

# Toxicants essay

[Technology](#), [Development](#)



Toxicants“ Chemicals capable of causing adverse effects in humans are present in food as naturally occurring components, contaminants, intentional additives, or as components formed in the course of food processing” (Hayes, 2001, p. 491). Not only are these toxicants present in food but they are also produced by industries, power plants, households, fossil fuels, or tobacco smoke (Yu, 2001, p. 19). It is alarming how much presence does these toxicants have in the day-to-day lives of humans and how little people know about its effects on their health. Toxic pollutants can severely damage one’s health without the person knowing. Its long-term effects can include lung problems and can even lead to the development of cancer in serious cases.

Therefore, it is important to know how to eliminate and avoid exposure to these harmful substances. One way of eliminating toxicants is to limit the use of machines, especially at home, which uses substances that can produce toxicants. People should also make it a habit to recycle and reuse, as well as to use recycled materials.

Using natural products can also help lessen the production of toxic wastes. While complete elimination may not be possible, helping decreasing the production of these toxicants can greatly contribute to better health and better environment to everyone. The most important tool for elimination might be education. Educating the public and making them aware of the negative effects it can bring not only to people but also to the environment can help encourage them to participate in programs that promote elimination of toxicants. Making them understand what the issue is all about

can get them involved, which can save not only the future generation but also the world. References Hayes, A. W.

(2001). Principles and Methods of Toxicology. Pennsylvania: Taylor & Francis.

Yu, M. (2001). Environmental Toxicology. Florida: CRC Press LLC.