



The Dark Side Of Household Chemicals

70,000 new chemicals have been introduced into our society since World War II, many stemming from extensive research in chemical warfare. Many toxic chemicals are used in many common household products you purchase at local grocery stores. Examples of toxic products used in homes: what you use to clean your clothes, your floors, your oven and your pets, what you use on your hair, your face and in your mouth (commercial body care products such as toothpaste, shampoo, soap), store-bought cleaning products (chlorine bleach, laundry soap, window cleaner, dish washing liquid, etc.), and even many nutritional supplements (they can contain toxic binders and fillers).

Did you know:

"Over 150 chemicals commonly found in homes have been linked to allergies, birth defects, cancer, and psychological abnormalities." - *Consumer Product Safety Commission*

"Asthma, allergies, cancer, and a range of maladies from skin irritations to fatigue and behavior problems can be directly linked to chemicals in households."

- *Dr. Philip Landrigan, Mount Sinai Hospital, New York*

"Adverse effects from chemicals include reduced male sperm count, testicle atrophy, and infertility. Also cancer is the number one disease killer of children." - *Los Angeles Times, 12/94*

"Over 7 million accidental poisonings are reported each year [14,000 daily]. Most of the victims are children. The elderly are the second most affected. . ." - *Colombia College of Physicians and Surgeons*

"Women who work at home have a 54% higher rate from cancer than women who work away from home." - *Toronto Indoor Air Commission*

"One of the reasons chemical concentrations are so high is household chemicals release toxic vapors into the air-open or closed." - *Richard Barry, "Let's Stop Poisoning Our Children"*

Chemical Warfare in the Home

Are you aware of the potential health risks of common household products you use in your home or work space? Chemical vapors can be inhaled into your lungs when containers are open. Even if you open doors and windows for good ventilation, you still are not safe or exempt from illness. The beautiful marketing ads do not tell you about the residual effects of their products that may last for months. The risk of disease and illness from chemicals are very real.

The EPA has determined **the average household in the USA, using common household products, is the #1 violator of chemical waste per capita.** Many health problems can be directly related to the use and storage of chemicals in our homes and in our work place. Today, it is not enough to eat healthy, exercise, and live a clean life.

So why do we continue to utilize these potential health destroying products? Many are not aware of natural alternatives that really work. Some may think natural alternatives are expensive or inefficient. But some natural products are excellent, do a *better* job, cost less and are completely safe to you, your family and your pets. It is our responsibility to provide a safe environment now and for and the future of our children. Educating yourself, friends, family and neighbors about the medical risks and hazards of everyday household products is now more important than ever. When common household products are not safe, we are not safe.

American Myths in Advertising

It is important to read the fine print on all bottles before making a purchase. Health risks increase when you bring toxic chemicals into your living space. Many people assume products are "safe" because they are sold at local stores, but nothing can be farther from the truth. Remember the skull and cross bones symbol? Because of pressure from lobbyists of certain chemical companies, the Government regulations (EPA, Office of Pesticides and Toxic Substances) now only require the following key words on labels:

- **DANGER:** A taste to a teaspoon could be fatal to an adult if ingested.
- **WARNING:** A teaspoon to an ounce could be fatal to an adult if ingested.
- **CAUTION:** An ounce to a pint could be fatal to an adult if ingested.

One of the biggest myths that is perpetrated in advertising is that pesticides are safe!

According to Dr. Russell Jaffe, a medical doctor and researcher, as many as 16 million people may actually suffer from some form of adverse reaction to pesticides. According to his study, approximately 5 million people suffer from reactions severe enough to potentially result in death. Another 500,000 people are affected with asthma, bronchitis, eczema, or migraine headaches, and the remaining approximate eleven million break out in hives or suffer from muscle and joint pain.

Many so-called "natural" products do not always contain completely natural ingredients. They may have some natural ingredients, but may also contain harmful chemicals as well. One bad apple can make the whole product "rotten". Unfortunately, dangerous chemicals are often present in so-called "natural" products and are not as safe as they claim. The label may say "Non-Toxic" or "No Harsh Solvents", but the fine print often contains the same health warnings found on cleaners with toxic chemicals.

Pesticides are Dangerous to Pets and Their Owners

Pet care products including shampoos, deodorizers, disinfectants and flea collars can place your pets in continual contact with extremely harmful pesticides. Unknowingly, many people use pet products with toxic substances which exposes their pets and themselves to chemicals on a prolonged basis that can have far-reaching consequences, leading to illness in both pet and owner. For instance, a long-lasting flea collar is typically worn around the neck of your pet, in direct contact with its fur. The toxic chemicals which kill the fleas are also continually being absorbed by your pet. The chemicals found in pet collars include:

- Piperonylbutoxide - prolonged exposure can cause liver damage.
- Dichlorvos (DDVP) – a toxic organophosphate (OP) insecticide, can cause cancer and liver damage in animals.
- Carbaryl - a wide-spectrum carbamate insecticide, can cause birth defects in dogs.

These same chemicals can be found in pet shampoos, flea bombs and sprays. Do you really want to risk spraying toxic (carcinogenic or cancer-causing agents) chemicals in your house just to kill fleas? These toxic chemicals used in your home can end up on the skin and in the lungs of you and your pet. What you do for your pet can directly affect your health as well. For best health, turn to natural alternatives.

Use Safe, Nontoxic Products

Take an inventory of products in your household and garage. Start by replacing potentially toxic household products with safe, natural products. Reduce the threat of increased illness which springs from the use of chemically tainted products. For every toxic chemical cleaner, there is a natural alternative.

For example, instead of using common pesticides (which are known carcinogens – cancer-causing agents) in your home or garden, try using a mixture of natural liquid glycerine soap and water to spray on your plants and vegetables for pest control. There are no toxic residues or adverse side effects associated with this mixture. You'll be surprised to watch your plants grow much healthier with natural anti-pest agents as well as natural fertilizers – with no exposure to toxics. Geo-friendly home products can revolutionize the cleaning

industry as we begin to understand the relationship between toxic chemicals and illness. **What you decide today will affect the quality of your life tomorrow.** Make the healthy choice for yourself and your loved ones, including your pets. And be sure to reach out -- share this article with a friend.