



Healthy Home Cleaning Products

Could the products you use to clean your house be exposing you and your family to health risks?

Many conventional cleaning products leave the indoor air polluted with toxic petrochemical VOCs. On top of this manufacturers attempt to mask the smell with toxic synthetic fragrances. When these cleaning products are used on a regular basis in an enclosed space such as the home, the VOCs build up. When the chemicals evaporate they are transported to the brain. Cleaning product VOCs have been implicated in headaches, dizziness, skin rashes, watery eyes, and respiratory problems. Asthma can even be caused or worsened by domestic cleaning products.

Repeated exposure with certain chemicals can cause harm to a fetus including developmental defects such as autism, brain and nervous system damage and cancer. The chemicals cross the placenta, travel through the umbilical cord and affect the developing fetus.

The following are easy and safe solutions that will protect you and your family:

Use household plants as natural filters:

They can eliminate between 40%- 90% of toxins in the air. Photosynthesis is the process through which plants use water and light to produce their own food. They take in carbon dioxide and other substances from the atmosphere and release oxygen. This results in cleaner air. The following plants are most effective:

- Areca Palm
- Lady Palm
- Bamboo Palm
- Rubber Plant
- Dracaena

Use alternative all-purpose, glass and cabinet cleaners:

Ammonia is the main ingredient in these conventional products. This is poisonous if ingested and if combined with chlorine it produces a toxic chlorine gas.

Use chlorine free scouring powders or baking soda.

For windows and mirrors mix white vinegar with water.

Buy products from Seventh Generation or Earth-Friendly Products.

Use alternative drain and oven cleaners:

The ingredients in these conventional products emit dangerous fumes and can be harmful when they enter the body through the skin or via inhalation. To unclog the sink pour 1/2 cup baking soda down the drain, followed by 1 cup of vinegar. Let mixture bubble for 15 minutes, then let hot water run for 1-2 minutes. To clean the oven use Seventh Generation Natural Citrus Cleaner and Degreaser.

Alternative cleaning products for all household cleaning purposes can be purchased at Whole Foods, My Organic Market and at most supermarkets. Look for the following brands:

- Seventh Generation
- Howard Naturals
- Sun and Earth
- Mrs. Myers

To learn more about non-toxic cleaning products and green living check out: www.care2.com. Annie Bond is an expert in non-toxic household products.



Source:

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