

Do you assume that some governmental agency is protecting you as a consumer? Think again. U.S. law considers chemicals safe until proven guilty. Here are the facts:

- Of 85,000 new synthetic chemicals released into the environment in the 20th century, less than 10% have been tested for basic toxicity and <2% for carcinogenicity.
- The 1976 Toxic Substances Control Act grandfathered in 65,000 chemicals already in commerce *without any further study*.
- Although the European Union has now banned more than a *thousand* household and personal care products, the U.S. Food and Drug Administration (FDA) has only regulated 11 since 1938!



Huh?! There is chloroform in laundry sheets? Doesn't that knock out a person, like in the movies?

Yes, chloroform is not just an anesthetic, but it's also a suspected carcinogen and brain damaging agent. **A lot of people who are scent-sensitive to laundry products report drowsiness as a symptom of exposure.** But the chemical industry won't tell you chloroform is there, because it can claim fragrance ingredients as "trade secret." Besides chloroform, here are **other harmful ingredients** that scientists have discovered in scented laundry products:

- 1,4-dioxane - human carcinogen
- camphor - central nervous system damage
- thymol - eye and skin irritant
- phenol - irritant, poison and vesicant
- styrene - mutagen and carcinogen
- trimethylbenzene - kidney and liver disease
- benzyl acetate - linked to pancreatic cancer
- a-terpineol - respiratory problems
- linalool - narcotic and central nervous system problems



Softeners contain "quats," a group of ammonium compounds that are especially linked to asthma. Other ingredients may react with ozone in ambient air to generate formaldehyde. Yes, you read that right. Your fabric softener may be generating a cloud around you of the same chemical used for embalming people!



Children, cancer survivors, and chemically sensitive people— we are the canaries in the mineshaft of modern life. Scientific studies show that an estimated 15-30% of the population find synthetic fragrances unpleasant or irritating.

Toxic substances affect children's health even more than adults, because pound for pound, children breathe more air, drink more water, eat more food and have more skin surface. Babies' soft skin is especially permeable.



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.



For your own sake, listen to the canaries!

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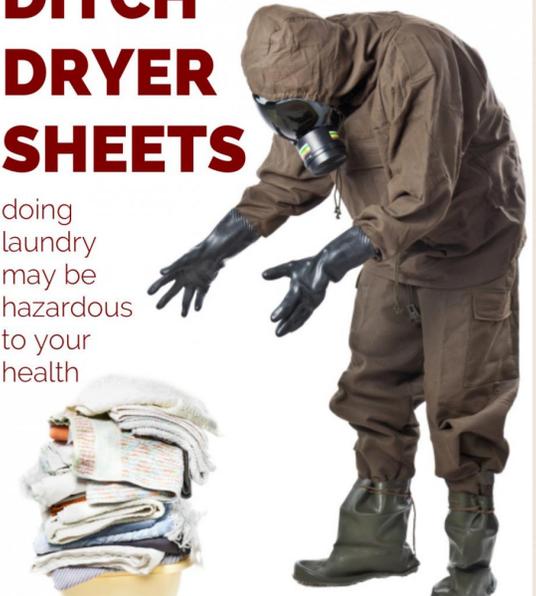
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DOES YOUR LAUNDRY STINK?



DITCH DRYER SHEETS

doing laundry may be hazardous to your health



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



This device emits unregulated toxic chemicals to the entire neighborhood when you use conventional laundry products

Dr. Anne Steinemann, a civil engineer from the University of Melbourne, studied the emissions from residential dryer vents and found more than 25 hazardous volatile organic compounds (VOCs) in the fumes, including:

- Two carcinogens: acetylaldehyde and benzene (linked with leukemia and lymphoma), and
- Seven other hazardous air pollutants

Most were not listed as ingredients.

Steinemann, A.C., Gallagher, L.G., Davis, A.L., et al (2013). "Chemical Emission from Residential Dryer Vents During Use of Fragranced Laundry Products." Air Quality, Atmosphere & Health 6 (151). <https://doi.org/10.1007/s11869-011-0156-1>

If children are exposed to laundry fragrances 27/4 from birth onwards, how would you know how they might behave or think otherwise?

Fragrances in laundry are suspected to cause **asthma**, **eczema**, developmental delays, memory problems, birth defects, even cancer.

- ★ Because synthetic fragrances can also cross the blood-brain barrier and **disrupt neurotransmitters**, they can exacerbate mental issues including anxiety, depression, and ADHD.
- ★ Because synthetic fragrances contain "**endocrine disruptors**," they can alter the hormone system and food metabolism.

Many people report losing weight effortlessly and thinking more clearly after ditching fragranced laundry products.

To learn more, join the

Woodland Coalition for Green Schools on Facebook:
www.facebook.com/groups/1250758841694750/
and follow our #TuesdayTips

or email:
woodland.green.schools@gmail.com

or call: (530) 309-6258



scan this code to sign up for our email list

WHAT ARE THE ALTERNATIVES?

The nonprofit organization, Environmental Working Group, www.ewg.org offers ratings and advice on cleaning products <https://www.ewg.org/guides/cleaners> and personal care products <https://www.ewg.org/skindeep/>

Note: It may take 8-10 washes to fully strip your clothes of synthetic fragrances once the waxes of fabric softeners are baked in. You can speed up the process by adding lemon juice concentrate to the cycle (in the bleach container).



FRAGRANCE FREE LINES: \$0.00 MORE

Ounce for ounce, "fragrance-free" detergents cost virtually the same as fragranced brands. Make sure you buy "fragrance-free." Some unscrupulous companies put synthetic fragrances in "unscented" labels. The mainstream brands offer "free and clear" varieties. These are better than the scented lines, but contain other worrisome chemicals. Two recommended brands are to the right.



Biokleen has an excellent sports laundry & Seventh Generation, Planet, and Ecos are also very trusted brands

DRYER BALLS: \$10 FOR 6

You can buy them at Target, Amazon, almost any large store these days. They are reusable for life! They remove static cling and keep clothes separated and help them dry faster and more wrinkle free. *If you really want a scent, put a few drops of lavender or another essential plant oil onto the balls.*



EXTRAS: <\$10

- Vinegar is a good substitute for fabric softener.
- Oxygen bleach can brighten your clothes without the hazards of bleach.
- Baking soda, washing soda, and borax (all found in the cleaning aisle) help boost detergents in hard water.



Any vinegar will do. Buy it on sale and store for later use!