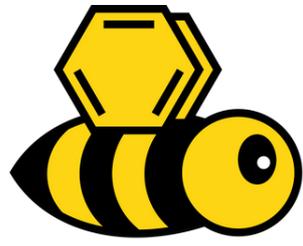




Co-funded by the European Union



LIFE CHEMBEE

New LIFE project detoxifies Europe's households

WE ARE ALL EXPOSED EVERYWHERE EVERY DAY

Hazardous substances (HS) are commonly present in everyday life. They can impact human health and pollute the indoor and outdoor environment, leading to disruption of wildlife. Their carcinogenic, mutagenic, reprotoxic, and endocrine-disruptive properties can increase the risk of such lifestyle diseases as obesity, infertility, and cancer.

It's a call to arms – we must unite in our efforts to minimize HS exposure, safeguarding both our health and the environment we cherish. Our collective action is critical, especially for vulnerable groups such as children and pregnant women, who face amplified health risks.

But we have good news! It is possible to reduce our HS exposure effectively!

Ready to transform your lifestyle? Get inspired by our innovative approach: the Household Check, a game-changing tool born from the successful NonHazCity project. Dive into your household, take stock of your belongings, curate your possessions, and take small steps in your choices. It's not just a change—it's a transformation

The tool has been tested and is ready to be spread widely all over Europe!

SMALL STEPS BIG EFFECTS

We spend approx. 80% of our time indoors - at home and work. Thus, this should be a safe environment, free of hazardous substances.

In a groundbreaking study conducted in the city of Gdansk, Poland, 26 healthy women and men participated, shedding light on the alarming prevalence of hazardous substances lurking in our homes, hidden within household dust and urine. The astonishing outcome? After receiving expert guidance and support, concentrations of nearly all hazardous substances in urine plummeted well below their initial levels, marking a remarkable transformation in our daily living spaces.

This discovery brings renewed hope for families worldwide, offering a clear path to creating safer, healthier homes for everyone. Join us in uncovering the secrets to a toxin-free household and a brighter future.

« Measurements were done with a six-months-interval, showing that the behavior changes not only happened as a result of the advising initiatives but also that, once known and implemented in daily life, they are very likely to remain for the future. - A.Rutkowska »

LIFE ChemBee is a game-changer project, empowering households checks in various communities and municipalities to take charge of their safety. Wondering where those sneaky chemicals hide? ChemBee will help you spot potential risks in your surroundings—uncovering hazardous situations, behaviors, and everyday products that might put you and your loved ones at health risk.

Rutkowska, A; A. Olsson, M. Piotrowska-Szypryt and J. Namieśnik (2020): "Changes in daily life reduce indoor exposure to selected endocrine disruptors in the home environment: a pilot intervention study", Acta Biochimica Polonica, Vol. 67, No 2/2020, pp: 273-276
Welch BM, et al. Associations Between Prenatal Urinary Biomarkers of Phthalate Exposure and Preterm Birth: A Pooled Study of 16 US Cohorts. JAMA Pediatr; 2022

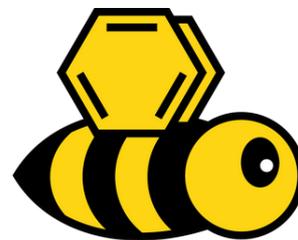
[1] Rutkowska AZ, Diamanti-Kandarakis E. Polycystic ovary syndrome and environmental toxins Fertil. Steril. 2016; 106(4): 948-58



The Project LIFE ChemBee (No. LIFE21/GIE/DE/101074245) is co-funded by the LIFE Programme of the European Union. Views and opinions expressed are however those of the project LIFE ChemBee only and do not necessarily reflect those of the European Union or the LIFE Programme. Neither the European Union nor the granting authority can be held responsible for them.



Co-funded by
the European Union



LIFE CHEMBEE

New LIFE project detoxifies Europe's households

OUR CHEMICAL AMBASSADOR CAMPAIGN

We're on a mission to empower volunteers like you to become the driving force behind a healthier, safer world. As a "Chemical Ambassador," you'll embark on a thrilling journey to:



Swap out hazardous products for safe alternatives, curbing exposure to harmful substances.



Raise consciousness about EDCs in our everyday lives

Are you ready to start?

Ambassadors training is launched in 9 countries and for the Turkish- and Arabic-speaking communities. **Check what is happening close to you and take action!**



[BEF](#) Germany

[GLOBAL 2000](#) Austria

[ARNIKA](#) Czech Republic

[Réseau environnement santé](#) France

[Fundacja Kupuj Odpowiedzialnie](#) Poland

[ZERO](#) Portugal

[ECOCITY](#) Greece

[Yeşil Çember](#) Germany

[Swedish Consumers' Association](#) Sweden

Checked APP CHECK YOUR EXPOSURE



CheckED app is your personalized guardian against the stealthy hormonal cheaters known as endocrine disruptors (EDs)!

Are you worried about your exposure to harmful chemicals lurking in everyday products?

Look no further! The app is your user-friendly tool, tirelessly monitoring your home environment to keep you and the planet healthy.

In a few minutes, you will get personalized results and recommendations tailored to your lifestyle and habits.

Our cutting-edge algorithms analyze your unique data to provide real-time insights into your estimated exposure levels. Armed with this knowledge, you can make informed decisions to safeguard both your health and the planet.

Say goodbye to guesswork and hello to informed and science-proved choices! Are you ready to CheckED and make changes that matter?

CheckED app is your compass for a cleaner and healthier tomorrow.

check-ed.eu

DETOXED



zero.



DETOXED



The Project LIFE ChemBee (No. LIFE21/GIE/DE/101074245) is co-funded by the LIFE Programme of the European Union. Views and opinions expressed are however those of the project LIFE ChemBee only and do not necessarily reflect those of the European Union or the LIFE Programme. Neither the European Union nor the granting authority can be held responsible for them.