

# Recommendations to Reduce Exposure



## Toxicants | Chemicals- Personal | Cleaning | Laundry Care Products

### If you ...

Smell 'fragrant smells' wafting out of nooks and crannies in your home, sense 'perfumed scents' emanating from your personal care products, array of cleaners and laundry care? these can either be a wonderful sensation for some and for others, an adverse health trigger, literally taking their breath away or irritating and getting under their skin. Toxicants, more commonly known as man-made chemicals, are everywhere and most of them are found in the products you buy, what you bring into your home, this means anything before the air enters the front door. Majority of these toxicants have never been tested, where regulation is inadequate and fails to consider the associated health risks.

### You can ...

Identify and address the source of chemical toxicants by eliminating and /or removing them

- Personal care products including makeup, soaps, shampoos, creams that contain perfumes, phthalates, SLS, paraffin, Cap B, propylene glycol.
- Cleaning care products – fragrances, air fresheners, deodorisers, bleach, ammonia and its compounds found in window oven and floor cleaners, solvents, citrus based products containing d-limonene, aerosols.
- Laundry care products such as washing powders that dissolve inadequately, fabric softeners, dry cleaning

### You can ...

Substitute items for ones of lesser risk

- Use products with ingredients that do you no harm, are beneficial to your skin, health and the environment naturally.
- Replace hazardous products containing chemicals with less hazardous ones you can read on the label.
- Use plant or mineral based ingredients that tend to be environmentally friendly.
- Use microfibre cloths instead of chemical-based cleaning products.
- Replace irritating laundry and personal care products with less irritating ones.
- I personally use and recommend Abode laundry and cleaning products found in selective health food stores and online. The range is sourced and manufactured by a Building Biologist colleague.
- Replace air fresheners with essential oils in diffusers (Assess if you or other occupants can tolerate or avoid).

### You can ...

- Store products and chemicals in cabinets and /or rooms away from children
- Contain chemicals and unsafe liquids in sealed containers with automatic dispensers
- Improve air quality in non-ventilated rooms with an air purifier, read about them here: <https://www.miteyfresh.com.au/tips/best-air-purifier-tips/> and: <https://www.miteyfresh.com.au/product-category/quality-indoor-air/>

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### You can ...

- Know your cleaning, laundry and personal care products by becoming familiar with material safety data sheets (MSDS or SDS)
- Check out Eco versus mainstream Radiant laundry care products here: <https://www.hellonaturalliving.com/laundry-powders-smackdown-eco-vs-mainstream/>
- Keep exposure to perchloroethylene emissions from newly dry-cleaned materials to a minimum.
- Perchloroethylene is the chemical most widely used in dry cleaning. Some dry cleaners, however, do not remove as much perchloroethylene as possible all of the time.
- Taking steps to minimize your exposure to this chemical is prudent.
- If dry-cleaned goods have a strong chemical odor when you pick them up, do not accept them until they have been properly dried.
- If goods with a chemical odor are returned to you on subsequent visits, try a different dry cleaner.
- Open windows and doors encourage good ventilation and air exchange.
- Open curtains encourage natural light
- Apply makeup and personal care products as required
- Take shoes off outside home before entering, wear washable socks and / or slippers inside
- Regular HEPA filter vacuum with motorised power head effectively removes dust and chemical contaminants once a week or at least fortnightly.
- Check vacuum filters and bags if applicable after each vacuum. Empty and dispose of bag thoughtfully after every vacuum.
- An option is to store vacuum in sealed plastic tub to ensure contents do not contaminate other items in storage cupboard.
- Pre filters wash regularly. HEPA filters dust and / or replace every 3 months.
- Soak in cold water and wash new clothing and bedding prior to wearing or using them and dry in full sun.
- Pay particular attention to items that are dark coloured and / or blue coloured.
- Regular weekly washing of bed clothes, hot wash in dissolvable powder and / or liquids to remove personal contaminants brought into the home.
- In order to prevent exposure to dust particles, allergens wear a P2 particulate filter mask
- Ask someone else to apply products and / or to clean for you
- Change clothes and bathe after cleaning.
- The foundation of cleaning products here: <https://www.miteyfresh.com.au/indoor-air-quality/5-common-household-products-can-use-clean-home/>
- Together with Danielle we created your Naturally home DIY Homemade Cleaning Products Box <http://www.naturallyhome.com.au/p/naturally-home-diy-homemade-cleaning-products-box/NH-1359>.
- Naturally Home - Danielle Shirley and her family offer a boutique collection of plant based, non-toxic products (including Aboderange), for every room in your home and more. <http://www.naturallyhome.com.au/>
- Emporio Organico – Kitsa Yanniotis and her family offer food and lifestyle needs for you and your family and more. <https://emporioorganico.com.au/>

### You will ...

Eliminate chemicals! It can be quite challenging and rewarding! Minimising chemical exposure is recommended by Building Biologists, major Australian and International chemical medical opinion leaders to provide significant relief from adverse health effects.