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If you're like most of us, you really don't give much thought to the products that you're using everyday. After all, companies wouldn't sell products if they weren't safe...would they? Besides that, there are government agencies looking out for our health and safety...aren't there? Plus, we have laws on the books to protect us...don't we?

Were you aware that:

- A product that kills 50% of lab animals through ingestion or inhalation can still get the "non-toxic" federal regulatory designation.
- Of the 17,000 chemicals in household products, only 30% have been sufficiently tested for negative health effects; 10% have been tested for effects on our central nervous system; and nothing has been done to determine combined effects of these chemicals in our bodies.
- There are no laws that require companies to include the exact ingredients on labels. And, chemical names are frequently disguised by trade names that you don't recognize so you may never know what's in the product.

In fact, the EPA found in one 5-year study that airborne chemical levels in homes were as much as 70 times higher inside than outside.

One 15-year study found that women who worked at home had a 54% higher death rate from cancer than women who worked outside the home. The study concluded that the higher death rate was due to daily exposure to hazardous chemicals found in products we use everyday ... household cleaners, laundry detergents, personal care products and more.

A Carcinogen is a substance or agent producing or inciting cancer. Today, cancer is the leading cause of death for women aged 35-74. In 1901 cancer was considered a rare disease. Statistics show that 1 out of 8000 persons had cancer. TODAY, according to the American Cancer Society, 1 out of 3 people have cancer. By the year 2010, 1 out of 2 persons will be touched by cancer.

WE NEED TO BEGIN TO THINK DIFFERENTLY ABOUT THE WAY WE VIEW OUR HOME ENVIRONMENT. WHEN WE THINK OF POLLUTION, WE THINK OF CHEMICAL PLANTS, CAR POLLUTION, AND EVEN SECOND HAND CIGARETTE SMOKE. GOVERNMENT AND THE MEDIA HAVE BEEN FIGHTING CRUSADES FOR YEARS AGAINST POLLUTION, UNFORTUNATELY THEY ARE IGNORING THE HIGHEST ARE OF TOXICITY, OUR HOMES.

Toxins Within Your Home
Home Toxins
Health Facts

Create a Safe and Healthy Home
Know your A B C's

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Begin by thinking of your home as a toxic waste dump. The average home today contains 62 toxic chemicals - more than a chemistry lab at the turn of the century.

Were you aware that:

- More than 72,000 synthetic chemicals have been produced since WW II.
- Less than 2% of synthetic chemicals in wide spread use have ever been tested for toxicity, birth defects or their mutagenic or carcinogenic effects.
- The majority of chemicals have NEVER been tested for long-term effects.
- An EPA survey concluded that indoor air was 3 to 70 times more polluted than outdoor air.
- Another EPA study stated that the toxic chemicals in household cleaners are 3 times more likely to cause cancer than outdoor air.
- CMHC reports that houses today are so energy efficient that "out gassing" of chemicals has nowhere to go, so it builds up inside the home.
- We spend 90% of our time indoor, and 65% of our time at home. Moms, infants and the elderly spend 90% of their time in the home.
- National Cancer Association released results of a 15-year study concluding that women who work in the home are at a 54% higher risk of developing cancer than women who work outside the home.
- Cancer rates have almost doubled since 1960.
- Cancer is the number one cause of death for children.
- There has been a 26% increase in breast cancer since 1982. Breast cancer is the number one killer of women between the ages of 35 and 54. Primary suspects are laundry detergents and bleach, household cleaners and pesticides.
- There has been a call from the U.S./ Canadian Commission to ban bleach in North America. Bleach is being linked to the rising rates of breast cancer in women, reproductive problems in men and learning and behavioral problems in children.
- Chemicals get into our body through inhalation, ingestion and absorption.
- We breathe 10 to 20 thousand liters of air per day.
- There are more than 3 million poisonings every year. Household cleaners are the number one cause of poisoning of children.
- Since 1980, asthma has increased by 600%. The Canadian Lung Association and the Asthma Society of Canada identify common household cleaners and cosmetics as triggers.
- ADD/ADHD is an epidemic in schools today. Behavioral problems have long been linked to exposure to toxic chemicals and molds.
- Chemical and environmental sensitivities are known to cause all types of headaches.
- Labeling laws do not protect the consumer - they protect big business.
- The New York Poison Control Center reports that 85% of product warning labels are either inadequate or incorrect for identifying a poison and for first aid instructions.
- Formaldehyde, phenol, benzene, toluene and xylene are all found in common household cleaners, cosmetics, beverages, fabrics and cigarette smoke. These chemicals are known to be cancer causing and toxic to the immune and nervous systems.
- Chemicals are attracted to, and stored in fatty tissue. The brain is a prime target for these destructive organics because of its high fat content and very rich blood supply.
- The National Institute of Occupational Safety and Health has found more than 2500 chemicals in cosmetics that are toxic, cause tumors, reproductive complications, biological mutations and skin and eye irritations.
- Fibromyalgia, chronic fatigue syndrome, arthritis, lupus, multiple sclerosis, circulatory disorders, Alzheimer's, Parkinson's disease, irritable bowel syndrome, depression, and hormonal problems are diseases commonly related to chemical exposure.
- Pesticides only have to include active ingredients on the labels, even though the inert (inactive) ingredients may account for 99%, many of which are toxic and poisons

Our homes should have a complete change of air 3 or 4 time a day. New homes are built so air tight that it is impossible to get a complete change of air. We should leave our windows open on each side of our house for better cross ventilation.

The Top three culprits according to Poison Control:
Household cleaners, bleach and medications.

Inert (or inactive) ingredients in products are protected by trade secrets and very dangerous. In the work place Material Safety Data Sheets must accompany any product used. The work place and the outdoors are considered "legal

environments" while homes are not. Thus, regulations for outdoor air pollution and toxins in the workplace are much more strict than in the home.

The ideal rate of humidity is between 35% and 45%. Anything higher causes mold. When we use humidifiers or dehumidifiers with standing water we are encouraging mold growth in the standing water.

The ideal temperature in the home is between 68 degrees and 72 degrees anything higher makes chemicals more active.

When we shower, the hot water combined with the chlorine in the water, can cause headaches.

Using aerosols can cause dizziness and headaches.

Steam from our dryer vents is extremely toxic, because of the chemicals from dryer sheets and residue from laundry soap and bleach.

Chemicals used to dry clean clothing are very dangerous and can cause cancer. When you bring dry cleaning home, you should hang it outside for at least 3 days. Dry-cleaning chemicals are the same cancer causing chemicals that are found in mothballs.

There are 4700 chemicals in tobacco smoke.

Chemicals from carpets and plastic have been found to cause kidney and liver damage.

More products that contain Formaldehyde:

- Antiperspirants
- Mouthwash
- Toothpaste
- Tupperware
- Baggies
- Permanent Press clothing
- Floor waxes and furniture polishes
- Coffee
- Wax Paper
- Money

Some symptoms caused by formaldehyde are: Allergies, cancer, immune system failings and asthma Products that contain Phenols: Acne medications Baking Powder Computers TV sets Mouthwash Sugar substitutes Wallpaper Some symptoms caused by phenols (which are absorbed by lungs and skin) are: Caustic burns, kidney and liver damage, hyperactivity and possibly even death.

"Lysol" is even more dangerous than we thought. Lysol contains phenols and dioxin (Agent Orange).

When using chlorine, antiseptics or bleach in industrial settings you are required to wear impervious protective clothing including hard hats, boots, gloves, apron or coveralls, chemical goggles or full face shield. You are required to use them only in well ventilated areas.

When using Easy Off make sure all your skin is covered, wear protective clothing, do not breath in and don't get on your enamel, (if this product will hurt the enamel on your stove, can you imagine what it will do to us.)

Air fresheners desensitize the nerves in your nose so you cannot smell.

1970 - NTA's were banned

1980 - Lobbying by Proctor & Gamble brought back the use of NTA's in our products although they are extremely cancer causing. What are they used for? ONLY to make more suds in our laundry detergents so that you think your clothes are getting cleaner.

Our immune system is very powerful, like a janitorial system giving our bodies good nutrition means our body can repair itself and be able to handle what we face in the world.

Household chemicals cause all kinds of problems that you would never suspect could be related to cleaning your home and clothes such as: cardiovascular problems, panic and anxiety attacks, and bedwetting.

Eliminating the cause of the environmental illness is more effective and much less expensive than treating the symptom.

- Prevention - 80% - 90% effective
- Treatments - 50% - 60% effective

Take The Household Toxics Tour

Toxic chemicals in the home can be eliminated simply by making thoughtful choices in the supermarket after educating oneself about where the hazards are in common consumer products. How can you determine what toxics you have in your home? Take this "toxics tour."

In the Kitchen

All-purpose cleaner, ammonia-based cleaners, bleach, brass or other metal polishes, dishwasher detergent, disinfectant, drain cleaner, floor wax or polish, glass cleaner, dishwashing detergent, oven cleaner, and scouring powder contain dangerous chemicals. Some examples are:

- sodium hypochlorite (in chlorine bleach): if mixed with ammonia, releases toxic chloramine gas. Short-term exposure may cause mild asthmatic symptoms or more serious respiratory problems;
- petroleum distillates (in metal polishes): short-term exposure can cause temporary eye clouding; longer exposure can damage the nervous system, skin, kidneys, and eyes;
- ammonia (in glass cleaner): eye irritant, can cause headaches and lung irritation;
- phenol and cresol (in disinfectants): corrosive; can cause diarrhea, fainting, dizziness, and kidney and liver damage;
- nitrobenzene (in furniture and floor polishes): can cause skin discoloration, shallow breathing, vomiting, and death; associated with cancer and birth defects;
- formaldehyde (a preservative in many products): suspected human carcinogen; strong irritant to eyes, throat, skin, and lungs.

In the Utility Closet

A number of products are likely to contain toxic ingredients: carpet cleaner, room deodorizer, laundry softener, laundry detergent, anti-cling sheets, mold and mildew cleaner, mothballs, and spot remover all usually contain irritant or toxic substances. Examples:

- perchloroethylene or 1-1-1 trichloroethane solvents (in spot removers and carpet cleaners): can cause liver and kidney damage if ingested; perchloroethylene is an animal carcinogen and suspected human carcinogen;
- naphthalene or paradichlorobenzene (in mothballs): naphthalene is a suspected human carcinogen that may damage eyes, blood, liver, kidneys, skin, and the central nervous system; paradichlorobenzene can harm the central nervous system, liver, and kidneys;
- hydrochloric acid or sodium acid sulfate in toilet bowl cleaner; either can burn the skin or cause vomiting diarrhea and stomach burns if swallowed; also can cause blindness if inadvertently splashed in the eyes;
- residues from fabric softeners, as well as the fragrances commonly used in them, can be irritating to susceptible people;
- possible ingredients of spray starch (aside from the starch) include formaldehyde, phenol, and pentachlorophenol; in addition, any aerosolized particle, including cornstarch, may irritate the lungs.

In the Living Room and Bedroom

Even the furnishings of the typical American home can be harmful. Fabrics that are labeled "wrinkle-resistant" are usually treated with a formaldehyde resin. These include no-iron sheets and bedding, curtains, sleep wear -- any woven fabric, but especially polyester/cotton blends, marketed as "permanent press" or "easy care." More modern furniture is made of pressed wood products emits formaldehyde and other chemicals. Carpeting is usually made of synthetic fibers that have been treated with pesticides and fungicide. Many office carpets emit a chemical called 4-phenylcyclohexene, an inadvertent additive to the latex backing used in more commercial and home carpets, which is thought to be one of the chemicals responsible for "sick" office buildings.

In the Bath

Numerous cosmetics and personal hygiene products contain hazardous substances. Examples:

- cresol, formaldehyde, glycols, nitrates/nitrosamines and sulfur compounds in shampoos;
- butane propellants in hair spray (replacing carcinogenic methylene chloride), as well as formaldehyde resins;
- aerosol propellants, ammonia, formaldehyde, triclosan, aluminum chlorhydrate in antiperspirants and deodorants'
- glycols, phenol, fragrance, and colors in lotions, creams, and moisturizers.

In the Studio or Hobby Room

Although legislation controlling many of the dangerous ingredients in hobby materials has recently been passed, exposure to certain art materials remains a health risk. Dangerous chemicals and metals include:

- lead in ceramic glazes, stained-glass materials, and many pigments;
- cadmium in silver solders, pigments, ceramic glazes and fluxes;
- chromium in paint pigments and ceramic colors;
- manganese dioxide in ceramic colors and some brown oil and acrylic paint pigments;

- cobalt in some blue oil and acrylic paint pigments;
- formaldehyde as a preservation in many acrylic paints and photographic products;
- aromatic hydrocarbons in paint and varnish removers, aerosol sprays, permanent markers, etc.;
- chlorinated hydrocarbons (solvents) in ink, varnish, and paint removers, rubber cement, aerosol sprays;
- petroleum distillates (solvents) in paint and rubber cement thinners, spray adhesives, silk-screen inks;
- glycol ethers and acetates in photography products, lacquer thinners, paints, and aerosol sprays.

In the Garage

A number of dangerous substances are frequently present, including paint, paint thinner, benzene, kerosene, mineral spirits, turpentine, lubricating/motor oils, and gasoline. Hazards among them include these chemicals:

- chlorinated aliphatic and aromatic hydrocarbons in paint thinner can cause liver and kidney damage;
- petroleum hydrocarbons, an ingredient of gasoline, motor oils, and benzene, are associated with skin and lung cancer;
- mineral spirits in oil-based paint are a skin, eye, nose throat, and lung irritant. High air concentrations can cause nervous system damage, unconsciousness and death;
- ketones in paint thinner may cause respiratory ailments; vary according to specific form of the chemical;
- ketones and toluene in wood putty; toluene in highly toxic, may cause skin, kidney, liver, central nervous system damage; may damage reproductive system.

In the Garden Shed

Pesticides, one of the most important single hazards in the home. Around 1,400 pesticides, herbicides, and fungicides are ingredients in consumer products. Combined with other toxic substances such as solvents, pesticides are present in more than 34,000 different product formulations.

On the Patio

Charcoal lighter fluid contains petroleum distillates. Besides being flammable and imparting a chemical taste to food, some petroleum distillates contain benzene, a known human carcinogen.

The Safe Home of the 21st Century

Because Americans spend approximately 90 percent of their time indoors, it is crucial to make the home environment as safe as possible. Indoor pollutants have proliferated in recent years, often either because modern construction techniques and furnishings manufacturers utilize hazardous materials or because consumers do not know enough about the products they buy to make informed choices.

But safe, nontoxic alternatives exist for nearly every real need around the home, and the search for them may help consumers distinguish between what they really do need, and what may be "luxuries" that could compromise their families' health.

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