

Row over 'avoid shower gel' advice to pregnant women

Use fresh food rather than processed foods whenever possible

Reduce the use of foods and beverages in cans or plastic containers, including the use of such containers for food storage

Minimise the use of personal care products such as moisturisers, cosmetics, shower gels and fragrances

Minimise the purchase and use of newly produced household furniture, fabrics and non-stick frying pans as well as new cars while pregnant or nursing a baby

Avoid the use of garden, household or pet pesticides or fungicides (such as fly sprays or strips, rose sprays and flea powders)

Avoid paint fumes

Only take over-the-counter analgesics or painkillers when necessary

Do not assume safety of products based on the absence of "harmful" chemicals in their ingredients list, or the tag "natural" (herbal or otherwise)

"It is unlikely that any of these exposures are truly harmful for most babies, but in view of uncertainty about risks, especially those relating to 'mixtures', these steps will reduce environmental chemical exposures," they say

© Times Newspapers Limited 2013 | Version 4.6.0.0(86651)

Registered in England No. 894646 Registered office:

3 Thomas More Square, London, E98 1XY

[My Account](#) | [RSS](#) | [Classified advertising](#) | [Display advertising](#) | [The Times Whisky Club](#) | [Encounters Dating](#) | [Sunday Times Wine Club](#) | [Privacy & Cookie Policy](#) | [Syndication](#) | [Site Map](#) | [FAQ](#) | [Terms & Conditions](#) | [Contact us](#) | [iPhone](#) | [Android smartphone](#) | [Blackberry](#) | [Windows phone](#) | [Android tablet](#) | [Kindle](#) | [Kindle Fire](#) | [Place an announcement in The Times](#) | [Work experience](#)