

# IS YOUR HOME HEALTHY?

According to the book, *The Safe Shoppers Bible*, here is list of common **household product that contain known carcinogens and/or neurotoxins**. **Carcinogens** are chemicals that cause cancer. **Neurotoxins** are chemicals that adversely affect the nervous system reducing emotional well being, mental alertness, coordination, and other functions associated with intelligence.

## Household Products (not complete list)

contain carcinogens and/or neurotoxins

### CLEANERS

#### Ajax Cleaner

Behold Furniture Wax

Bon Ami Foam Cleaner

Citri-Solv

Dawn Sureshot

Depend-o Blue Toilet Cleaner

Endust

Fantastik All Purpose Cleaner

Formby's Lemon & Almond Spray

Formula 409

Glass Plus

Joy Dishwashing Liquid

Kleen King Aluminum and Copper Cleaner

KR2 Spot Lifter

Lemon Pledge

Lysol disinfectant (all scents)

Palmolive Dishwashing Liquid

Murphys Oils Soap Liquid Spray

Pine-Sol Multi-Action Spray

Pledge Household Cleaner

Prevail Cleaner with ammonia

Renuzit Air Deodorizer

Scotts Liquid Gold

Shout Aerosol & Stick

Simple Green

Soft Soap

Spray and Wash Stain Remover

S.O.S. Ammonia Glass Cleaner

S.O.S. Vinegar Cleaner

Spic & Span Cleaner

Sunlight Dishwashing Liquid

3M Aerosol Spot Remover

Tilex Soap Scum Remover

Windex Glass Cleaner

## Shaklee Product Replacements

contain NO carcinogens and/or neurotoxins

Get Clean Scour-off Heavy Duty Paste

Wood can be cleaned with Basic-H2-will not dry wood out

Basic-H2

Dish Wash / Basic-H

Dish Wash Liquid Concentrate

Basic-H / Scour Off Heavy Duty Paste

Basic-H (You don't have to dust as often with Basic-H2!)

Basic-H2

Basic-H2

Basic-H2

Basic-H2

Dish Wash Liquid Concentrate

Scour Off Heavy Duty Paste

Fresh Laundry Liquid Concentrate / Basic-H

Basic-H2

Basic-G

Dish Wash Liquid Concentrate

Basic-H2

Basic-H2

Basic-H2

Basic-H

Basic-H2 / Basic-G

Basic-H2

Fresh Laundry Liquid Concentrate / Basic-H2

Basic-H2

Hand Wash Concentrate

Basic-H2 / Fresh Laundry Liquid Concentrate

Basic-H2

Basic-H2

Basic-H2

Dish Wash Concentrate

Fresh Laundry Liquid Concentrate / Basic-H2

Scour Off Paste & Basic H2

Basic H2



## Personal Care

<u>Arm &amp; Hammer Toothpaste</u>	<u>New Concept Organic Dentifrice</u>
<u>Ban Roll-on</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Caress Body Bar</u>	<u>Ultra Moisturizing Shea Butter</u>
<u>Camay</u>	<u>Meadow Blend Bar / Hand Wash</u>
<u>Cepacol Mouthwash</u>	<u>New Concept Dentifrice (<i>Inside- Alfalfa, Optiflora for bad breath</i>)</u>
<u>Chaps Deodorant</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Colgate toothpaste</u>	<u>New Concept Organic Dentifrice</u>
<u>Crest Tartar Control</u>	<u>New Concept Organic Dentifrice</u>
<u>Dove Soap Bar</u>	<u>New Concept Organic Dentifrice</u>
<u>English Leather Deodorant</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Faberge Deodorant</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Gillette Foamy Skin Conditioning</u>	<u>Basic-H2 / Enfuselle Hand and Body Lotion</u>
<u>Irish Spring Deodorant</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Jergens Liquid Soap</u>	<u>Hand Wash Concentrate</u>
<u>Johnson's Baby Shampoo (!)</u>	<u>Shaklee Baby Gentle Wash</u>
<u>Lady Speed Stick</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Lever 2000</u>	<u>Meadow Blend Soap-Free Cleansing Bar / Hand Wash</u>
<u>Lifebouy Soap</u>	<u>Meadow Blend Soap-Free Cleansing Bar / Hand Wash</u>
<u>Listerine Original &amp; Cool Mint</u>	<u>New Concept Organic Dentifrice</u>
<u>Old Spice</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Right Guard Deodorant</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Ponds Dry Skin Bar</u>	<u>Meadow Blend Soap-Free Cleansing Bar / Hand Wash</u>
<u>Palmolive Skin Bar</u>	<u>Meadow Blend Soap-Free Cleansing Bar / Hand Wash</u>
<u>Scope Mouthwash</u>	<u>New Concept Dentifrice (<i>inside: Alfalfa, Optiflora</i>)</u>
<u>Secret Deodorant</u>	<u>Desert Wind Roll-on or Cream Deodorant</u>
<u>Speed Stick Deodorant</u>	<u>Desert Wind Roll-on Deodorant or Cream Deodorant</u>
<u>Tone Skin Bar with Cocoa Butter</u>	<u>Meadow Blend Soap-Free Cleansing Bar/ Shower Gel</u>
<u>Viadent Toothpaste</u>	<u>New Concept Organic Dentifrice</u>
<u>Ultra Brite Toothpaste</u>	<u>New Concept Organic Dentifrice (260 brushings from 1 tube)</u>



## OTHER

<u>Most Home and Garden Pesticides</u>	<u>Basic-H / Basic-G <i>pests in the house</i></u>
<u>Old English Furniture Spray</u>	<u>Basic-H2 – can be used on wood</u>
<u>Many Cat Litters</u>	

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In the work place, Material Safety Data Sheets (MSDS) must accompany any product used. The work place and the outdoors are considered "legal environments" while the air in homes is not. So regulations for outdoor air pollution and toxins in the workplace are much stricter than in the home.

\*Health Effects of Chemical Exposure Chemical exposure presents a real danger to you and your family's health and well-being.

**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, household cleaners and pesticides.

\*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 epidemic in schools today.** Behavioral problems have long been linked to exposure to toxic chemicals and molds.

\*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.

\*Chemical and environmental sensitivities are known to cause all types of headaches.

\* **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.**

\*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.

\* Chemicals in Household Products There are more than 3 million poisonings every year. Household cleaners are the Number ONE cause of poisoning of children. The top three culprits according to Poison Control: Household cleaners, bleach and medications.

\* **Formaldehyde is one of the largest indoor pollutants in our homes. Symptoms caused by formaldehyde are allergies, cancer, immune system failings, and asthma.** Products containing Formaldehyde include: antiperspirants, mouthwash, toothpaste, Tupperware, permanent press clothing, floor waxes, furniture polishes, baggies, coffee, wax paper, and paper money.

\*Phenols are a major indoor pollutant. Phenols are absorbed by lungs, and skin. Symptoms include caustic burns, kidney and liver damage and hyperactivity. **Products containing Phenols include: acne medications, baking powder, computers, TV sets, mouthwash, sugar substitutes, and wallpaper.**

**TRUSTED BRANDS?**

\*Do you think the major products are safe? WRONG! **Lysol© is even more dangerous than we thought. It contains phenols and dioxin (Agent Orange).**

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*Where does it stop?*

**Dave & Heidi Carlstedt**

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<u>Behold Furniture Wax</u>	<u>Wood can be cleaned with Basic-H2-will not dry wood out</u>
<u>Bon Ami Foam Cleaner</u>	<u>Basic-H2</u>
<u>Citri-Solv</u>	<u>Dish Wash / Basic-H</u>
<u>Dawn Sureshot</u>	<u>Dish Wash Liquid Concentrate</u>
<u>Depend-o Blue Toilet Cleaner</u>	<u>Basic-H / Scour Off Heavy Duty Paste</u>
<u>Endust</u>	<u>Basic-H (You don't have to dust as often with Basic-H2!)</u>
<u>Fantastik All Purpose Cleaner</u>	<u>Basic-H2</u>
<u>Formby's Lemon &amp; Almond Spray</u>	<u>Basic-H2</u>
<u>Formula 409</u>	<u>Basic-H2</u>
<u>Glass Plus</u>	<u>Basic-H2</u>
<u>Joy Dishwashing Liquid</u>	<u>Dish Wash Liquid Concentrate</u>
<u>Kleen King Aluminum and Copper Cleaner</u>	<u>Scour Off Heavy Duty Paste</u>
<u>KR2 Spot Lifter</u>	<u>Fresh Laundry Liquid Concentrate / Basic-H</u>
<u>Lemon Pledge</u>	<u>Basic-H2</u>
<u>Lysol disinfectant (all scents)</u>	<u>Basic-G</u>
<u>Palmolive Dishwashing Liquid</u>	<u>Dish Wash Liquid Concentrate</u>
<u>Murphys Oils Soap Liquid Spray</u>	<u>Basic-H2</u>
<u>Pine-Sol Multi-Action Spray</u>	<u>Basic-H2</u>
<u>Pledge Household Cleaner</u>	<u>Basic-H2</u>
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<u>Scotts Liquid Gold</u>	<u>Basic-H2</u>
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<u>Simple Green</u>	<u>Basic-H2</u>
<u>Soft Soap</u>	<u>Hand Wash Concentrate</u>
<u>Spray and Wash Stain Remover</u>	<u>Basic-H2 / Fresh Laundry Liquid Concentrate</u>
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