



What's In Your Cabinet?

What is lead poisoning?

Lead poisoning happens when you swallow or breathe lead. There is no safe level of lead a person can have. Lead poisoning is 100% preventable.

Many items we use in our daily routines have lead. These items can have many names. Many regions and cultures use these items.

Many remedies have tested positive for lead. Avoid these items and products to help prevent lead poisoning for you and your family!

	Remedies	Uses
Latin America	Albayald (<i>white powder</i>)	Vomiting, colic, <i>empacho</i> , disinterest to do things, lack of energy
	Alarcon, Azarcon, Coral, Luiga, Maria Luisa, Rueda (<i>red-orange powder</i>)	Vomiting, colic, <i>empacho</i> , colic, disinterest to do things, lack of energy
	Greta (<i>yellow powder</i>)	Vomiting, colic, <i>empacho</i> , colic, disinterest to do things, lack of energy
	Litagirol, Litarge (<i>bright yellow powder</i>)	Deodorant, burn treatment, foot fungicide
	Grasshoppers (<i>Chauplines</i>)	Food, snack
	Tamarind candy	Snack, treat
	Chili powder and spices	Additives to foods and snacks
Eastern Europe	Swanuri Marili, Svanuri marili	Spice
	Kharchossuneli, Khmeli-suneli, kharcho suneli	Spice

What's In Your Cabinet?

	Remedies	Uses
Africa	Argile, Calabash Chalk, Calabash Clay, Calabar Stone, La Craie, Ndom, Nzu, Poto (<i>white, grey pellets, balls</i>)	Morning sickness
Middle East	Alkohol, Kohl, Surma (<i>black powder</i>)	Cosmetic, used for eye injuries and infections, protection for children's eyes
	Al Murrah	Colic, stomach aches, diarrhea
	Bint al Zahab, Bint Al Dahab, Bint Dahab (<i>black powder</i>)	Vomiting, diarrhea, colic
	Bokhoor (<i>incense</i>)	Used to calm infants
	Farouk, Santrinj (<i>red, yellow powders</i>)	Teething in babies
	Henna (<i>powder</i>)	Used as dye for hair and skin
	Lozeena, Lozena (<i>orange powder</i>)	Upset stomach, food coloring
India	Ayurvedic Medicine, Tibetan Herbal Vitamins	Treatment using products from plants, animals, metals, and minerals
	Bali Goli, Ghasard (<i>red, brown powder, black flat bean</i>)	Upset stomach, stomach aches
	Deshi Dewa, Koo Sar (<i>plant based pills</i>)	Fertility problems, menstrual cramps
	Ghee (<i>clarified butter</i>)	Treatment of allergy, skin, and respiratory conditions
	Kandu (<i>red powder</i>)	Stomach ache
	Kozhambu (<i>spice mixture</i>)	Added to food
	Kushta (<i>root</i>)	Used to treat heart, brain, stomach, and liver problems
	Sindoor (<i>red, orange powder</i>)	Cosmetic applied to forehead, hairline
Asia	Bo Baw Sen (<i>powder</i>)	Hyperactivity in children
	Cordyceps (<i>fungus</i>)	High blood pressure, diabetes, bleeding
	Hai Ge Fen (<i>clamshell powder</i>)	Digestive, stomach problems
	Jin Bu Huan (<i>herb, pill form</i>)	Insomnia, muscle and arthritis pain
	Koo Sar, Koo So (<i>pill form</i>)	Menstrual cramps
	Po Ying Tan	Minor illnesses in children
	Pay-loo-ah (<i>red, orange powder</i>)	Rashes and high fevers

