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## CLEANING PRODUCTS TO SWITCH

# RIGHT NOW

I'm going to make this really clear: There are toxic fumes in commercial cleaning products that you do not want to breathe in. Even "safe" cleaning products contain ammonia, formaldehyde, phthalates, benzalkonium chloride, and 2-butoxyethanol. According to the Consumer Product Safety Commission, 150 chemicals most commonly found in homes have been linked to allergies, birth defects, cancer and psychological abnormalities. Some cleaners are worse than others, but at the very least, switch out the following 5 products.



### **COUNTER & ALL-PURPOSE SPRAYS THAT CONTAIN BLEACH (AND BLEACH ITSELF)**

The sodium hypochlorite in the bleach can cause serious irritation to your respiratory system and skin. Repeated use can cause permanent respiratory damage.



### **OVEN CLEANER**

Your average oven-cleaner is very toxic. It includes ingredients that are extremely corrosive – they can burn your skin, harm your respiratory system when inhaled and can be deadly if swallowed. I clean my oven by making a paste of baking soda, table salt and water.



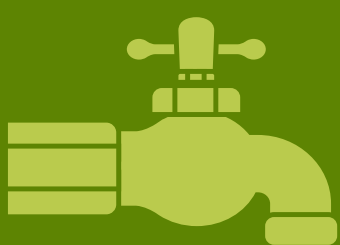
### **WINDOWS & GLASS CLEANER**

These seemingly innocent-looking sprays also contain a cocktail of toxic ingredients. Moreover, they are expensive, and given that white vinegar, warm water and a little dish soap does as good a job – make the switch!



### **BATHROOM FOAMING CLEANERS & SPRAYS**

Some of these cleaners contain the sudsing agents diethanolamine and triethanolamine. When these substances come into contact with nitrites, often present as undisclosed preservatives or contaminants, they react to form nitrosamines – carcinogens that can penetrate the skin. Butyl cellosolve is another ingredient that may be found in these kind of cleaners and it could cause damage to the brain and nervous system.



### **DRAIN CLEANERS**

These can be so very toxic that I'm horrified they are still legal to sell. They can easily corrode your plumbing pipes, and should never be used. Opt for Earth's Enzymes instead – Used weekly, they break up grease and deposits.