

## LIST OF COMMON TROUBLE MAKER CHEMICALS AT HOME

Here is a list of trouble-makers you might find in your own home.

Do not get over-whelmed, this does not mean that you are allergic to all of these. Some of these chemicals may be tested, a decision of which to test depends upon each individual's history.

### PHENOL:

Contained in paint, varnish, creosote, all liquid laundry products, the linings of all tin cans, especially those for commercial food products, some skin care products such as Noxema, as a preservative in medications such as aspirins, in the manufacture of nylon, polyurethane, explosives, epoxy, glue, herbicides, pesticides, gasoline, dyes, phenolic resins, Lysol.

### HYDROCARBON ALCOHOL:

Many products may not say hydrocarbon alcohol on the label, but are made with an alcohol base. These include mineral oil, vaseline, petrolatum, waxes, perfumes, or products containing perfumes such as soaps, candles, bathroom tissue, toilet paper, cosmetics, room deodorizers, deodorants, shampoos, after-shave lotions, hand and body creams, fingernail polish and polish removers. Since Carbon Alcohol is an over-all chemical, it especially represents petrochemical products such as road oil, gasoline, diesel fuel, utility gas and fumes from stoves and gas dryers, as well as BBQ grills. The worst chemical over-load an allergic patient can get is from leaking utility gas or fumes from a gas stove or gas dryer. Gas heat is usually tolerated well, unless there is a leak in the furnace and fumes leak into the house. Sensitivity to hydrocarbon alcohol may also mean sensitivity to such things as food additives and preservatives, insecticides, and pesticides used at home or in agriculture. This would mean if you are highly sensitive to hydrocarbon alcohol you will better tolerate the organically grown foods. Also, saccharin and food coloring dyes should be avoided as much as possible since hydrocarbon alcohol is the basis for these chemicals. Wash fruits and vegetables such as apples, green peppers, cucumbers, etc. with Amway's L.O.C. or peel them before eating to remove waxes and chemicals on the outside skins.

### GLYCERINE: (Kosher, Hydrocarbon, or Colgate-Palmolive)

Kosher glycerine is made from coconut. Hydrocarbon glycerine is a petrochemical by-product. Colgate-Palmolive glycerine is made from beef and pork fat. If you are allergic to a specific glycerine, then it means you are allergic to the source from which it comes.

Glycerine is used as a preservative, softener, or sweetener in such things as candies, beverages, chewing gum, marshmallows, breads, buns, baked goods, shortening, margarines, ice cream, whipping cream, and gelatin desserts. Also, it is used as a plasticizer in edible coatings for meat, cheese, and some medications. Many skin

creams, lotions, bar soaps, shampoos, deodorants, tooth pastes, suppositories and make-ups also contain glycerine. Some industrial products with glycerine are inks, glues, cements, road oil and vaseline. If a product says mono or di glyceride, it DOES contain glycerine.

If you are chemically sensitive or allergic to any of the above chemicals, especially hydrocarbon alcohol, it is better for you to eliminate as many chemicals from your environment as possible. You do not have to get panicky; a sensible approach is more desirable. We suggest that you make the following changes:

#### SIMPLE SUBSTITUTES:

So many products today cause needless pollution of the environment. Look for substitutes, such as:

- 1.To keep food warm, use an electric hot tray instead of a chafing dish heated by a Sterno flame or a candle.
- 2.As an all-purpose cleaner, use vinegar instead of a toxic cleaner such as ammonia or ammoniated products like Windex.
- 3.For laundering, use Borax and soap instead of bleach and detergents.
- 4.For table decorations, use flowers, fruits, or vegetables. If you must use candles, buy those made of beeswax.

#### IMMEDIATE CHANGES:

Find substitutes for toxic products which are frequently replenished. For example:

- 1.Discontinue buying anything in an aerosol can. (Use the more conventional container.)
- 2.Avoid highly perfumed petroleum-base cosmetics and toiletries. (Use unscented cosmetics or those made with natural herb scents.)
- 3.Avoid scented, tinted toilet paper, paper towels, facial tissues, etc. (Use pure, white, unscented products.)

#### FUTURE REPLACEMENTS:

When purchasing durable goods, select products with the least amount of toxic materials. For example:

- 1.Avoid buying pots or pans of aluminum or with Teflon coating. Corning Ware and porcelain or enamel baked on cast iron are recommended. When possible, avoid Bakelite handles.
- 2.For redecorating or building a house, choose non-toxic furnishings, upholstery, paints, construction materials, etc., many of which are less costly than similar products that are toxic.
- 3.When buying clothes, avoid the most toxic materials such as polyester, and woolens which have been treated with dieldrin (moth-proofing).