

David Clegg's Guide To Go Fragrance-Free/Non-Toxic

This decision will not only help those chemically sensitive, it will help you and your family. Fragranced products are as toxic as smoking tobacco. Here's a few tips:

- 1. Stop using perfume, cologne, body spray, scented aftershave, typical laundry soap, fabric softener, Fabreeze, and dryer sheets. Laundry products are the most toxic products on the market with Fabreeze and dryer sheets considered hazardous waste (US EPA).**
- 2. Use fragrance free products with exception to organic essential oils.**
- 3. Stop using air fresheners, candles, and incense.**
- 4. Find alternative fragrance free products online at: vitacost.com (good prices and free shipping over \$50.00) & use Sprouts, Whole Foods, Trader Joe's and such.**

Look for the Fragrance-Free Label and watch out for products labeled "unscented" – they are not always fragrance-free as they may contain an artificial masking fragrance designed to cover up the smells.

Essential Oils: Many chemically sensitive people can tolerate products that are not labeled fragrance-free, but must be organic essential oils, which are made from plants, flowers, and other natural sources. However, many cannot tolerate these products, and this may depend on the type of plant/flower the oil was extracted from, how the plants/flowers were grown (organic or non-organic), how the oils were extracted and processed, and whether any other ingredients were added.

Perfume, Cologne, & Body Spray – This one's easy: just don't use it. Once upon a time, perfume was made with flowers, herbs, and other natural ingredients; but that is no longer the case. Today's perfume and cologne is full of toxic chemicals often derived from petroleum and are not listed on the label. It is one of the biggest triggers for a chemically sensitive person and a brief exposure can make them sick.

Soap – Use fragrance-free options such as Dr. Bronner's liquid or bar soaps, Kiss My Face Fragrance-Free Olive Oil Soap, True Body Unscented Soap, and other glycerin or vegetable oil based soaps.

Shampoo & Conditioner – Use fragrance-free versions from the brands Avalon Organics, Magick Botanicals, Desert Essence, Earth Science, Jason, and Burt's Bees.

Hairspray, Mousse, & Gel – Use fragrance-free versions of these and other hair styling products, including the brands Free & Clear, Magick Botanicals, Alba Botanica, and Beauty Without Cruelty. Naturelle also makes a fragrance-free gel which can be found at Sally Beauty Supply. You can also make your own styling gel by dissolving one teaspoon of gelatin in one cup of water and chilling in the refrigerator before use.

Creams & Lotions – Use fragrance-free options from Avalon Organics, Alba Botanica, Beauty Without Cruelty, Jason, Kiss My Face, Shea Moisture, and Nature's Gate.

Deodorant/Anti-Perspirant – To protect your own health, avoid using products labeled “anti-perspirant” as these contain aluminum and other harmful chemicals that inhibit sweating, which is a vital, natural detoxification process. Even many natural deodorants may contain aluminum - the "crystal" deodorants are made of Ammonium Alum which is still a derivative of aluminum. Look for deodorants (not anti-perspirants) from Kiss My Face, Jason, Tom's of Maine, and Nature's Gate. The most natural alternative is a homemade dusting powder made from baking powder and non-GMO cornstarch (use arrowroot powder instead of cornstarch if you have a corn allergy). A new product on the market is [Milk of Magnesia deodorant](#) which has had great reviews.

Aftershave –should be avoided.

Makeup – Makeup is full of chemicals, including heavy metals. To protect your own health, look for more natural options with less chemicals at a natural foods store (be sure they are still labeled fragrance-free). Brands include Larenim, Beauty Without Cruelty, Mineral Mission, Zuzu Luxe, Gabriel Color, Ecco Bella, Dr. Hauschka, and Burts Bees.

Nail Polish and Remover – Almost all types of nail polish and remover are highly toxic and should never be used around a chemically sensitive person. Generally, once the polish has been dry for a day or so, it no longer emits chemicals into the air. There aren't many safe alternatives for these products if you are chemically sensitive yourself, however many people can tolerate the brand Suncoat. They make both nail polish and remover.

Shaving Cream – Every Man Jack, Kiss My Face, Alba Botanica, and Trader Joes all offer fragrance-free shaving cream. You can also just use fragrance-free soap for this.

Sunscreen – Sunscreen tends to be heavily fragranced but there are many safe alternatives. [BADGER UNSCENTED](#) is a good option as it uses only non-nano uncoated zinc oxide as the active ingredient, which will not absorb into the body. Regular (nano) zinc oxide, which is used in most sunscreens, is made of very fine particles that will be absorbed. You can use red raspberry seed oil, carrot seed oil, or wheatgerm oil for excellent sun protection.

Insect Repellent/Bug Spray –Some good natural options include Burt's Bees Herbal Insect Repellent, California Baby Bug Repellent, Babyganics Natural Insect Repellent, Jason "Quit Bugging Me" Insect Repellent, and Bug Patrol by [Great Things, Inc.](#) However, these usually have a strong smell from essential oils which some chemically sensitive people can still get very sick from. These also may be more greasy than the chemical-based versions, but they are much safer.

Laundry – Natural options include Ecos Free & Clear (made by Earth Friendly Products), **BioKleen Free & Clear**, Ecover Unscented, Allen's Naturally, or Seventh Generation Free & Clear. Dryer Sheets & Fabric Softener – Do not use these at all! They are very hazardous and contain several ingredients that are neurotoxics, narcotics, and carcinogens, and even some chemicals that the Environmental Protection Agency (EPA) has classified as "hazardous waste" (see related articles by the [EPA](#) and www.sixwise.com). Use [wool dryer balls](#) to soften clothes and you can add a few drops of essential oils to these to create a completely natural smell in place of dryer sheets. A few semi-natural options for fabric softener are available from Seventh Generation, Ecover, or [Maddocks Holdings PurEcoSheet Reusable Chemical-Free Dryer Sheets](#). Bleach – Use non-chlorine bleach which is available at regular grocery and department stores (generally, the only ingredient is concentrated hydrogen peroxide). This is still very effective even without the chlorine and is much safer for you and your family. You can also use the diluted Hydrogen Peroxide generally used for first aid, but you would need a larger amount. Stain Removers and Laundry Boosters – You can use borax as a natural laundry booster. For stain remover, try baking soda, lemon juice, white vinegar, or hydrogen peroxide - or hang the clothing outside in direct sunlight while still wet.

General Cleaning – Avoid cleaning products that contain fragrance, bleach/chlorine, ammonia, harsh detergents, surfactants, and other chemicals, or any product that doesn't disclose its ingredients. Some of the most toxic cleaning products include: Febreze, Lysol, PineSol, Windex, Comet, Clorox, bleach, carpet deodorizers, as well as scented laundry products and air fresheners. You use castile soap, hydrogen peroxide, washing soda, borax, chlorine-free bleach, baking soda, vinegar, and other natural alternatives. For a natural disinfectant, use hydrogen peroxide, or add several drops of tea tree, lemon, or clove oil to a natural spray cleaner or a spray bottle filled with water. Tea tree, clove, eucalyptus, and cedarwood oils also have anti-fungal properties to remove and prevent mildew.

Air fresheners – Air fresheners are very, very toxic. Stay away from any mainstream spray, plug-in, gel, or potpourri air fresheners. This includes Febreze, which contains over 80 known toxic chemicals, including neurotoxins, broncho-constrictors, reproductive toxins, and mutagens that alter cellular DNA, all while claiming to make you "breathe happy"! The best way to freshen air is to create a clean air system that includes an air purifier, a dehumidifier and other methods of moisture control, and increased air circulation through fans and windows. If you really want to create a pleasant, safe aroma in your house (or even your car), try using more natural products such as Orange Mate Mist, Pure Citrus, or Citrus Magic. These are essential oil based products and may bother some people with Chemical Sensitivities. Or make your own by putting 10-30 drops of Certified Pure Therapeutic Grade essential oils in a spray bottle full of water. You can also place an open box of baking soda or a bowl of white vinegar in the room, or fill a dish with freshly cut lemon slices, bunches of cloves, or other spices.

Candles & Incense – Most candles contain strong fragrance chemicals and can make a person with CS very, very sick, even if they are not lit. Use unscented candles or, if your friend can tolerate it, there are many candles available that use natural, essential

oil based scents. If your friend is sensitive to petroleum, which is what most candles are made from, try 100% beeswax candles.

Printers & Photocopiers – The chemicals released from the ink and toner used in printers and photocopiers are very toxic and are hazardous to the health of all people. They are especially toxic to someone with Chemical Sensitivities and can cause severe and immediate symptoms. If you must have a printer or photocopier in your home or office, use inkjet, not laser, and be sure to keep them in a separate room away from where people normally spend their time.

Furniture – Most mainstream furniture has to off-gas before a chemically sensitive person can use it. The fabric on couches and upholstered chairs contains formaldehyde and other chemicals, similar to new carpets. The wood used to build desks, tables, dressers, and other furniture, has been exposed to or infused with many chemicals during its processing and then painted or stained with more chemicals. Mattresses have many issues, including the materials they are composed of as well as the chemical flame retardants they are coated with. In short, if you want to protect your health and the health of those that come to your home, you will need to do some research before buying new furniture. Look around for alternative sources that use more natural materials. There are many!

Fabrics & Textiles – New clothing, bedding, and other fabrics are generally coated with a formaldehyde resin to prevent wrinkles, mildew, stains, and pests. Formaldehyde is a known carcinogen and is severely toxic to the body in many ways. Common symptoms from formaldehyde exposure include breathing difficulties, headaches, central nervous system disorders, weakness and fatigue, burns and irritation, etc. There are generally other chemicals involved in the processing of new fabrics and textiles, and some fabrics are inherently made of synthetic, chemical-based materials as well (polyester, nylon, rayon, spandex, acrylic). However, the major offender and the chemical responsible for that "new clothes smell" is formaldehyde. To protect your health and the health of those around you, always air out and wash your clothes prior to wearing.

In The Kitchen –Cook with stainless steel, ceramic, glass, or cast iron cookware rather than aluminum, Teflon, or a non-stick pan. All of these have been linked to health problems, and aluminum has been linked to Alzheimer's Disease among other things. Use glass or ceramic dishes and containers rather than plastic, especially with hot food or liquids.