

## HOW SAFE IS YOUR HOME?

The purpose of ReadMove is to share weight loss tips and ideas that involve movement and action. So this month we are taking a look at how toxins in your home can affect your health. Your body is a wondrous creation! It will work on keeping you alive – first. Then if you are trying to lose weight as well, it will attack that problem if you are giving it what it needs. I've seen the connection between toxins in my body and bad health. I thought I'd taken the necessary steps to provide my body with the things it needed to move forward: cut back on fats, sugars and started moving. Then I found out that we pollute our bodies everyday – and not just with food! If I'm poisoning myself, wouldn't I want to stop that? Only if I knew I was doing it!

If I told you some of the things you use to clean your house, your clothes and yourself could hurt you and your family, what would you do? You'd check the facts and then when you found out I was right – you'd stop using them. Wouldn't you?

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### What About Labels?

#### **Aren't the manufacturers supposed to label products that are dangerous?**

[www.emagazine](http://www.emagazine) says: "Some of the most hazardous substances in our homes are cleaning products. They are so toxic that they are the only household products regulated by the Consumer Product safety Commission. However, there is no federal law requiring pre market safety testing by the manufacturer, so the hazards of some products have not been revealed until after consumers have been injured.

Manufacturers are not even required to list exact ingredients on the label. You can't check the label, for instance, and know if a mold and mildew cleaner has pentachlorophenol in it - a substance that can kill. Some products are even protected by 'trade secrets,' so not even the Government, poison Control Centers, or your doctor can find out what is in them or if an antidote is needed. "

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## Formaldehyde in Your House

### Did you know formaldehyde is a common ingredient in many household products?

Birth Defect Research for Children, Inc ([www.birthdefects.org](http://www.birthdefects.org)) says: Formaldehyde can be an ingredient in many household products, including shampoo, hair creams and lotions, skin cleansers, nail polish and hardeners, dishwashing liquids, make-up, and as an additive for wrinkle-free fabrics. Exposure to formaldehyde occurs by vapors released by commonly used pressed woods and urea-formaldehyde insulation, polluted urban air, petroleum combustion, wood burning stoves, and smoking. Occupational exposures to formaldehyde have been associated with menstrual irregularities, birth defects and chromosomal changes.

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### ADD and ADHD

Are toxic substances linked to ADD and ADHD?

Dr. Doris Rapp, author of the book *Is This Your Child's World?* and the video *Environmentally Sick Schools*, says: “ demonstrates a decline in writing and drawing skills when children are exposed to toxic chemicals, as well as to certain foods, dust, mold and pollen. Children did poorly on tests after applications of cleaning chemicals or insecticides, or after exposure to common allergenic substances”.

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### Steps To Take

#### What can you do to make your home safer?

First of all, **educate yourself**. Find out where in your house toxins live. Visit <http://www.epa.gov/kidshometour/> or <http://www.epa.gov/grtlakes/seahome/housewaste/house/mainmenu.htm>

In a 2002 report, the Household Toxins Institute, based in Burlington, VT made the following recommendations:

- Avoid petroleum based cleaners as well as those with chlorine, ammonia and phosphates.
- Traditional toilet and oven cleaners and furniture polish have the highest amounts of toxins.
- Opt for hand applied cleaners rather than sprays, which disperse chemicals in the air.
- Never mix cleaners. That could create higher toxicity.
- Don't clean with hot water; it enables volatile chemicals to evaporate into the air in greater quantities.

- Don't clean around children. Still developing youngsters are at a higher risk to the effects of household chemicals.

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## HERE IS A LIST OF KNOWN TOXINS IN SOME OF OUR EVERYDAY PRODUCTS

**Dove Beauty Bar:** Quaternium 15: (Formaldehyde)-Carcinogen. Causes cancer, dermatitis, neurotoxic, sensitizer-poisonous, irritant to the skin, eyes, and mucous membranes. Butylated Hydroxytoluene, (BHT) Carcinogen

**Johnson's Baby Shampoo:** Quaternium 15: FD&C RED 40: Carcinogen, and causes dermatitis

**Crest Tarter Control Toothpaste:** Saccharin: Carcinogen, contains Phenol Fluoride: Carcinogen If you accidentally swallow more than a pea-sized amount of this, you must contact the Poison Control Center immediately. This warning does not appear on the tube.

**Tide & Cheer Detergent:** Detergent: Can cause temporary respiratory tract irritation. Symptoms include stinging, swelling, or redness. Sodium Silicate: Can be corrosive. Can cause burns to the eyes and tissue damage to the skin, as well as cause burns to the mouth, throat, and stomach if swallowed. Sodium Sulfate: Corrosive, Severe eye, skin, and respiratory irritant. Can cause asthma attacks. Trisodium Nitrilotriacetate: Carcinogen

**Clorox:** Sodium Hypochlorite: Corrosive. Sensitizer: Can be fatal if swallowed. Eye, skin, and respiratory irritant. Especially hazardous to people with heart conditions or asthma.

**Cascade:** Sodium Hypochlorite: (see above) Sodium Silicate: Can be corrosive. Can cause burns to the eyes and tissue damage to the skin, as well as cause burns to the mouth, throat, and stomach if swallowed.

**Fantastic, Formula 409:** Butyl Cellosolve: Neurotoxic. Eye and skin irritant. Damages central nervous system, kidney, and liver. Readily absorbed through the skin. Damages blood and body's ability to make blood.

**Windex Aerosol Glass Cleaner:** Butyl Cellosolve (see above) Isobutane: Neurotoxic

**Lysol Disinfectant:** Dioxin; Carcinogen. 500,000 times more deadly than DDT Ethyl Alcohol: Eye, skin, and respiratory tract irritant.

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### **Quotes To Keep You Moving**

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Advertising – We are considering it. It would have to be weight loss related, tasteful and not some fad diet! Please email the publisher for more info.

Many thanks to all who have contributed to the creation of this newsletter! Your support, as always, has been invaluable. To new readers - welcome!

Details on the above data are available in "The Safe Shopper's Bible" by Dr. Samuel Epstein, MD. & David Steinman. Macmillian, 1995. Lysol data from "The Environmental Health Newsletter."

For more information about environmentally friendly products, feel free to call Deb at 336-577-3894 or send an email at [deb@travelwoman.com](mailto:deb@travelwoman.com)

