For information on *The Pacific Northwest Anti-Inflammatory Reference Cookbook*, developed at Oregon Health Sciences University, Portland, Oregon:

<http://www.ohsu.edu/tech-transfer/portal/technology.php?technology_id=207502>

Check Environmental Working Group website for guides to consumer product safety; farming, food and water:

<http://www.ewg.org/consumer-guides>

However, bear in mind that exposures to many toxins are well beyond the control of individuals and demand action by policymakers. Consider getting involved, even minimally, to influence your elected representatives.

For starters, "Safer Chemicals, Healthy Families," is a great resource for learning about and participating in policy action and legislation to improve product safety and environmental regulations. They work in a coalition actively involved in chemical policy reform in Washington, DC:

<http://saferchemicals.org/>

Follow local and national legislation on Diesel, Polycyclic Aromatic Hydrocarbon, mercury and other air toxin emissions and contact your Congressmen and women urging action.

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