TOXINS: let's identify and remove them from our homes
to learn more about creating your chemical free home,
visit thechemicalfreehome.com

To use your guide:

1. Cut along outer black line
2. Fold on grey lines

ALUMINUM

WHY WE HATE IT: linked to nerve damage, brain disorders, and breast cancer. It also causes skin irritation.

WHERE YOU'LL FIND IT: deodorants and vaccinations

CETEARETH-20

WHAT IT IS: a thickening agent containing ethylene oxide and dioxane

WHY WE HATE IT: it has been found to have carcinogenic properties, and even at low doses can cause skin irritation.

WHERE YOU'LL FIND IT: lotions, conditioner, skin cleansers, and baby wipes

FRAGRANCE

WHY WE HATE IT: an undisclosed collection of toxic chemicals

WHY WE HATE IT: short-term toxicity includes coughing, skin irritation, headaches, nausea, and irritability. Long-term toxicity includes cancer, lung disease, heart disease, and reproductive complications.

WHERE YOU'LL FIND IT: scented candles, sprays, perfumes, lotions, fragrance oils, shampoo, conditioner, hair spray, and cosmetics.

ISOPROPYL ALCOHOL

WHAT IT IS: a drying agent and solvent

WHY WE HATE IT: highly flammable and should be kept away from open flames and heat sources (like your dryer!). Inhalation can depress nervous and respiratory systems. Poisoning can occur from ingestion and/or skin absorption.

WHERE YOU'LL FIND IT: as a stand-alone in DIY formulations; in "gas dry" fuel additives; and in hand sanitizer.

Please consider the safer alternative of witch hazel or vodka as your natural base in DIY recipes.

MINERAL OIL

aka: liquidum paraffinum, paraffin oil or wax, petroleum jelly, and petrolatum

WHAT IT IS: a derivative of petroleum

WHY WE HATE IT: clogs pores, prevents skin from releasing toxins, and leads to cancer after prolonged exposure. Inhaling causes respiratory distress. Ingested, it blocks absorption of nutrients.

WHERE YOU'LL FIND IT: petroleum jelly, shampoo, lotion, and baby oil

PABA

WHAT IT IS: Para-Amino Benzoic Acid, a close cousin to oxybenzone

WHY WE HATE IT: UV rays can break it down and release free radicals, which can damage DNA

WHERE YOU'LL FIND IT: sunscreen

PARABENS

aka: methyl, ethyl, butyl...

WHAT IT IS: controversial preservatives

WHY WE HATE IT: a 1996 study biopsied 20 breast cancer tumors and found parabens in the tissue of each. The conclusion: "detection in human breast tumors is of concern as parabens have been shown to mimic the action of estrogen."

WHERE YOU'LL FIND IT: cosmetics, bath and body products, shampoos and conditioners

PHENOXYETHANOL

WHAT IT IS: a preservative and stabilizer

WHY WE HATE IT: neurotoxin and known carcinogen

WHERE YOU'LL FIND IT: cosmetics, soaps, shampoos and conditioners, lotions, moisturizers, perfumes, sunscreen, hair color, nail polish, and baby wipes

PHTHALATES

WHAT IT IS: chemical that makes plastics flexible

WHY WE HATE IT: interferes with hormones and mimics estrogen when absorbed

WHERE YOU'LL FIND IT: plastic packaging, lotions, cleaners, nail polish, and glues

TALC

WHAT IT IS: a clay mineral when crushed into powder is known as talcum powder

WHY WE HATE IT: linked to Ovarian Cancer (60% increased risk when used in the genital area and a 90% increased risk when using feminine deodorant products)

WHERE YOU'LL FIND IT: cosmetics, baby powder, feminine powder fragrance

UREA

aka: diazolindyl urea and imidazolidinyl urea

WHAT IT IS: a preservative, created from ammonia and carbon dioxide

WHY WE HATE IT: synthetic urea releases formaldehyde (a KNOWN carcinogen)

WHERE YOU'LL FIND IT: cosmetics, bath products, face wash, skin serums, and body sprays

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thechemicalfreehome.com

THE CHEMICAL FREE HOME

IDENTIFYING 11 TOXINS

THE CHEMICAL FREE HOME

DO YOU REALIZE MOST PEOPLE GO THROUGH LIFE ACCEPTING MOST THINGS AS "NORMAL?"

FRIENDS, YOU ARE NOT MOST PEOPLE. AND IT'S TIME TO START QUESTIONING THE STATUS QUO.

Let's start with your home environment. Let's take a peek at your most commonly used products and do a once-over on the ingredient list. Here is what I encourage you to look for today: 11 TOXINS. Here we go!