

ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME?

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

|  |   |  |
|--|---|--|
|  | <p><b><u><a href="#">100% Effective Natural Hormone Treatment</a></u></b><br/> <b>Menopause, Andropause And Other Hormone Imbalances</b><br/> <b>Impair Healthy Healing In People Over The Age Of 30!</b></p> |  |
|  |   |  |

**ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME?**

**By Patty Avey**

**ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME? by Patty Avey**

Brought to you by <http://www.SmartLivingNews.com>

In Nancy Sokol Green's book, Poisoning Our Children, she cites a fifteen year study in which it was found that women who worked at home had a 54% higher death rate from cancer than women who had jobs outside the home. In the study it was concluded that the increased death rate was largely due to daily exposure to hazardous chemicals found in ordinary household products.

According to the EPA, if you buy major brands of household cleaners you have introduced hazardous toxins into your home. These hazardous toxins have created the air inside our homes to be 3 to 70 times more polluted than the air outside our homes. Another startling EPA discovery is that toxic chemicals in household cleaners are 3 times more likely to cause cancer than outside air. In the average home today, more chemicals are found than would have been found in a chemistry lab at the turn of the century. The typical home contains 63 products which contain hazardous chemicals. Doctors and scientists are discovering that there appears to be a correlation between the increased use of household chemicals and the increased incidence of chronic illnesses in children such as cancer, asthma, attention deficit disorder, birth defects, and many other illnesses.

How do you define toxic? A toxic substance can be defined as any substance that is capable of harming a person if it enters the body in a large enough dose. A toxic chemical is any chemical which through its chemical reaction on life processes can cause death, temporary incapacitations or permanent harm to humans or animals. There are virtually three ways in which toxins can enter our bodies: by ingesting, by inhaling or by contact with the skin or eyes.

There are many chemicals in everyday household cleaners which pose potentially toxic effects to our bodies. Common everyday ammonia is considered a poison which can cause rashes, redness and

# ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME?

chemical burns. The fumes from ammonia are very irritating to the lungs and can be especially harmful to anyone suffering from respiratory illnesses. Ammonia can also cause grave eye damage.

Chlorine bleach which is sodium hypochlorite is an irritant and can cause skin, eye and respiratory tract irritation. NEVER mix bleach with acids such as vinegar, ammonia, toilet bowl cleaners, drain cleaners or chlorinated scouring powder as it can produce deadly chloramines gas which may result in the burning of mucous membranes and chemical pneumonia.

Disinfectants may contain one or more of the following hazardous substances: ammonia, cationic detergents, cresol, lye, and phenol and pine oil. Air fresheners have been found to contain formaldehyde which is highly toxic and a known carcinogen (cancer causing). Air fresheners may also contain phenol which upon contact with skin may cause swelling, burning, peeling and the breaking out in hives. Phenol can also cause cold sweats, convulsions, circulatory collapse, coma and even death.

Some mold and mildew cleaners contain sodium hypochlorite which is corrosive, may irritate or burn skin and eyes, and may cause fluid in the lungs which can lead to coma or death. Formaldehyde is another ingredient in mold and mildew cleaners which is a highly toxic carcinogen causing nausea, headaches, nosebleeds, dizziness, memory loss and shortness of breath.

Did you know that manufacturers are not required by law to list the exact ingredients on a label but rather can use other names to describe ingredients which may appear less threatening to your health? Alarmingly, manufacturers are no longer required to place the skull and cross bone symbol on poisonous products.

## WHAT TO LOOK FOR

– Become an avid reader of labels on the household cleaners you purchase and look for ingredients that appear caustic or toxic.

## HELPFUL AND HEALTHY TIPS TO AVOID FOOD CONTAMINATION:

- Educate yourself to the characteristics of the various ingredients to ensure that you are not exposing your family to toxic chemicals
- Stop using those products which contain toxic materials
- Look for alternative products which are non-toxic, natural, and environmentally conscious and replace your toxic cleaners with these.

Brought to you by <http://www.SmartLivingNews.com>

Patty Avey Chief Editor for SmartLivingNews [www.smartlivingnews.com](http://www.smartlivingnews.com)

## How Dangerous Are Household Cleaners?

By Kathy Browning

# ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME?

## **How Dangerous Are Household Cleaners? by Kathy Browning**

Did you know that toxic chemicals in household cleaners are three times more likely to cause cancer than air pollution? Did you know that more than 7 million accidental poisonings occur each year, with more than 75% involving children under age 6? Did you know that women who work at home have a 54% higher death rate from cancer than those who work away from home? The 15-year study concluded it was a direct result of higher exposure rate to toxic chemicals in common household products.

Household toxins don't just affect us; they also harm every living thing on earth. During the manufacturing process, toxins get disposed of in the environment in the form of air and water pollution, as well as toxic waste. These toxins are not only polluting our air and water, but killing fish, animals and plant life.

The average household contains anywhere from 3–25 gallons of toxic materials, most of which are in cleaners. No law requires manufacturers of cleaning products to list ingredients on their labels or to test their products for safety. Many household cleaners contain chlorine, though it often masquerades behind aliases such as "sodium hypochlorite" or "hypochlorite." Breathing in the fumes of cleaners containing a high concentration of chlorine can irritate the lungs. This is particularly dangerous for people suffering from heart conditions or chronic respiratory problems such as asthma or emphysema. And the risks are compounded when the cleaners are used in small, poorly ventilated rooms, such as the bathroom.

Using detergents that contain chlorine in the dishwasher or clothes washer can pollute the air in your home. This occurs because the water in the machines contains chlorine from the detergents. As the water goes through the various cycles of the machines, the detergent goes through a process called "volatilization." We then breathe the contaminated air and absorb the chemicals through our bodies. If you reside in a city which treats the water with chlorine, you're getting a double dose of these harmful fumes.

Chlorine is also used to bleach paper products – napkins, paper towels, toilet paper, coffee filters, etc. The EPA says that using bleached coffee filters alone can result in a lifetime exposure to dioxin that "exceeds acceptable levels".

The health danger associated with the use of toxic products is not just the initial exposure, but also the cumulative effects of continuous exposures, which weakens our immune systems. Indoor air pollution is a huge health issue. According to the EPA, this year some 11,420 people will die from indoor air pollution. Millions more will be sickened by their exposure to a host of toxic chemicals within their homes and offices.

So, what are we to do about all of this toxic exposure? Fortunately, we have a variety of options. You can choose to make your own household cleansers using items such as baking soda or white vinegar. Cheap and effective! You can purchase non-toxic products available at health food stores or many of

the larger grocery stores. If you can't find them there, you can order them online. Use unbleached

## ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME?

paper products whenever possible. Begin to educate yourself about the dangers of household products either by searching online (www.google.com is my favorite search engine & will provide hundreds of resources using the keywords "toxic chemicals+household products), or visit your local library and pick up some books.

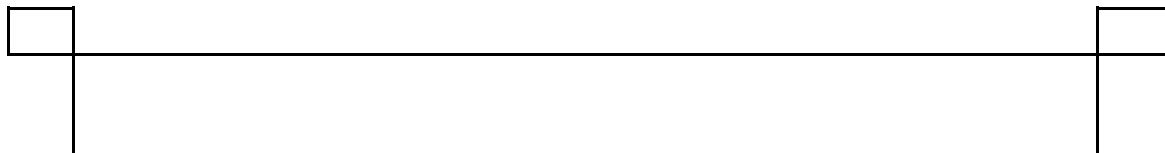
We live in a society which exposes us to toxic chemicals daily and we are led to believe that if a product sits on a shelf at the store, then it must be safe. This is wrong, wrong, wrong. Don't become a victim or a statistic. These chemicals kill. They destroy our immune system, cause cancer, exacerbate asthma & lung disease, and pollute the air and our environment.

Instead of spending money on these highly promoted killers, save your money and your health and make your own products or buy non-toxic, natural cleaners. You'll feel better, breathe better and live longer and you'll be making a difference for Mother Earth.

Kathy Browning is a healing arts practitioner and wellness coach. She is also the Editor-In-Chief of "The Art of Living Well", an ezine focused on the mind, body, spirit connection and the author of "Feng Shui for Abundant Living". Be sure to visit <http://www.cancercomfort.com> for more information.



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**



ARE YOUR HOUSEHOLD CLEANING PRODUCTS CREATING A TOXIC ENVIRONMENT IN YOUR HOME?

**100% Effective Natural Hormone Treatment**

**Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

