

## Fragrances are like the second-hand smoke of the 21st century.

By design, they waft and stick to other people.



**Prominent institutions are adopting fragrance-free policies with benefits to employee health and productivity. They include:**

- The American Lung Association
- Centers for Disease Control
- Harvard Medical School's teaching hospital, Brigham and Women's
- City governments (e.g., Detroit)
- Professional academic societies (e.g., American Anthropological Association)
- Numerous Canadian universities
- And now some US colleges (Portland State and Evergreen).

Within the UC system, the UCLA's Center for the Study of Women is leading the way with its "Spare the Air" campaign.

### Did you know?

In January 2016, a British teenager died from the fumes after applying too much Body Axe!



Besides, what if you met the love of your life and s/he was allergic to fragrances?

**Let others smell your real pheromones, not phthalates!**



Of the roughly 85,000 synthetic chemicals in commerce, 62,000 were grandfathered into U.S. law without any testing. Still today, over 90% have never been tested for basic toxicity and less than 1% for carcinogenicity or other health effects. Since it was established in 1970, the EPA has only managed to ban 5 chemicals, and the FDA only about a dozen since 1932. Compare this with the EU's more proactive and precautionary regulatory system that has removed more than 1,100 chemicals from personal care products since 2006!

**In the US, we are all the guinea pigs!**

Coal miners used to take canaries with them into the mine shafts. They served as an early warning of dangerous gases. If the canaries died, they warned the miners that conditions were unsafe and gave the miners time to get out.



Children, cancer survivors, and the chemically sensitive — we are the canaries in the mineshaft of modern life.

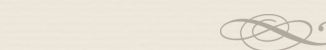
**Pay attention to the canaries!**

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## Not so sweet . . . .



Scientific studies show that **about 30%** of the population find synthetic fragrances unpleasant or irritating. For the 1-3% of the population with severe environmental illnesses and autoimmune diseases, fragrances are truly debilitating. They can cause migraines, memory loss, nausea, fatigue, joint and muscle pain, brain swelling, and even anaphylactic reactions.

**For more information, see:** Dr. Anne Steinemann's (Professor of Civil Engineering, Melbourne University) peer-reviewed research on the rising prevalence of chemical sensitivity and the hazards of fragrances.

<http://www.drsteinemann.com/publications.html>

*Second in our series about how to help your children live healthier and concentrate better in school.*

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## But I don't wear perfume.....

Well, fragrances are also hidden or incorporated into many other consumer products—from scented candles to air fresheners to personal cosmetics. Even products that claim to be "unscented," "organic," or "natural" may still have fragrances or "parfum" in the fine print of the ingredients. Look for "fragrance-free" items.

## ALTERNATIVES

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**SKIN DEEP:** The non-profit Environmental Working Group has a searchable database that ranks the hazards of personal care products on a scale of 1-9.



**FREE AND CLEAR:** Almost all grocery stores now stock eco-detergents that get your clothes just as clean. Biokleen has an excellent sports liquid & Seventh Generation, Planet, & Ecos are also trusted brands



**DITCH YOUR DRYER SHEETS:** They contain neurotoxins like camphor & chloroform. They also release formaldehyde and other VOCs into laundry rooms. For wrinkle free clothes, buy a set of wool dryer balls from Amazon for \$15 & reuse forever.



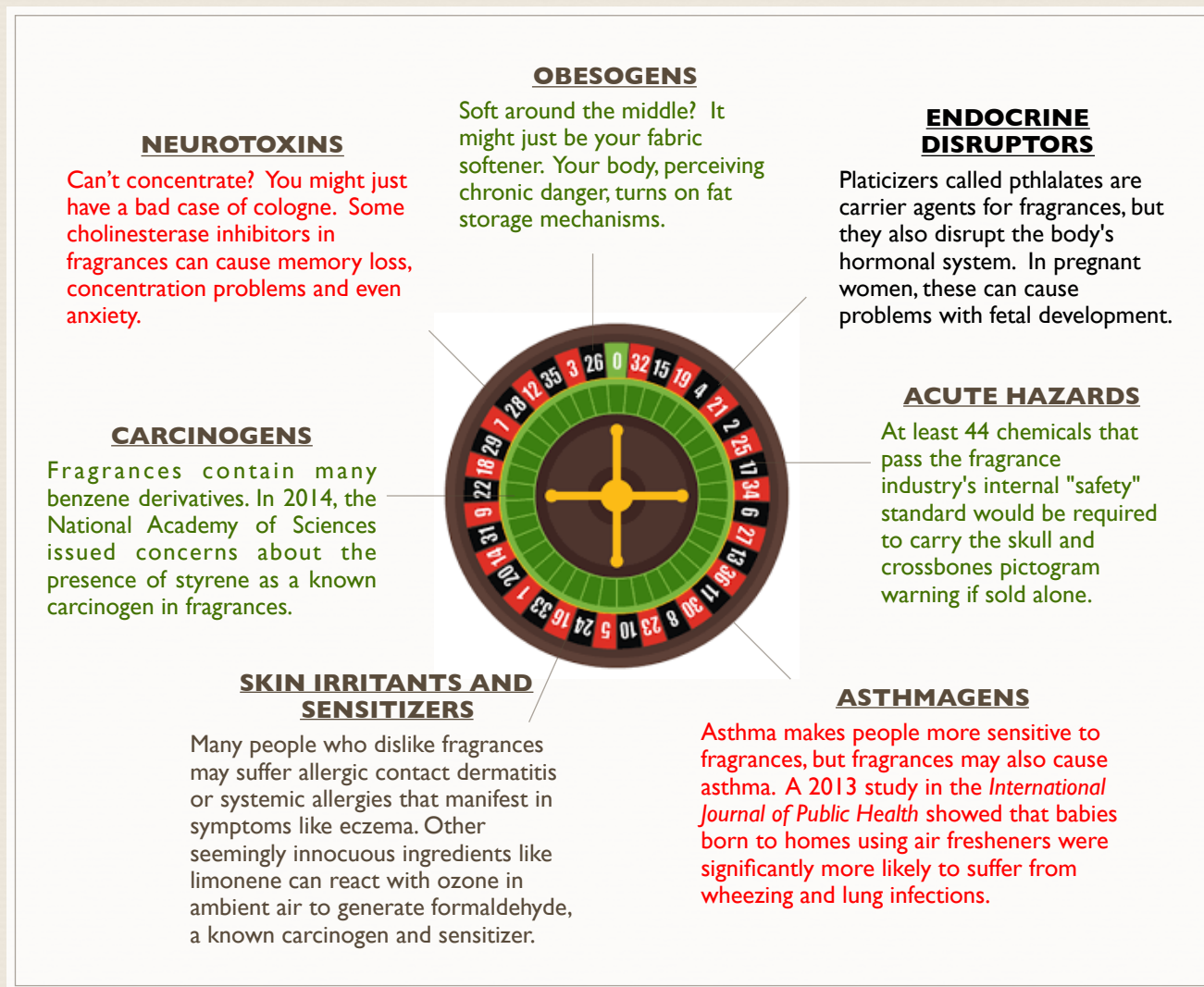
**SIMPLE INGREDIENTS.** Buy things with ingredients you can pronounce. Make your own moisturizer from coconut oil, use plain argan oil for sleek hair. You can get good deals and search for "fragrance-free" cosmetics on online pharmacies like [vitacost.com](http://vitacost.com)



**ZEOLITE:** Pet stores and big box stores sell deodorizer bags of a volcanic rock called zeolite that you can reuse forever. Unlike so-called air fresheners, they remove bad odors rather than simply masking them with stronger chemicals.

## The Unknown Health Roulette of Ingredients in Fragrance

Manufacturers can avoid chemical disclosures simply by claiming them as a trade secret. "Fragrance" in personal care products has become a covert legal category just like "natural flavors" in processed food. Under this catch-all heading, the fragrance industry might be using **any of a list of 3,000+** synthetic chemicals, as well as bizarre natural substances like whale vomit, deer urine, and civit feces!



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