Lead poisoning can cause decreased IQ, attention-related deficits, hearing impairment, kidney disease, and delayed growth and development in children.

**SPICES:**
- Anise Seeds
- Asafoetida
- Chili powder/whole chilies
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry powder
- Dagar Phool (stone flower)
- Garam Masala
- Ginger
- Hungarian Paprika
- Kabsa Mix
- Seven Spices Mix
- Turmeric

**HERBAL TEAS AND REMEDIES:**
- Ash powder
- Azarcon
- Balguti Kesaria
- Bali Gali
- Ghasard
- Greta
- Kandu
- Mojhat ceremonial drink
- Pay-loo-ah

**CEREMONIAL POWDERS:**
- Ash powder (Vibhuti)
- Kum kum
- Incense
- Pooja powder
- Rangoli

**COSMETICS:**
- Kohl
- Kajal
- Sindoor
- Surma

Additional resources available:

- NORTH CAROLINA HEALTHY HOMES
  https://nchealthyhomes.com/

- CEHS
  https://sph.unc.edu/cehs/

- NCPH North Carolina Public Health
  https://ehs.ncpublichealth.com/ hhccehb/cehu/lead/resources.htm

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