



Study Links Household Cleaning Products to Breast Cancer

The regular use of basic cleaning products in the home may double the risk of women developing breast cancer, a U.S. study found.

The study, published Tuesday in the international journal *Environmental Health*, suggests that using household cleaning

The use of cleaners... doubled the risk of breast cancer in women.

products may contribute to an increased risk of women developing breast cancer.

The use of cleaners including air fresheners and mold removers doubled the risk of breast cancer in women who used them most often, the study found.

However, products including mothballs, pesticides and insect repellents had little impact on the risks of women developing breast cancer.

The study suggests that household cleaning products and pesticides may contribute to breast cancer because they contain "endocrine disrupting chemicals" or "mammary gland carcinogens."

However, the study's authors warned that "recall bias" may have skewed the results. This means that patients who believed chemicals contributed heavily to the risk of developing breast cancer were more likely to report high use of cleaning products.

"Simply put, this research is rife with innuendo and speculation about the safety of cleaning products and their ingredients," said Richard Sedlak, the American Cleaning Industry's senior vice president of Technical and International Affairs, in a press release. "This is all based on the most cursory look at the scientific literature and the recollection of breast cancer survivors as to the products they used 15 to 20 years ago."

"Although the authors recognize the potential bias in their results, present conflicting findings, and have no real gauge as to the products used by the interviewees so long ago, they proceed to make unscientific assumptions on a very shaky foundation."

(<http://www.foxnews.com/health/2010/07/20/study-links-household-cleaning-products-breast-cancer/>)

Change to Green Cleaning

"Green" seems to be the environmental buzzword these days.

There are green appliances, green cars, green clothes, green makeup, green cleaning products, and everything in between. Concern for the planet is a high priority for a growing amount of people and with good reason. Pollution is destroying our natural resources, our health, and even possibly changing our weather patterns. Household cleaning products account for a large percentage of indoor pollution and can easily be replaced with more natural products that are better for the environment and for our health.

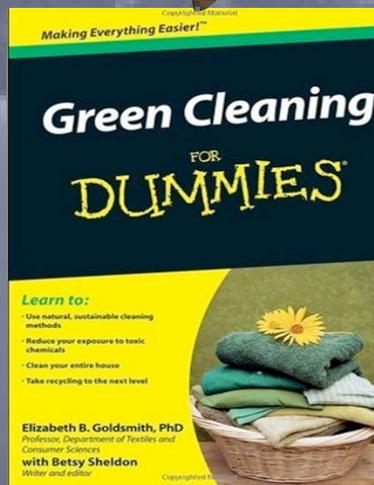
Increases in energy conserva-

Household cleaning products account for a large percentage of indoor pollution.

tion through insulation are great for energy consumption but result in less air circulation throughout a house. Air quality is greatly influenced by the use of chemical cleaners, aerosols, disinfectants, and air fresheners. These products can be irritating to eyes, skin, and the respiratory system, and some of them even contain known carcinogens. In addition, research has shown that pregnant women who are regularly exposed to cleaning products increase their baby's risk for asthma. The Avon Longitudinal Study of Parents of Children studied over 13,000 children and found that exposure to household cleaners increased a child's risk of asthma by 41%.

Because of the growing public concern over chemical cleaners there are many more options for natural cleaners. Individuals also have the option to make their own green cleaners for a fraction of the price using products they probably have in their house.

Besides saving you money these cleaners are much better for indoor air quality, the environment, and health. (http://www.naturalnews.com/026005_products_oil/)



Green Cleaning for Dummies is a great resource for green cleaning tips

New Child Safe Guidelines Announced for Green Cleaning Products Used in Schools

Grassroots Environmental Education, a New York non-profit, has announced the publication of its newly revised ChildSafe Guidelines for cleaning products used in schools and day-care centers, along with a list of products that meet the new Guidelines. The new Guidelines contain the most stringent requirements of any published green cleaning standard.

Children's Exposure to Toxins

The ChildSafe Guidelines, which were originally developed in 2006 based on standards published by the U. S. Environmental Protection Agency and the Department of the Interior, were the first to acknowledge the unique vulnerability of children to environmental toxins, and to set threshold limits for certain chemicals com-

“School is really the child’s workplace.”

monly found in commercial cleaning products, some of which have been associated with an increased incidence of environmentally mediated illnesses, including asthma, allergies, certain types of cancer, learning and behavioral disorders, endocrine disruption, chemical sensitivity, and kidney or liver damage.

“School is really the child’s workplace,” says Dr. Joel Forman, Associate Professor of Pediatrics and Community and Preventive Medicine at the Mount Sinai School of Medicine in New York. “Children spend eight plus hours a day, five days a week in school, so the counterpart of adult occupation medicine is pediatric medicine focusing on exposures in schools.”

Recent scientific evidence that chronic, low level exposures to petrochemicals commonly found in institutional cleaning products are a significant health hazard for children has fueled increased demand for safer products. Those that meet the new Guidelines are among the safest ever produced.

“We think its time to raise the bar again,” says Grassroots Executive Director Patti Wood, author of the Guidelines. “Consumer demand has pushed the green cleaning industry to make remarkable progress in just a few years, and we want to recognize those companies who have pushed the limits of technology to protect the health of all sensitive populations, especially children.”

Cleaning Children’s Environments

Most schools and child care facilities are cleaned every day, leaving behind fresh residues of cleaning chemicals on surfaces with which children come into direct contact. Researchers have found that early exposures to environmental toxins appear more likely to produce chronic disease than similar exposures encountered later in life. This is of particular concern for pregnant women working in schools since the developing fetus is particularly at risk from maternal exposures to certain chemicals.

“Our members are concerned about environmental exposures at work for themselves, and for students,” says Kathleen Donahue, Vice-President of New York State United Teachers. “If school districts adhere

“The new generation of green cleaning products is not only safe and effective, but cost-competitive.”

to these guidelines it will go a long way in protecting future generations.”

Pat Pizzo, director of facilities of East Meadow Public Schools, one of the largest school systems on Long Island, points out that the new generation of green cleaning products is not only safe and effective, but cost-competitive.

“A comprehensive approach to green cleaning can achieve cost savings, while maintaining a safe and clean environment,” says Pizzo. “The efficient use of bio-based products, and equipment that reduces or eliminates the need for cleaning chemicals, has enabled our district to realize substantial savings while simultaneously reducing its impact on the environment and children’s health.”

(<http://www.world-wire.com/news/1009140003.html>)



New York City public school janitor, Maurice Clemens, is cleaning with a chemical within the new guidelines

National Support for Green Cleaning in Schools



This map depicts states that have adopted or pending laws governing green cleaning. The school districts shown utilize green cleaning.

Indoor Air Pollution: Cleaning Up Cleaning Habits

Most people spend more than half of their lives indoors. The significance of indoor air-quality, has become more important in recent years as a result of efforts to make our homes more energy efficient. As we tighten up our homes to prevent heat exchange, we also prevent air exchange and pollutants released into the home environment are trapped for long periods of time. Second-hand cigarette smoke, gas stoves, and wood-burning stoves and fireplaces are major sources of indoor air pollution. But home products like cleaning agents, aerosols, air fresheners, and disinfectants contribute to the problem. These products may also contain hidden cancer-causing ingredients.

Hazardous Chemicals

There are a large number of chemicals included in air fresheners and cleaning products that are suspected of causing human health problems. Cancer Prevention Alert No. 8, Hazardous Ingredients in Household Products, lists these in detail. The Safe Shoppers Bible, written by CPC Chairman Dr. Samuel Epstein and Board Member David Steinman, is also a good resource for choosing household products. Carry such a resource along when shopping for cleaning products because many products do not disclose all ingredients, claiming that ingredients are "trade secret."

Toxic Brands

The following household products are commonly used in many institutions or homes and should be avoided. The recommended products are good choices for replacing any questionable product.

- Heavy Duty Institutional Formula WHISTLE All Purpose Cleaner with Ammonia (Drackett Products Company)

- Dee All-Purpose (Aerosol) Cleaner (Dee Janitorial Supply)

Toxic Ingredient: Butyl Cellosolve, irritant, toxic to forming cells, neurotoxic, toxic to kidney and liver
Safe Alternative: Ajax

All-Purpose Liquid Cleaner Ammonia Fresh

- Super Extractor Cleaner (NYCO Products)

Toxic Ingredients: Butyl Cel-

Safe Alternative: Bon Ami Cleaning Powder
• Foamy Q & A (Spartan Chemical)

Toxic Ingredient: Butyl Cellosolve

Safe Alternative: Mr. Clean

GLASS CLEANERS

- Blue Glass Cleaner (NYCO PRODUCTS)

- Professional Windex Concentrate Glass Cleaner (S.C. Johnson Wax)

- Institutional Windex Powerized Formulation Glass Cleaner (Drackett Products Company)

Toxic Ingredient: Butyl Cellosolve

Safe Alternative: 409 Glass and Surface Cleaner

CLEANSERS

- Ajax Oxygen Bleach Cleanser (Colgate-Palmolive Company)

Safe Alternatives: Comet Cleanser, Regular & Lemon Fresh; Bon Ami Cleaning Powder

SPOT REMOVERS

- UNREAL (Bullen Midwest, Inc.)

Toxic Ingredient: Butyl Cellosolve

Safe Alternative: Baking Soda

DEODORANTS/FRESHENERS

- Big D Concentrated Aerosol Room Deodorant (Big D Industries)

Toxic Ingredient: Isopar (deodorized kerosene), manufacturer admits wide range of toxic effects

Safe Alternatives: Renuzit Adjustable Air Freshener; Airwick Stick Up

- Fresh Para Blocks and Crystals (Fresh Products Inc.)

Toxic Ingredient: Paradichlorobenzene, toxic to liver and kidneys, carcinogenic

Safe Alternatives: Renuzit Adjustable Air Freshener; Airwick Stick Up

Protecting Air Quality

Several common house plants are known for their use in the removal of contaminants from indoor air. Spider plants and golden pothos are recommended for carbon monoxide and formaldehyde removal. Chinese evergreen, English ivy, peace lily, or Marginata remove benzene. Trichloroethylene is best removed by a potted mum, a peace lily or Warneckii (*Dracaena deremeusis*).

Make sure that rooms are well ventilated and that windows open. Good ventilation is crucial to maintaining low levels of indoor air pollution.

If you keep industrial solvents such as alcohol, toluene, degreasing materials, do not store them in the house or in an attached garage. An outside cabinet is the best location for such air pollutants. For more information on indoor air quality and toxic household products contact:

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(http://www.preventcancer.com/consumers/household/indoor_air_poll.htm)



Household cleaners such as vinegar, baking soda, and lemon juice make good cleaning products.

losolve; Perchloroethylene, irritant, neurotoxic, carcinogenic

Household Cleaning Products Could be Making You Sick

Perhaps you have had a sudden headache or became nauseous for no apparent reason while cleaning and wondered why; perchance your body is trying to tell you something is wrong with the indoor air you are breathing. Indoor air is much more polluted than outside air. Doctors have finally realized that common chemicals in cleaning products can adversely affect you and the air you breathe. Household cleaning products are among the most deadly substances encountered daily.

Synthesized chemicals appeared after World War II. These are found in carpet, oven, drain and floor cleaners, and in laundry detergents. These items are mostly petrochemical--petroleum-based--and are quite toxic to your body when breathing and swallowing.

These cleaning products can cause damage to the heart, lungs, liver, brain and kidneys. In addition, they can cause dizziness and irritation to the skin and eyes. The EPA found that some homes have chemical levels that are 70 times higher than the outside air. Most automatic dishwasher and laundry detergents contain bleach, and when these are mixed with water they form vapors that pollute the air in the house. A study conducted for more than 15 years concluded that women who worked at home had a 54 per cent higher death rate from cancer than women who worked away from home. Toxic household cleaning products have been accused of causing an increase in cancer, ADD, Alzheimer's, chronic fatigue syndrome, allergies, asthma, lupus, fibromyalgia, multiple sclerosis and other ailments. Moreover, there has been an allergy and asthma explosion.

Practically no human studies have been done on most of the chemicals in cleaning products. It has been assumed by the industry that they are "safe until proven toxic." The thought has prevailed, until recently, that if a product is available on the store shelf, it is safe; however, many people have found, through painful experiences, that this fact is not true. Most toxic products are not required to list ingredients. However, most natural products DO list ingredients because they are harmless.

Changing your cleaning products to natural ones, such as vinegar, baking soda, borax, and citrus oils is not difficult to do. Actually, non-toxic-living products are ideal for people who wish to reduce their exposure to unhealthy and hazardous ingredients. There are many, many natural cleaning products on the market today that are cheaper, and as good as or even better than, the toxic ones. After all, our mothers and grandmothers have used the natural products for centuries.

Any changes to the use of natural cleaning products will be better, safer, and healthier for you and for the environment. A quote made by Margaret Mead some 40 years ago is still apropos today: "Not war, but a plethora of man-made things is threatening to strangle, suffocate, and bury us in debris of by-products of our technical, inventive, and irresponsible age."

* http://www.naturalnews.com/029564_cleaning_products_chemicals.html

