

Four Simple Steps to Improve Your Health & Reduce Your Chemical Footprint

Just these four steps will make a huge difference for people with Chemical Sensitivities. Your efforts may seem small, but you will be paving the way for cleaner air for everyone. You will likely notice your own health improving as well, especially your energy level and mental clarity.



1. **Stop using perfume, cologne, and body spray.** It's not made from flowers anymore, but from hundreds of undisclosed chemicals that are damaging to your nervous, endocrine, and respiratory systems. For a safer smell, try products that use only herbs or 100% pure essential oils from plants and flowers to create their smell. (NOTE: Some chemically sensitive people can't tolerate essential oils, but some can.) Watch out for the words "fragrance" or "parfum" in the ingredients; these are unregulated words used to avoid full disclosure.
2. **Use only fragrance-free laundry products and stop using fabric softener and dryer sheets.** Most mainstream laundry products contain many heavy chemicals, including neurotoxins, narcotics, carcinogens, and even some chemicals that the EPA has classified as "hazardous waste." Look for products that are labeled "fragrance-free," "free & clear," or "free of perfumes & dyes." Choosing natural brands like 7th Generation or Ecos will be even safer. You can add a small amount of fragrance-free hair conditioner to the wash to soften fabric and reduce static cling.
3. **Stop using commercial air fresheners, candles, and incense.** This includes Febreze. These products are filled with toxic chemicals and are a huge trigger for many health problems. The best way to freshen air is with air circulation, moisture control, and an air purifier. For a pleasant, safe aroma, try natural products such as Orange Mate Mist, Pure Citrus, or Citrus Magic, or make your own by putting 5 drops of organic essential oils in a spray bottle of water. If you really love candles and can't give them up, stick with beeswax candles which are petroleum free.
4. **Quit smoking.** This is a hard one for many people, but it is a huge contributor to health problems both for the smoker and those around them. If you can't or don't want to stop, switching to a more natural brand such as American Spirit will help a little. These have less toxins and a somewhat lighter smell.

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