnancy

Avoid the following:

- Processed foods
- Plastics numbered 3,6,7
- Paper receipts
- The ingredient "fragrance"
- Capsule vitamins



Million Marker可以帮助妈妈们发现体内的有害物质并减少这样的有害接触

Million Marker will help you discover and eliminate exposures

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