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Impair Healthy Healing In People Over The Age Of 30!**

DANGERS OF USING HOUSEHOLD CLEANERS WITH CHLORINE

By Patty Avey

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"A peculiar accident reported by the National Safety Council involved two housewives in separate cases. Both were using an ordinary toilet bowl cleaner. Not satisfied with the way it was removing stain, each one added some household bleach and stirred with a brush. One died quickly, the other spent a long time in the hospital."

Chlorine is a toxic, yellow-green gas that is one of today's most heavily used chemical agents. Serious risks to our health and the health of the environment are being caused by the widespread use of chlorine. The use of chlorine in household cleaners has recently raised much controversy.

Many household cleaners contain chlorine but the labels indicate the alias names of "sodium hypochlorite" or "hypochlorite." Whether chlorine is found alone or in a mixture with other chemicals, household products that contain chlorine pose a number of serious health risks. Automatic dishwashing detergents, chlorine bleach, chlorinated disinfectant cleaners, mildew removers and toilet bowl cleaners are some of the products of special concern.

The fumes of cleaners containing a high concentration of chlorine when breathed in can irritate the lungs and be particularly dangerous for people who suffer from heart conditions or chronic respiratory problems such as asthma or emphysema. When the fumes are emitted in small, poorly ventilated rooms such as the bathroom, the risks are increased. Chlorine is also a highly corrosive material which is capable of damaging skin, eyes and other membranes.

When using detergents that contain chlorine in the dishwasher or clothes washer the air in your home becomes polluted through a process called "volatilization" which takes place when the chlorine in the water transfers the chlorine to the air. We then breathe the contaminated air. Dishwashers are the worst offenders as they release chemicals in a steamy mist when the door is opened after washing. In a clothes washer, chlorine mixes with the dirt in clothes to create airborne, toxic chlorinated organic chemicals.

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Overall, chlorine is a dangerous chemical to keep in your home. In 1993, 40,000 exposures to chlorine were reported to poison control centers which is more than any other chemical. Fragranced chlorine bleaches are especially dangerous because the odor is disguised and actually makes the experience of inhaling chlorines bleach pleasant.

Mixing household products containing chlorine with other cleaning agents is another danger due to the fact that these mixtures can create chlorine gas and chloramines, toxic gases that can injure the deep tissues of the lungs.

Whenever chlorine is used, organochlorides are formed which are forerunners to dioxins, a deadly class of compounds that cause toxic health effects. A new EPA draft report on the dangers of dioxins

warns for the first time that even trace amounts can cause serious health problems including birth defects, genetic mutations, threats to the immune and reproductive systems, damage to the liver, kidneys and skin and even cancer.

WHAT TO LOOK FOR

– Read labels on cleaning supplies and look for those which contain chlorine.

HEALTHY TIPS

- Avoid using cleaners which contain chlorine.
- Find safer, more natural and environmentally responsible products to clean your home.
- Never mix bleach with acids such as vinegar, ammonia, toilet bowl cleaners, drain cleaners or chlorinated scouring powder as it produces deadly chloramines gas which may result in the burning of mucous membranes and chemical pneumonia.

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How Dangerous Are Household Cleaners?

By Kathy Browning

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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.

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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 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.

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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.



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