

The Wellness Family

Dr. Roller Keeps You Informed

Hidden Health HAZARDS In Your Home

Home sweet home. We tend to think of our homes as the safe haven from danger, a secure place. As the environmental reports grow more disturbing, we've come to consider our home an oasis of safety from pollution when the reality is quite the opposite.

Indoor air pollution is now a major health hazard. Today's smaller, energy-efficient homes trap indoor air pollutants and hazardous chemicals resulting in the air inside your home being worse than outdoor pollution. Studies by the federal Environmental Protection Agency have shown that indoor air levels of many pollutants maybe two to five times and occasionally, more than 100 times higher than outdoor levels. This raises greater concerns with the average family that spends more than 90% of their free time indoors.

Cleaning Solution Pollutants

One of the greatest attributing factors to indoor pollution is hazardous cleaning products. While we've been led to believe that spraying the germ killing agent all over our house is going to keep our family safe, the truth is that the chemicals in that aerosol can are just adding to the problem.

Consider the following when reaching for your usual cleaning solutions:

- Glass or general-purpose cleaners
 - Chemical Content – Ammonia, which is a powerful eye and respiratory irritant, may trigger asthma and can typically lead to bronchitis and pneumonia.
 - Natural Solution – Replace with water and white vinegar or lemon juice mixed for cleaning windows and baking soda or Borax as a general all-purpose cleaner.
- Toilet bowl deodorizers and fumigants
 - Chemical Content – Paradichloro-Benzene, a common ingredient, is a proven carcinogen or cancer-causing agent.
 - Natural Solution – Use baking soda or vinegar.

- Furniture polish, heavy-duty cleaners and car wax
 - Chemical Content – Petroleum distillates are commonly found in these products and have proven to be an eye, skin and respiratory irritant as well as may contain traces of benzene, which is a carcinogen.
 - Natural Solution – Any citrus oil-based products, cedar oil, olive oil, white vinegar or a mix of olive oil and lemon juice can and should be used instead.



“All cleaning products are harmful or fatal if swallowed.”

- Household Bleach
 - Chemical Content – While bleach has been lauded as the perfect cleaning agent, disinfectant and deodorizer, the manufacturers fail to mention that it is corrosive, an eye, skin and respiratory irritant and especially hazardous to those with heart conditions or asthma.
 - Natural Solution – Your safest choice is to never use bleach again, opting instead to use Borax soap, baking soda or hydrogen peroxide when necessary

When in doubt you can never go wrong with vinegar and water, the safest cleaning solution available to the concerned parent.

What's in a Word?

Perhaps this all seems a little overdramatic; however, consider for a moment the many cleaning agents in your home: bleach in the laundry room, furniture polish

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and car wax in the garage, toilet bowl cleaner and heavy-duty cleaning supplies under the bathroom sink or in the hall closet. Then consider this: all cleaning products are harmful if swallowed and so, as a matter of safety, labels usually contain a "signal word" that designates the level of toxicity of the product.

- DANGER indicates the product is highly toxic (just a pinch can kill an adult)
- CORROSIVE means that the product can burn the skin or eyes
- FLAMMABLE tells us that the product has a high flash point and can be ignited by a spark or open flame contacting its vapors
- WARNING means this particular product is moderately toxic (it would take a little more than a teaspoon but under an ounce to kill an adult)
- CAUTION indicates that this product is only slightly toxic (more than an ounce would be required to produce a toxic effect in an adult)

It is important to note that children are far more susceptible to being harmed or killed by these types of products compared to adults. Since they are so much smaller with a greater heart and respiratory rates, the toxins travel much faster through their little bodies. Generally only a fraction of the toxin that would harm an adult will kill a child.

Parent Beware

If you're thinking that you'll avoid this problem by making sure to only buy the cleaners with a "caution" note and avoid the "danger" label, there's a small problem. Not all cleaning products will have any warning and unfortunately they're not required to list all

of their ingredients. Only 1% of all toxins are required to be listed on labels, since manufacturers classify their formulas as "trade secrets".

The only way to truly ensure that your family is not at risk is to use natural solutions to this chemical problem.

The Chiropractic Factor

Your family Chiropractor knows that a healthier lifestyle will help you avoid the chemical triggers that may cause Vertebral Subluxation. For instance, there are several toxins and common chemicals found in dry cleaning solutions and pesticides that have been proven to affect the central nervous system. So, take a moment today to discuss any concerns you may have with your doctor of Chiropractic.

Taking the first steps:

1. Check your home for toxic and chemical cleaners.
2. Discard all spray bottles that contain bleach or ammonia and water.
3. Replace with vinegar and water or lemon juice and water.
4. Discuss your concerns with your family Chiropractor.

FOR MORE INFORMATION

International Chiropractic Pediatric Association at www.icpa4kids.org

Mothering Magazine at www.mothering.com

Dear Parent,

Dr. Roller is dedicated to providing you with the absolute best in family wellness care and along with that dedication comes an understanding that an informed parent makes wise decisions for their child. So, take a moment today to speak with your family wellness Chiropractor.

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