



De-scents-itize Your Home

DRYER SHEETS

Try dryer balls or safe, reusable cloths made by Static Eliminator. You can use an aluminum foil ball in the dryer, ½ to 1 cup white distilled vinegar in the rinse cycle, or separate your synthetics and cottons when drying to avoid static-cling.

LAUNDRY DETERGENTS

Use fragrance-free detergents and softeners from responsible companies like Seventh Generation, Ecos, and Mountain Green. A safe and economical option is to use 3 reusable T-wave™ washer discs that will last up to 700 washer-loads....no detergent required!

AIR FRESHENERS

Instead of masking odors, identify and remove the source or properly vent. Take shoes off at the door. Empty trash often. Open window or use fan in bathrooms.

Natural air fresheners include:

- Natural mineral zeolite, place some in a small dish and leave exposed away from pets and children
- Baking soda or Borax™ exposed to the area
- Cedar blocks (lightly sand them each month for maximum natural fragrance)
- Use spices like cinnamon sticks, cloves or allspice and place in either cheesecloth or open weave fabric in small pouches
- Make your own organic essential oil freshener by combining a few drops of oil to your liking into distilled water and place in a spray bottle

FILTRATION

Air cleaners and purifiers are important to improve indoor air quality, especially for those individuals that are highly reactive or have compromised immune systems. Not all filters are the same. Avoid filters with plastic parts or materials that off-gas. A reputable company

that makes HEPA filtration systems combined with other filtration materials, and customized for your specific needs, is available only through your environmental health care professional by AirPura.

CLEANING PRODUCTS

The most inexpensive, safe cleansers are baking soda and water (for deodorizing) white distilled vinegar and water (for cleaning when mixed with water and a few drops of chemical-free dish-washing soap), Bon Ami (for scrubbing), and hydrogen peroxide (for disinfecting). A microfiber cloth can replace any cleaning product with just water for any area that does not require sanitizing.

ESSENTIAL OILS, INCENSE & CANDLES

A good alternative to synthetic scents is essential oils. They can be placed around the house (onto a gauze, cotton ball, or diffuser), worn as perfume, or used as a room and car deodorizer. Use a very small amount because those that are highly responsive may still react to essential oils because of a compromised immune system. When someone you know suffers from multiple allergic response syndrome (MARS™) do not wear any fragrance because the cellular memory recalls that fragrances are dangerous and does not differentiate between synthetic or natural oils and may still cause a serious allergic response.

For candles, try soy or natural beeswax. Don't trust "unscented" because we know they can use other chemicals to mask other chemicals. A good alternative is battery-operated candles.

Don't assume all incense is safe; it has combustible materials, may include contaminants, and may contain artificial fragrances and other toxic chemicals.



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Remember!



Current research shows 3 in 5 people are sensitive to synthetic fragrances.

Your perfume (or fragranced product) may be another's poison.



You do not have to be wearing perfume or cologne to be negatively affected by it.



Inhalation of synthetic fragrances can cause allergic reactions such as nausea, headaches, blurred vision, forgetfulness, loss of coordination, seizures, dizziness, rashes and skin welting, brain-fog, sudden mood changes, muscle cramps or spinal subluxations, and life-threatening reactions such as anaphylaxis or loss of consciousness.

4 BENZYL ALCOHOL
FOUND IN...perfume, cologne, soap, shampoo, nail enamel and remover, air fresheners, laundry bleach and detergents, Vaseline™ lotion, deodorants, and fabric softeners.

FACTS...Irritant to upper respiratory tract. Other symptoms include: headaches, nausea, vomiting, dizziness, drop in blood pressure, central nervous system (CNS) depression, and death, in severe cases, due to respiratory failure.

5 CAMPHOR
FOUND IN...perfume, shaving cream, nail enamel, fabric softener, dishwasher detergent, nail color, and stickup air fresheners.

FACTS...Local irritant and CNS stimulant readily absorbed through body tissues, irritant to eyes, nose and throat, causes dizziness, confusion, nausea, twitching muscles and convulsions. Avoid inhalation of vapors.

6 ETHANOL
FOUND IN...perfume, hairspray, shampoo, fabric softener, dishwashing liquid and detergents, laundry detergents, shaving cream, soap, Vaseline™ lotion, air fresheners, nail color and remover, paint and varnish removers.

FACTS...showing symptoms that include: fatigue, irritant to eyes and upper respiratory tract even in low concentrations. Inhalation of ethanol vapors can have similar to those characteristic of ingestion. These include an initial stimulatory effect followed by drowsiness, impaired vision, ataxia, and stupor. Known to cause CNS disorders.

7 ETHYL ACETATE
FOUND IN...after shave, cologne, perfume, shampoo, nail color, nail enamel remover, fabric softener, and dishwashing liquid.

FACTS...Narcotic. On the EPA Hazardous Waste List warning of the following health effects: irritant to the eyes and respiratory tract, headache and narcosis (stupor), defatting effect on the skin and may cause drying and cracking, may cause anemia with leukocytosis and damage to liver and kidneys. Wash thoroughly after handling.

8 LIMONENE
FOUND IN...disinfectant sprays, bar soap, shaving cream, deodorants, nail color and removers, fabric softeners, dishwashing liquid, air fresheners, after shave, bleach, paint and varnish removers.

FACTS...Carcinogenic. Warnings include: prevent contact with skin or eyes because it is an irritant and sensitizer, wash thoroughly after using this material and before eating, drinking, or applying cosmetics, do not inhale limonene vapor.

9 LINALOOL
FOUND IN...perfume, cologne, bar soap, shampoo, hand lotion, nail enamel remover, bleach powder, fabric softeners, shaving cream, after shave and solid deodorant.

FACTS...Narcotic. Causes respiratory disturbances, attracts bees, depressed heart activity and causes CNS disorders. In animal tests: ataxic gait, reduced spontaneous motor activity, depression, development of respiratory disturbances leading to death.

10 METHYLENE CHLORIDE
FOUND IN...shampoo, cologne, paint and varnish removers.

FACTS...It was banned by the FDA in 1988, yet no enforcement is possible due to trade secret laws protecting the chemical fragrance industry. It's on the Hazardous Waste lists on the EPA, RCRA, and the CERCLA. When absorbed, it is stored in body fat, metabolizes to carbon monoxide, reduces oxygen-carrying capacity of the blood, causes headaches, giddiness, stupor, irritability, fatigue, tingling in the limbs, and CNS disorders.

11 A-PINENE
FOUND IN...bar and liquid soap, cologne, perfume, shaving cream, deodorants, dishwashing liquids, and air fresheners.

FACTS...Sensitizer (damaging to the immune system).

12 G-TERPINENE
FOUND IN...cologne, perfume, soap, shaving creams, deodorants, and air fresheners.

FACTS...Causes asthma and CNS disorders.

13 A-TERPINEOL
FOUND IN...perfume, cologne, laundry detergents, bleach powders, laundry bleaches, fabric softeners, stickup air fresheners, Vaseline™ lotion, cologne, soap, hairspray, after shave, and roll-on deodorants.

FACTS...Highly irritating to mucous membranes, aspiration into the lungs can produce pneumonitis or even fatal edema, causes excitement, ataxia (loss of muscular coordination, hypothermia, CNS and respiratory depression, headaches, and repeated or prolonged skin contact can cause serious skin disorders.

What's in a Label?

Since companies can get away with incomplete labeling, follow these guidelines to ensure healthy choices.

- ✓ Choose products that list all ingredients, not generalized ones.
- ✓ Examine the list of ingredients to check that the word *fragrance* does NOT appear. Essential oils should be listed separately.
- ✓ Be prudent because even if the label advertises "un-scented," most manufacturers use masking agents that block our ability to perceive odors; so not only is the fragrance still in the product, but even more chemicals are present to mask other chemicals.
- ✓ Avoid phthalates and parabens (often listed as methylparabens), they disrupt reproductive and thyroid function.
- ✓ Always inspect labels because formulas change.
- ✓ Since no legal definitions exist for natural, nontoxic, and hypo-allergenic, those words don't signify a healthier product unless every ingredient is identified.