

Spring Cleaning Could Be Hazardous To Your Health

The Real Dirt On Clean

Do you have toxic waste in your home?

Some food for thought - There are over 75,000 chemicals registered with the EPA and less than 20% of them have been tested for toxicity.

That leaves at least 60,000 different chemicals out there that have never been tested to find out if they are toxic and what health issues they could cause.

A few statistics for you:

- **More than 90%** of poison exposures occur in the home.
- 218,316 reported poison exposures in 2005 were from household cleaning products.
- **121,498 children under the age of 6** were poisoned by household cleaners in 2005.
- **Bleach** is the **number one** household chemical involved in poisoning.
- Animal poisoning exposure cases totaled 131,336 in 2005 with dogs accounting for 89% of the cases.

(Source: Annual Report of the American Association of Poison Control Centers' National Poisoning and Exposure Database, 2005.)

Now, I'm not giving you all these frightening statistics to scare you out of cleaning your house. I just think you should know that right now you have toxic items under the sink in your kitchen, bathroom, utility room, or wherever you keep your cleaning products. Information that the big brand name household cleaning products companies are not readily sharing with you.

Why? Simply stated, profits. Yup, that's right. You, your family, and our planet are put at risk and exposed toxic chemicals every day in the name of profits.

Oh sure, they put warnings and cautions *in fine print* on the labels. But, unless a consumer product is registered with a government entity, it will NOT list out the specific ingredients or the specific amounts of any formula ingredient. Typically you will only see a general descriptions, like the main active ingredient, rather than the long list of specific ingredients.

You might be thinking, why is that important? If they did list out all the specific technical names for each ingredient in the cleaning product, they would just be meaningless technical jargon, right? Well, they shouldn't be.

Like the ingredients of the food we put into our mouth, we should know what we are washing our dishes with, wiping down our

countertops, and washing our clothes in, because residue is left behind that can find its way into our bodies. The products you use to clean your house are a part of your healthy lifestyle.

Toxic ingredients you should know

- **Sodium Hydroxide:** causes 75% of all caustic injury to the esophagus of kids under 5 years old; can cause burns in tissues, chronic skin irritation, irritation to the respiratory tract, liver & kidney damage. Found in- Clorox Clean Up Spray with Bleach; Soft Scrub Liquid Gel; Lysol Toilet Bowl Cleaner; Comet Cleanser with Bleach; Clorox Bleach Pen; Tide Ultra Liquid.
- **Hydrochloric Acid:** Can cause severe damage to skin and eyes; throat irritation even when exposed briefly and at low levels; linked to reactive airways dysfunction syndrome (sounds like asthma to me). Found in- Lysol Toilet Bowl Cleaner; Lime-A-Way Bowl Cleaner; Febreze Laundry Odor Eliminator.

After reading this you might say, if these chemicals are all that dangerous wouldn't we all be dead by now?

To that I say, it's kind of like smoking. We all know that smoking is linked to lung cancer. But every single person who ever smoked doesn't get lung cancer. Being exposed to these chemicals on a regular basis has been linked to the health problems talked about above.

So it all boils down to this...*Do you feel lucky?* We aren't just talking about ONE chemical in your home. We are talking about lots of these things mixed together in a chemical soup. **Is it worth the risk?**

Switch to a green, safe, and powerful clean this month for the good of your health and the planet.

Do your homework! Before you start your Spring Cleaning, consider the ingredients in the cleaning products you are using. To find out what's lurking under your sink, go to the National Institutes of Health Library of Medicine Household Products Database - www.householdproducts.nlm.nih.gov/ingredients.htm

You can search almost any brand of cleaner you use, find out what's in it, and uncover its links to health effects. Or search chemical ingredients (see the next page for a few examples) and discover what brands contain it. The information may shock you.

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The Real Dirt On Clean.

You know that good, healthy feeling you get when you've just cleaned house? Sorry to spoil it, but you may have just made your home dirtier.

Think of it this way. You wouldn't let your kids play with toxic chemicals, so why would you let your baby put the toy in it's mouth that you just wiped off with bleach containing sodium hydroxide? That's much more dangerous than the dust or germs that were just on it.

How dangerous? Just take a look at these statistics.

- ◆ Common chlorine bleach is the **#1 household chemical** involved in poisoning. *The chemical known as hypochlorite in bleach causes more poisoning exposures than any other household cleaning substance.*
- ◆ Organic pollutants, found in many common cleaners and even air fresheners, are found at levels **2 to 5 times higher inside your home** than out.
- ◆ A person who spends 15 minutes cleaning soap scum off shower walls **could inhale three times** the "acute one-hour exposure limit" for glycol ether-containing products set by the California Office of Environmental Health Hazard Assessment.
- ◆ Common cleaners give off fumes that can potentially **increase the risk of kids developing asthma**, the most common chronic childhood disease.
- ◆ **1 in 13** school-aged children has asthma. Rates in children under five have **increased more than 160%** from 1980—1994.
- ◆ **Children are highly vulnerable to chemical toxicants.** Pound for pound of body weight, children drink more water, eat more food, and breathe more air than adults. The implication of this is that children will have substantially heavier exposures than adults to any toxicants that are present in water, food, or air.
- ◆ If your home is anything like the average U.S. home, you generate **more than 20 pounds of household hazardous waste** each year, and can accumulate as much as 100 pounds of household hazardous waste in your basement, garage, and storage closet.
- ◆ **176,000 tons** of household waste from cleaning products generated annually. Cleaning products make up about 11.5% of the 1.6 million tons of household waste annually.

As you know, I'm a BIG fan of the Shaklee products...and not just the incredible nutritional products like Shaklee Basics Multi-Vitamins/Minerals, Physique Workout Maximizer and Cinch Weight Loss, but also their household cleaning products. I believe in this company and the ethical, moral stand they take in the corporate jungle. There's a reason Shaklee nutrition is used by many Olympic and professional athletes, NASA and others - and there's a reason National Geographic and world renowned explorer Will Steger have teamed up with Shaklee to do a global warming impact study. The bottom line is you simply won't find better products that work as promised, and a better, more socially conscious company to buy them from. My household is a Shaklee household through and through, and that's why I enthusiastically endorse them to you, too! Shaklee (and I) stand behind all these products 100%. If you're ever dissatisfied in any way, just tell me, and you'll get ALL your money back, no questions asked. **Happy Earth Day!**

P.S. Please feel free to call me directly with any questions at (903)663-0246.

Now You Can Save \$3,264.55 AND Help Save The Planet With The **SAFE, POWERFUL** (outperforms 12 national brands), **GREEN** and **SMART** Get Clean Starter Kit Including **EVERYTHING** You Need To Clean Your Home - Bathroom to Bedroom, Kitchen to Carpet, Dishes to Laundry - And It's **ALL Hypoallergenic, NON-TOXIC, With No Hazardous Chemicals**

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- Automatic Dishwasher Concentrate
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- Nature Bright Dispenser



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They're baaaack! Springtime seasonal allergies...

Why do you have allergies?

Seasonal allergies, also known as hay fever (technical name: allergic rhinitis), are basically a sign of an immune system in overdrive. It's not clear why but when some people encounter, say, ragweed pollen, their immune system misreads it as a dangerous outsider and releases an antibody called immunoglobulin E (IgE). This causes inflammation of the mucous membranes that line your nose, mouth, and lungs. Before you know it, your eyes itch, your nose runs, and your throat tickles. Welcome to what feels like cold and flu season, even though no amount of chicken soup can make you feel better.

Roughly one in seven Americans has allergies, but reliable stats are difficult to pin down. Some people suffer from mild allergies and don't know it, while others claim to be allergic to everything from perfume to cigarette smoke to their mothers-in-law. But one thing is obvious to any allergy doctor: "Over the past two or three decades, allergy incidence is on the rise," says Russell Leftwich, M.D., an allergy specialist in Nashville and spokesperson for the American Academy of Allergy Asthma & Immunology.

No one knows exactly why we're seeing a sniffle boom, but the medical community is full of theories. The leading one is that Americans' growing love for all things Purell is preventing children's immune systems from fighting foreign invaders as well as they used to. According to this premise, when underused immune systems finally do respond, they overreact (but only if your genetically predisposed to allergies). Other possible explanations: global warming (which makes plants produce pollen longer), increased pollution (which creates more dust), and poorly ventilated homes (which can trap dust mites).

Now Do Something About It

No matter what's causing your allergic reactions, the most effective strategy you can employ is the same one you use for fighting extra pounds: stopping them before they start.

The first step is a no-brainer: Learn what you're allergic to. (Most allergy patients are allergic to more than one thing.) If you're not sure, an allergist can test you by mixing a possible allergen with water and pricking your skin through a drop of the solution. If a red, itchy bump appears, you've ID'd the offender—or one of them, at least.

Next steps - clean your house and boost your immune system defenses.

Allergy-Proof Your House

From kitchen to bathroom to bedroom, simple steps can rid your home of the stuff that makes you sick.

Your house is probably harboring a whole gang of allergens—dust mites lurking in bedding and carpet, mold thriving on the growing humidity, beloved pets full of dander, not to mention mice or cockroaches who've been hiding from the cold in your house all winter. Sounds like it's a good time to fortify your germ defenses with these spring-cleaning tips from allergy experts.

Whole Home

Target: Ragweed, pollen, and other airborne uglies

Action Plan:

- ◆ **Crank up the AC.** It filters incoming air and dehumidifies your house, a hedge against mold and dust mites. Effective air conditioners should keep the humidity level around 30 to 40 percent. To monitor the level of moisture in your air, try a humidity gauge (available at home-improvement stores). If you get a reading above 50 percent with the AC on, your unit may not be powerful enough.
- ◆ **Filter it.** Change the filter for your heating-and-AC system monthly to combat clogs that keep it from doing its allergy-fighting job.
- ◆ **Clean the air.** Put a free-standing air purifier in rooms where you spend a lot of time; it may reduce allergic reactions if it has true HEPA (high-efficiency particulate air filter) technology, the gold standard when it comes to removing tiny airborne particles. Make sure the packaging has the HEPA label. But avoid ozone-generating purifiers; too much ozone is an airway irritant.

Bedroom

Target: Dust mites

About 20 million of us are allergic to dust mites. But don't let them get between you and a good night's sleep.

Action Plan:

- ◆ **Bathe your bedding.** Use only washable linens, and launder them weekly in water that's at least 130 degrees. You can turn up the hot-water heater for the job, and then return it to the safe zone.
- ◆ **Wrap it up.** Studies show that allergenic mattress wraps can keep dust mite waste from puffing out into your air.

Living Room

Target: Dust mites and dander

Dust might live here, too, along with invited guests: dogs and cats harbor allergen in their saliva, urine, and dander.

Action Plan:

- ◆ **Vacuum smart.** Invest in a high-quality vac that has a HEPA filter or double-layer bags. (Try the new HEPA Dyson Slim DC18 Vacuum, it not only cleans the dust-bunnies, but also cleans the air, leaving behind about 150 times less mold and bacteria.) Also, wear a dust mask or (happily) delegate this chore.
- ◆ **Fight the fur.** A vacuum's upholstery attachment can de-fur furnishings, but keep pets off them as much as possible. Ideally, pets should get a weekly bath.

Bathroom

Target: Mold

Mold loves wet, steamy surroundings, and experts caution that it's tiny spores can be inhaled causing all kinds of respiratory problems. If you're allergic to pollens and dander, chances are you'll have some sensitivity to mold spores, too.

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Action Plan:

- ◆ **Scrub the tight spots.** Give the corners of your shower or tub a weekly once-over with a cleaning solution. Always use the ventilation fan when you shower. And if you see mildew on that wallpaper? Time to strip it.
- ◆ **Tend to the floor.** Bare floors, like easy-to-clean tile or marble, are best. Clean bath mats in hot water weekly, and make sure they dry out between uses.

Kitchen

Target: Cockroaches and mice

Allergens in their saliva and droppings can make you sneeze. Also, studies have shown that exposure to cockroaches can trigger or worsen asthma.

Action Plan:

- ◆ **Control crumbs.** Clean regularly under your stove, refrigerator, and toaster, where crumbs tend to gather. Don't leave dishes in the sink. And keep all food sealed tight.
- ◆ **Deny access.** Caulk areas where pests can enter through wall, window, and floor cracks.

Congratulations to our 2009
Fitness Challenge winner,
Theresa Barton
and our first runner up,
**Donna
Powell!**



Welcome New Clients!

Kendall Creel - (Referred by **Melissa Morton!** Thanks!)

Carol Walker - (Referred by **Mary Ann Rea!** Thanks!)

We would also like to welcome **Liz Gibson, Andy Shea, Ashley Brashear, Hunter Owens, Ann Perkins, Diana Johnson and Alice Sholar.**

CLIENT OF THE MONTH

Stephan Tarpley

2-For-1 April Special

For the month of April only, 2 people can train together for the price of one, with the purchase of any of our training packages. This is a great opportunity to **invite a friend to try out our services at a special, discounted rate.**

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with you personally). ***I'd love to hear from you.***

My email address for comments is chris@personallyfitbychrishill.com

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