

Top “10” Hazardous Household Chemicals

By Attorney, Richard Alexander

<http://consumerlawpage.com/article/household-chemicals.shtml>

AIR FRESHENERS: Most air fresheners interfere with your ability to smell by coating your nasal passages with an oil film, or by releasing a nerve deadening agent. Known toxic chemicals found in an air freshener: *Formaldehyde*: Highly toxic, known carcinogen. *Phenol*: When phenol touches your skin it can cause it to swell, burn, peel, and break out in hives. It can also cause cold sweats, convulsions, circulatory collapse, coma and even death.

AMMONIA: It is a very volatile chemical; it is very damaging to your eyes, respiratory tract and skin.

BLEACH: It is a strong corrosive. It will irritate or burn the skin, eyes and respiratory tract. It may cause pulmonary edema or vomiting and coma if ingested. **WARNING: never mix bleach with ammonia it may cause fumes which can be DEADLY.**

CARPET AND UPHOLSTERY SHAMPOO: Most formulas are designed to over power the stain itself, they accomplish the task but not without using highly toxic substances. Some include: *Perchloroethylene*: Known carcinogen damages liver, kidney and nervous system damage. *Ammonium Hydroxide*: Corrosive, extremely irritable to eyes, skin and respiratory passages.

DISHWASHER DETERGENTS: Most products contain *chlorine* in a dry form that is highly concentrated. #1 cause of child poisonings, according to poison control centers. Chlorine is known as a severe nose, throat, mucous membranes and upper respiratory tract irritant.

DRAIN CLEANER: Most drain cleaners contain lye, hydrochloric acid or trichloroethane. *Lye*: Caustic, burns skin and eyes, if ingested will damage esophagus and stomach. *Hydrochloric acid*: Corrosive, eye and skin irritant, damages kidneys, liver and digestive tract. *Trichloroethane*: Eye and skin irritant, nervous system depressant; damages liver and kidneys.

FURNITURE POLISH: *Petroleum Distillates*: Highly flammable, can cause skin and lung cancer. *Phenol*: (see Air fresheners, Phenol.) *Nitrobenzene*: Easily absorbed through the skin, extremely toxic.

MOLD AND MILDEW CLEANERS: Chemicals contained are: *Sodium hypochlorite*: Corrosive, irritates or burns skin and eyes, causes fluid in the lungs which can lead to coma or death. *Formaldehyde*: Highly toxic, known carcinogen. Irritant to eyes, nose, throat, and skin. May cause nausea, headaches, nosebleeds, dizziness, memory loss and shortness of breath.

OVEN CLEANER: *Sodium Hydroxide (Lye)*: Caustic, strong irritant, burns to both skin and eyes. Inhibits reflexes, will cause severe tissue damage if swallowed.

ANTIBACTERIAL CLEANERS: may contain: *Triclosan*: Absorption through the skin can be tied to liver damage.

LAUNDRY ROOM PRODUCTS: *Sodium or calcium hypochlorite*: Highly corrosive, irritates or burns skin, eyes or respiratory tract. *Linear alkylate sulfonate*: Absorbed through the skin. Known liver damaging agent. *Sodium Tripolyphosphate*: Irritates skin and mucous membranes, causes vomiting. Easily absorbed through the skin from clothes.

TOILET BOWL CLEANERS: *Hydrochloric acid*: Highly corrosive, irritant to both skin and eyes. Damages kidneys and liver. *Hypochlorite Bleach*: Corrosive, irritates or burns eyes, skin and respiratory tract. May

cause pulmonary edema, vomiting or coma if ingested. Contact with other chemicals may cause chlorine fumes which may be fatal.

OTHER NASTY THINGS THAT ARE AROUND YOUR HOME

PESTICIDES: Most pesticides have ingredients that affect the nervous system of insects. *Dimpylate:* Better known as Diazinon, extremely toxic. Impairs the central nervous system. *Chlorinate Hydrocarbons:* Suspected carcinogen and mutagen. Accumulates in food and in fatty tissue. Will attack the nervous system. *Organophosphates:* Toxic and poisonous. If you can smell it, your lungs are absorbing it.

FLEA POWDERS: *Carbaryl:* Very toxic, causes skin, respiratory and cardiovascular system damage. *Chlordane:* Accumulates in the food chain, may damage eyes, lungs, liver, kidney and skin. *Dichlorophene:* Skin irritation: May damage liver, kidney, spleen and central nervous system.

LICE SHAMPOO: Especially vulnerable are children. *Lindane:* Inhalation, ingestion, or ABSORPTION through the SKIN causes vomiting, diarrhea, convulsions and circulatory collapse. May also cause liver damage, stillbirths, birth defects and cancer.

CAR WASH AND POLISH: *Petroleum Distillates:* Associated with skin and lung cancer, irritant to skin, eyes, nose and lungs. Entry into the lungs may cause fatal pulmonary edema, most marked Danger, Harmful or Fatal.

TAR AND BUG REMOVER: *Xylene:* Can cause eye, nose and throat irritation, nausea, headache, irritability, possibly impaired reaction time and impaired short-term memory. *Petroleum Distillates* (see furniture polish).

Warning terms used are significant:

DANGER - Harmful or fatal if swallowed; a taste to a teaspoonful taken by mouth could kill an average sized adult.

WARNING - Harmful if swallowed; a teaspoonful to an ounce taken by mouth could kill an average sized adult.

CAUTION - Harmful if swallowed; an ounce to over a pint taken by mouth could kill an average sized adult.

Richard Alexander is recognized by The State Bar of California as a certified specialist in civil trial law and was first certified as a civil trial lawyer by the National Board of Trial Advocacy in 1980. Emphasizing working relationships with clients has led to an exceptional record of success. He has served as a member of the Board of Governors of The State Bar of California, President of the Santa Clara County Bar Association and the Board of Governors of Consumer Attorneys of California. He is a founding member of the National Association of Consumer Advocates, and heads Alexander, Hawes & Audet, LLP. © Richard Alexander, 1994.

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Are you Being Exposed?

How many toxic chemicals are in the shampoo you use? Conditioner? Shower Gel or Soap? Deodorant? Moisturizer? Perfume or Cologne? Toothpaste? Mouthwash? Body Lotion? Cosmetics? Hand wash?

Here are some of the worst offenders of a very long list of common ingredients that are known health risks as documented by researchers and doctors around the world.

ALCOHOL (ISOPROPYL)

A petroleum-derived substance, it is also used in antifreeze and as a solvent in shellac and diluted essential oils. According to A Consumer's Dictionary of Cosmetic Ingredients, ingestion or inhalation of the vapor may cause headaches, flushing dizziness, mental depressions, nausea, vomiting, narcosis, and coma. The fatal ingested dose is one ounce.

DEA, MEA, TEA

Hormone-disrupting chemicals known to form nitrates and nitrosamines, often in conjunction with other chemicals present in a product, e.g., Cocamide DEA, or Lauramide DEA. They are almost always in products that foam: bubble bath, body wash, shampoo, soap, and facial cleanser. On the TV show "CBS This Morning", Roberta Baskin said that *"It [DEA] is in hundreds of cosmetic products...but it does something more than make soap bubbles...A Federal government study says that DEA and DEA-based detergents have been shown to greatly increase the risk of cancer, especially liver and kidney cancer..."* John Bailey, head of the cosmetic division for the FDA, says that the new study is especially important since *"the risk equation changes significantly for children."* Tests at the University of Bologna in Italy found TEA to be the most frequent sensitizer used in cosmetics, gels, shampoos, creams, lotions, etc." The U.S. Food and Drug Administration is so concerned about the potential health risks of DEA ingredients that it launched and completed a study in 1998 that found an association between the topical application of diethanolamine (DEA) and certain DEA-related ingredients and cancer in laboratory animals. More information on this study can be found at: <http://vm.cfsan.fda.gov/~dms/cos-dea.html>

MINERAL OIL

Coats the skin just like plastic wrap, disrupting the skin's natural immune barrier and inhibiting its ability to breathe and absorb the Natural Moisture Factor (moisture and nutrition). As the body's largest organ of elimination, it is vital that the skin be free to release toxins. Mineral oil impedes this process, allowing toxins to accumulate, which can promote acne and other disorders. It also slows down skin function and normal cell development, resulting in premature aging of the skin.

PARABENS

Researchers from the Department of Biology and Biochemistry of Brunel University in the United Kingdom have conducted a study and found that the parabens – alkyl hydroxy parabens — alpha hydroxy benzoate (methyl-, ethyl-, propyl-, and butyl-paraben) are weakly estrogenic. In other words, these preservatives have the ability to mimic estrogen in the body with butylparaben being the most potent.

POLYETHYLENE GLYCOL (PEG)

Used in cleansers to dissolve oil and grease as well as thicken products. A number after "PEG" refers to its molecular weight, which influences its characteristics. Because of their effectiveness, PEGs are often used in caustic spray-on oven cleaners, yet are also found in many personal care products. Not only are they potentially carcinogenic, but also they contribute to stripping the skin's Natural Moisture Factor, leaving the immune system vulnerable.

PROPYLENE GLYCOL (PG)

This is the active component in antifreeze! There is no difference between what is used in industry and what is used in personal care products. Industry uses it to break down protein and cellular structure (what the skin is made of), yet it is found in most forms of make-up, hair products, lotions, after-shave, deodorants, mouthwashes, toothpaste, and is even used in food processing. Because of PG's ability to quickly penetrate the skin, the EPA requires workers to wear protective gloves, clothing, and goggles when working with this toxic substance. PG's Material Safety Data Sheets warn against skin contact because PG has systemic consequences, such as brain, liver, and kidney abnormalities. But there isn't even a warning label on products such as stick deodorants, where the concentration is greater than that of most industrial applications.

SODIUM LAURETH SULFATE

SODIUM LAURYL SULFATE

It is sometimes listed as "coconut oil" or "from coconuts" because it is originally derived from coconuts. However, pure, unprocessed coconut oil is NOT SLS. The American College of Toxicology says that SLS stays in the body up to five days. The same study also reports, "Both Sodium and Ammonium Lauryl Sulfate appear to be safe in formulations designed for discontinuous, brief use followed by thorough rinsing from the surface of the skin. In products intended for prolonged contact with skin, concentrations should not exceed 1%." Other studies show it easily penetrates the skin, and enters and maintains residual levels in the heart, liver, lungs, and even the brain. Please notice the words "discontinuous, brief use followed by thorough rinsing..." – how many American children have a "discontinuous, brief" bubble bath? And "should not exceed 1%" – yet, in a number of shampoos, SLS is the FIRST ingredient listed. It definitely comprises more than 1% in those products. Here is a synopsis of what some reports show about Sodium Lauryl and Laureth Sulfate:

- SLS penetrates eyes and tissues. Tests show that SLS can penetrate into the eyes as well as systemic tissues (brain, heart, liver, etc.) and shows long-term retention in those tissues. There is an immediate concern relating to this eye penetration, especially when used in soaps, shampoos, and bubble baths: Dr. Keith Green, Ph.D., D.Sc., reports that..."Sodium Lauryl Sulfate denatures the proteins of eye tissues, impairing development permanently. Because it is absorbed through the skin, it does not have to enter the eye directly....", And "Sodium Lauryl Sulfate impairs proper structural formation of young eyes and causes permanent eye damage. SLS causes eye irritation, is linked to cataracts, and delays healing of corneal tissue..."
- SLS can form nitrates and nitrosamines (potent carcinogens that cause the body to absorb nitrates at higher levels than even nitrate-contaminated food, such as some hot dog meats or some bacon). Particularly in combination with the DEA, TEA, and MEA (diethanolamine, triethanolamine, and monoethanolamine, themselves very questionable ingredients) SLS/SLES has been found capable of producing these carcinogens.
- SLS/SLES can strip moisture and oils from the skin. It is a degreaser as well as a sudsing agent. According to the Journal of Investigative Dermatology, and the above-mentioned J. Am. College of Toxicology report, SLS produces skin and hair damage, including cracking and severe inflammation of the derma-epidermis tissue. The denaturation properties can also separate and inflame skin layers. SLS has a "degenerative effect on the cell membranes" and SLS causes slight to moderate skin irritation in low concentrations, and skin corrosion and severe irritation in high concentrations.

TRICLOSAN

An antibacterial chemical that is fat-soluble and easily crosses the cell membrane. Triclosan is a chlorophenol, a class of chemicals suspected of causing cancer in humans. The EPA registers it as a pesticide, giving it high scores as a risk to both human health and the environment. Externally, it can cause skin irritations, but since "...phenols can temporarily deactivate the sensory nerve endings...contact with [triclosan] often causes little or no pain...Internally, it can lead to cold sweats, circulatory collapse, convulsions, coma, and even death..." Stored in body fat, it can accumulate to toxic levels, damaging the liver, kidneys, and lungs, and cause paralysis, sterility, suppression of immune function, brain hemorrhage, decreased fertility and sexual function, heart problems, and coma. Employing an antibiotic agent for everyday use is of questionable value, as it takes a shotgun approach to killing all microscopic organisms, including the beneficial bacteria in the environment and in our bodies. These friendly bacteria cause no harm, and often produce beneficial effects, such as aiding metabolism and inhibiting the invasion of the harmful pathogens. Studies show that washing your hands with plain soap and water is no less effective than using antibacterial soaps.

UREA (IMIDAZOLIDINYL) & DMDM HYDANTOIN

Preservatives that release formaldehyde (called "formaldehyde donors"). According to the Mayo Clinic, formaldehyde can irritate the respiratory system, cause skin reactions and trigger heart palpitations. Exposure to formaldehyde may cause joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep. It can also aggravate coughs and colds, and trigger asthma. Other possible side effects include weakening the immune system and cancer.

Are you ready for a change?

For more information on toxin-free products for you and your family, go to

<http://www.HealingTouchTherapies.com>

or call (512) 388-2243

ARE THESE CHEMICALS IN YOUR FOODS?

ASPERTAME: Aspartame is the generic name for "NutraSweet", which is owned by Monsanto Corp. FDA okayed Aspartame for limited food use in the early 1980s. In June 1996, FDA sanctioned use of Aspartame in thousands of food products. Aspartame consists of three components: 50% **phenylalanine** (a chemical which transmits impulses in the human brain), 40% aspartic acid and 10% **methanol** (wood alcohol—a poison). The artificial sweetener aspartame (NutraSweet, Equal, NatraTaste, Canderel) is without question the most toxic and health-destroying "food" sold to consumers. **The number of people who have recognized toxicity reactions or damage from chronic aspartame ingestion is well over one million people in the U.S.** (based on the reported toxicity reactions divided by the estimated reporting rate). While many people's health has already been destroyed by this product, the more serious concern is the long-term nervous system damage, immune system damage, and irreversible genetic damage known to be caused by aspartame's metabolite, **formaldehyde**. Formaldehyde can cause severe health problems at exceptionally low levels of exposure. **Some of the symptoms of aspartame poisoning include:** Headaches/Migraines, Dizziness, Seizures, Nausea, Numbness, Muscle spasms, Weight gain, Rashes, Depression, Fatigue, Irritability, Tachycardia, Insomnia, Vision Problems, Hearing Loss, Heart palpitations, Breathing difficulties, Anxiety attacks, Slurred Speech, Loss of taste, Tinnitus, Vertigo, Memory loss, Joint Pain

Because aspartame metabolizes into a poison and other dangerous chemicals (despite the claims of the manufacturer to the contrary), it is believed that it can trigger or worsen the following conditions: Brain tumours, Arthritis, Multiple sclerosis, Epilepsy, Chronic fatigue syndrome, Parkinson's Disease, Alzheimer's Disease, Mental retardation, Lymphoma, Birth defects, Fibromyalgia, Diabetes, Thyroid Disorders

MONOSODIUM GLUTAMATE (MSG): The effect of MSG in the body has been linked to a large number of diseases such as lupus, cancer, strokes, chronic hepatitis, nervous system infections and neuro-degenerative diseases.

Monosodium glutamate is a drug and a neurotransmitter. Glutamate is a highly regulated chemical of the nervous system, and a proper balance is necessary for healthy brain and organ function. In fact, every major human organ is now known to contain glutamate receptors. Overstimulation of these receptors—in the brain or elsewhere—can lead to numerous health problems, many of which may mimic other disorders (such as fibromyalgia or heart arrhythmia), but can go undiagnosed for decades, all the while creating a life of misery and disability for the unfortunate sufferer.

Its ever-expanding use by the food industry causes great concern in the medical profession because MSG overstimulates brain cell activity. It is neither a necessary additive, nor a harmless flavor enhancer like common table salt. MSG actually tricks your brain into thinking the food you are eating tastes good. Manufacturers can therefore use inferior ingredients to make a mediocre product seem tastier. Higher profits and low-quality products of little nutritional value prevail at the expense of consumer health.

MSG intolerance is not an allergic reaction, but a powerful drug reaction. Even in those people who do not suffer acute, immediate reactions to the substance, prolonged or acute exposure will destroy brain cells in anyone.

Many foods, such as soybeans and tomatoes, contain naturally high levels of free glutamate, which may cause MSG reactions in particularly sensitive individuals. The processed form—monosodium glutamate—is the sodium salt of glutamic acid, and it is the highly refined substance (which actually looks a lot like table salt) that is added in huge quantities to most processed foods at manufacturing facilities. Restaurants also frequently add MSG to their menu items. Many that advertise "No MSG added" may not add MSG to the food once it is prepared, but MSG may actually be present in the individual ingredients used to prepare their food.

Peoples' reactions to MSG will vary depending on their sensitivity to the substance. At low doses, some people will experience no obvious physical symptoms, despite the acute neurochemical activity that occurs whenever anyone ingests the substance. Individuals with extreme sensitivities may experience seemingly incurable fibromyalgia-type pain, while others may have immediate, acute reactions, including heart attack. Remember: a high enough dose is toxic to anyone—which is far more likely as more and more foods contain higher percentages of MSG (mostly in disguised forms: [click here](#) for a list of common aliases found on food labels).

hidden sources

While MSG in its pure form must be labeled, food manufacturers are aware that consumers have become savvy to the term, "monosodium glutamate," and are now adding enormous amounts to our foods under devious and difficult-to-identify names—with the Food and Drug Administration's approval.

When added to another ingredient (frequently the case with carrageenan, for instance), the FDA does not require that

MSG be listed as such on a label.

Food labels are arranged in descending order of ingredient concentrations. The earlier an ingredient below appears on a label, the higher the likelihood that the food contains MSG.

Definite Sources of MSG

autolyzed yeast
calcium caseinate
gelatin
hydrolyzed protein
sodium caseinate
yeast extract

Possible Sources of MSG

textured protein
carrageenan
vegetable gum
seasonings
spices
flavorings
natural flavorings
chicken flavoring
beef flavoring
pork flavoring
smoke flavoring
bouillon
broth
stock
barley malt
malt extract
malt flavoring
whey protein
whey protein isolate
whey protein concentrate
soy protein
soy protein isolate
soy protein concentrate
soy sauce
soy extract

Unfortunately, it is impossible to provide an all-inclusive list because the food industry is always inventing new labeling deceptions to confound consumers.

It is also important to know that MSG can also be found (though not always) in vaccines, flu shots, IV solutions (as maltodextrin), and in vitamin supplements. MSG is always present in any gelatin-encapsulated vitamin or supplement.