

One Would Think That We Would Be Safer In The Comfort Of Our Own Homes!

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**By Bruce Bowery**

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**Bowery**

Have you ever given any thought to the fact that you might be causing more harm than good while using your consumable products? I know that we have used household cleaners and personal care products for decades, so why am I bringing this issue up now? If we do not educate ourselves on this topic, then in the end, we have no one else to blame but ourselves.

The plain and simple truth is that manufacturing companies spend millions of dollars on advertising their products every year. We are blasted on a daily basis with commercials and ads regarding our consumable products. For the most part, we also believe that if we want to have cleaner houses and look our personal best, then we NEED to have, buy, and use these types of products. Have you ever taken the time to research exactly what you are either inhaling or absorbing through your skin whenever you use these products? The sad fact is that the majority of us have never given that point any thought. Why, because we do not know that there is any serious health risks associated with the vast majority of these products. We have never been told through these ads or commercials that the chemicals and toxins used in making these products can be potentially dangerous to our health. Manufacturers are only mandated or required to list the potential concerns associated with their particular product, such as: use caution, wear protective gloves, use safety glasses, may be corrosive, or whether the product is classified as poison etc. Only 1 percent of TOXINS are required to be listed on labels. According to the National Research Council, "no toxic information is available for more than 80% of the chemicals in everyday-use products. Less than 20% have been tested for acute effects and less than 10% have been tested for chronic, reproductive or mutagenic effects." A more alarming issue revolves around our personal care products. Back in 1989, a House Senate Subcommittee asked the National Institute of Occupational Safety and Health to analyze 2,093 chemicals used in personal care products. There results were as follows: 884 of the ingredients were found to be toxic. Of these, 778 can cause acute toxicity, 146 can cause tumors, 218 can cause reproductive complications, 314 can cause biological mutations, and 376 can cause skin and eye irritations.

Now, I will say that there are several factors to consider while determining whether or not a toxin actually causes harm in any particular situation, such as: potency, the rate of exposure; the dosage, and individual sensitivity. We all are very aware of the irritations to our skin, eyes and throats, when

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using some of these products, but are you aware that those irritations may just be the tip of the iceberg? Toxins are known to cause a variety of harms and health issues. The EPA has acknowledged that the air inside our homes is 3 to 70 times more polluted than the air outside our homes. The EPA has also acknowledged that toxic chemicals in household cleaners are 3 times more likely to cause cancer than outside pollutants. What are some of the other risks involved with using these types of products? Cancers, anemia, leukemia, liver, lung and kidney problems, learning and developmental issues, reproductive issues, and death are just some of the health issues associated with these toxins. Now it appears that more doctors and scientist are discovering that there may be more correlation between the usage of household chemicals and the increase in chronic illnesses, especially involving children. Such illnesses such as cancer, ADD, and asthma have been on a steady increase over the past few decades among our children.

Now you may be wondering what a toxin is, and a toxin can be defined as harmful chemicals or substances that occur in nature and or are manufactured. You also may be wondering what toxins are

commonly found in our homes. Listed below are some of the toxins most commonly found in our homes, just to name a few.

Ammonia, benzene, chlorine bleach, chloropyrifos, chloroform, deet, dioxin, formaldehyde, methylene chloride, naphthalene, perchloroethylene, pesticides, phosphates, phthalates, sovents and volatile organic compounds.

What will it take to get the American people concerned more about their health and the health of their loved ones? What will it take to get us to recognize that we are allowing hazardous chemicals into our households every time we bring major brands of household cleaners into our homes? What will it take to get people to want to further educate themselves on this particular subject? You tell me! Better yet, I will tell you. Chances are that, until something happens either directly to us, to our family members, or to our friends, we will more than likely let this issue go without further ado. The choice to research this matter more rest solely upon your shoulders. There are numerous sites that are dedicated to discussing the issues of household chemicals and the health risks that are associated with using these products. There are products, some of which are home remedies, and others that can be purchased, that are designed to be safer on the environment and safer for and on us as consumers. The fact of the matter is that we use these types of products on a daily basis, and no matter what, we will continue to purchase these products for our use. I know and understand that we cannot eliminate all of the chemicals and toxins in our homes, but we **CAN REDUCE THE AMOUNTS OF TOXINS THAT WE ALLOW INTO OUR HOMES!** I personally have switched my household cleaners and personal care products over to more natural products, and I can tell you that I absolutely love the products. I love the fact that I do not have to wear gloves or glasses or need to ventilate my home when I clean, and I love the fact that my family is using products that are designed to be safer and non toxic. I can also testify to the fact that the household cleaners work just as good as the major brands, if not better.

I have done what I can to "open your eyes" or shed some light on this subject, and I can only hope that you will take the initiative to research this more for the sake of you and your loved ones. If you should have any questions and or concerns regarding either more information or where you can find natural and safer products to use, then email me at [StnypntNc@aol.com](mailto:StnypntNc@aol.com), or feel free to call me at 704-873-1226, and I will be more than happy to assist you more. Thank you for your time and take care of yourself and your loved ones. This article was written by Bruce Bowery. You can view this

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article and others on <http://rid-your-home-of-toxins.blogspot.com>.

I am a loving husband and father of two girls and a son. I believe that the American people should educate themselves more on this topic. I am no expert, but I have done research on my own for the sake of my family.

### **What You Should Look For In A Nursing Home**

**By Jeanette Pollock**

There are a lot of nursing homes operating in the United States today.

Their businesses, fuelled by America's hectic way of life, have prospered and now cater to a lot of people.

However, people still keep looking for nursing homes. Why, you ask? Because people just do not get any younger.

People get older all the time. That is one fact of life that we cannot deny.

Population keeps growing all the time. That is another fact that we cannot deny.

Put together, these two facts make up another undeniable fact: More people get older all the time.

And so, nursing homes can expect a continual rise in popularity as time goes by.

With the number of nursing homes out there, you can expect that the qualities of these nursing homes also vary.

What should one look for in a good nursing home?

Here are some qualities you need to look at in order to get a good nursing home:

1. Legality –a nursing home should, of course, be licensed to legally operate by the government. This means that the nursing home has passed certain requirements and has fulfilled certain specifications ordered by the government.

Although this may not necessarily assure you of a nursing home's quality, it does assure you that someone has approved of its operation.

2. Administration –of course, the next step is to check out the people who will actually take care of your elderly. No matter how beautiful the premises, if the people are ineffective, your elderly will be miserable.

We have all seen movies of nursing homes with abusive attendants. We know what could go on in

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dealing with the wrong people. What you need to do is observe the people around you and how they react to the administration.

This observation alone will give you valuable information regarding the administration and the staff.

3. Comfort –after you have examined the nursing home staff, you need to take a look at the premises.

Do you think that your elderly will be comfortable in this nursing home? Do not judge the nursing home based on your experience. Remember that the elderly are much more sensitive to comfort than you

are.

You need to take into every little detail and see if that alters the nursing home's comfort value.

4. Safety –a nursing home should, of course, be safe for the elderly. You should be assured that the nursing home has every precaution against any accident that might happen.

See if proper measures have been taken and precautionary devices installed in order to prevent accidents or incidents.

After all, you do pay them to take care of your elderly.

5. Food –the basic need of people. The food served in the nursing home should be edible. If you don't like the look of the food, how much more can you trust the nursing home to provide your elderly with the little things that matter?

The food should be edible not only to the elderly but also to you. You need to make sure that the nursing home takes the specific needs of each person in preparing the food.

6. Medical services – the nursing home should contain, or at least have quick access, to emergency medical services.

You need to be assured that should something untoward happen, your elderly will have the best care possible.

Jeanette Pollock is a freelance author and website owner of

. Visit

Jeanette's site to learn more about nursing homes.

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