

SPECIFIC INSTRUCTIONS TO AVOID VARIOUS CHEMICALS

1.GAS AND GAS APPLIANCES:

Stop using gas stove, gas dryer, gas or kerosene space heaters, chafing dish heated with sterno flame or candle. Also avoid all other non-electric appliances. Make sure that pilot flames are also turned off. Further, wrap burner in aluminum foil and seal with freezer tape. Gas or oil furnace or water heater are usually not a problem unless defective, as fumes of the burned gas are directly discharged outside. But a highly sensitive patient may need to avoid these exposures also. These gas appliances are one of the worst offenders of chemically sensitive patients. No investigations or treatments can be successful unless these are taken care of. Make sure that there is no obvious gas leak. Even when there is no detectable gas leak, there is always some gas leakage from the joints and bends in the gas pipe. For a highly sensitive person, the gas may need to be turned off at the meter. The use of an exhaust fan or attic fan are no substitutes at all. Cook exclusively with electric appliances, such as hot plates, electric frying pans (not Teflon lined), electric broilers and the like for the rest of the family as well as the affected person.

2.POTS AND PANS:

Avoid aluminum, plastic, Teflon-lined, or non-stick pots and pans and containers, or ones with Bakelite handles. Bakelite, when heated, gives off noxious fumes. Also avoid aluminum foil for cooking food or as wrapper. If absolutely needed, keep the shiny side inside as the dull side is plastic coated. Use stainless steel, Corningware, Corelle, glass, stoneware, porcelain, or cast iron pots and pans and use them for storage of food also. Avoid Saran wrap or similar wraps or plastic bags. Cellophane bags may be used for wrapping of food. Cellophane is derived from wood pulp.

3.SOAPS:

Avoid your present soaps. Many have perfumes or glycerine and other chemicals added. Use Ivory, Rokeach Kosher soap, bon Ami -- preferably the cake, pure castile soap, or Lowilla.

4.SCOURING POWDERS:

Instead of chlorinated scouring powders, use borax or baking soda as scouring powder poured on a damp sponge. Borax and baking soda are effective on porcelain tubs, sinks, and appliances.

5.AIR DEODORIZERS:

Air fresheners do not really freshen air. They simply disguise odors and stale air. These are one of the worst offenders. These may contain formaldehyde and phenol or other toxic chemicals. Stop using all such products. Use instead: baking soda, vinegar, mint, peppermint, cloves, and pomanders.

To freshen air, open a window. Many organic substances (like clove buds tucked into an orange) are more effective deodorants than any commercial product. Pomanders give out a delightful fragrance that freshen the air for months. Stick cloves into an orange, as many cloves as you can. Hang in cotton tulle netting. Peppermint springs in the garbage can and around the house help odors disappear naturally.

Partially fill bowls with baking soda, borax, or vinegar and distribute about the room. Baking soda may be sprinkled on a carpet or furniture, left overnight, then vacuumed to freshen the air. A towel dipped in vinegar and water, then wrung, may be waved through the air to remove smoke and pet odor. A lemon rind run through the garbage disposal will remove unpleasant odors. Use an electric fan to blow air out of a musty closet or room.

6.DISINFECTANTS AND ALL-PURPOSE CLEANERS:

Avoid Lysol, Pinesol, and other disinfectants and all-purpose cleaners of this kind. Use instead: Vinegar and water, salt and water, Oakite or trisodium phosphate (TSP), Zephiran, and washing soda.

Vinegar and water can be used as an all-purpose cleaner. For example, shower stalls can be washed with the solution to cut the soap film that breaks down grouting, while imparting a high gloss to the tile. Vinegar and water adds a gleam to windows and makes stainless steel sparkle. Vinegar is effective against molds. Add 1 Tbsp. to 2 quarts of water. Oakite or TSP is a good heavy-duty cleaning agent. This can be used by many chemically sensitive patients for surface cleaning and laundry. TSP can be purchased by the pound through your hardware store. Experiment with 1/4 cup per 2 gallons of warm water and either increase or decrease as desired. It works miracles with fingerprints on painted walls and wood work. One-half cup per laundry load loosens dirt in a jiffy and no odor is left in clothing. TSP is poisonous if swallowed. So CLEARLY LABEL AND STORE AWAY FROM CHILDREN. Precautions should also be taken against absorption through the skin by the use of cotton lined "Bluette" rubber gloves. Zephiran in water is useful as an antibacterial skin cleanser and is also good as a disinfectant for cleaning. It can also be used to wipe walls and floors of basements. It can be used in the bathrooms and on the rubber portion of the refrigerator to inhibit mold growth. Make in 1:750 dilution by adding 17% solution to water in the following proportions: 1 part to 127 parts of water, i.e., 1 ounce to 1 gallon, 1 tsp. to 21 ounce, or 1 cc to 127 cc of water.

In general, vinegar, salt, and baking soda are excellent deodorizers and cleaners. When you have a cleaning problem, try these before you try anything else.

7.DETERGENTS:

Avoid your present detergents. These may have perfumes, softeners, phosphorus, enzymes, or other substances that may cause problems. Remember, if an enzyme detergent is used, one may never be able to get all the enzymes out.

Use instead: Amway SA-8, Basic L (Shaklee), Ivory soap, or Rokeach soap cut in flakes, baking soda, washing soda, borax, or vinegar.

a. Amway SA-8] Use as

b. Basic L (Shaklee)] directed

c. Ivory soap or Rokeach Kosher Soap: with a potato peeler or grater, flake Ivory or Rokeach Soap and soak in water overnight. May use a blender to liquefy first at low speed and then at high speed.

d. Baking soda: Use 1/2 cup to a medium load. Rub damp baking soda into dirty spots, then add 1/2 cup baking soda to one medium washer load.

e. for particularly dirty clothes, wash with SA-8 or Basic L and add 1/2 cup baking soda to rinse cycle followed by a second rise of clear water.

f. Use 1/2 cup of washing soda to 1 medium load.

g. Borax may be used alone or in combination with any of the above alternates. 1/2 cup to a medium load.

h. Salt added to washing machine helps to prevent colors from running. Twice a year, use 1 gallon of distilled vinegar in an empty washing machine or 1 cup for the dishwasher to increase the efficiency of your machine.

8.FABRIC SOFTENER:

Stop using present fabric softeners. Fill basin with 3 parts water and 1 part vinegar. Allow to soak overnight and then rinse vinegar out of fabric. May put 1 cup of vinegar in the final rinse of the washer.

9.BLEACHES:

Stop using chlorinated bleaches -- Clorox and the like. Use Miracle White, Polytex Liquid, Clorox II, or borax. Miracle white, Polytex Liquid, Clorox II, and borax are available at the supermarkets. Miracle White is non-toxic and biodegradable. These are not good for extremely sensitive patients. Borax is a natural bleach. Borax added to the regular wash along with other laundry cleaner is an effective whitener. Use 1/2 cup to a medium load.

10.AMMONIA:

Avoid ammonia or ammonia-containing products like Windex. Substitute with vinegar or vinegar and water.

To clean windows, use solution of 1 Tbsp. of vinegar to 1-2 quarts of water. To remove paint from windows, heat vinegar and apply. For heavy-duty work, saturate wet cloth, rub with Bon Ami Cake Soap and apply to glass. Rinse off with clear cold water and dry it with absorbent toweling.

11. FURNITURE POLISH:

Stop using present furniture polish. Use instead: Olive oil (pure, 100%), lemon oil, beeswax, beeswax and olive oil, or raw linseed oil. The tackiness of vegetable and animal oils will disappear with much rubbing. Mayonnaise can also be used to polish furniture. Consider beeswax and oil combination. Olive oil and lemon oil can be used both on wood and leather. Other oils may be used but these have a tendency to turn rancid.

12. FLOOR CLEANING AND FLOOR WAXES:

Avoid all floor cleaners and floor waxes, Mop & Glo and the like. Substitute floor cleaning with borax or baking soda solution. For floor waxing, substitute with Spencer Kellogg pure raw linseed oil, 1/2 oil and 1/2 vinegar solution. Apply thin coat, rub in well. Dries in 4 days. Suggest non-electric floor polisher. WARNING: Some people are very sensitive to linseed. Use pure beeswax instead of regular wax which is petroleum based.

Wax build-up: For a simple case of wax build-up, 3 Tbsp. of washing soda to a quart of water sponged over the surface, rinsed with fresh water and wiped dry, is the prescribed "cure". For varnish, lacquer, or shellac, use a cup of washing soda to a quart of water and apply the solution to one small area at a time with medium steel wool. Rinse, wipe dry, run over the surface lightly with fine sand paper. Wrap sand paper around a block of wood for table surfaces, and around a hard dry cellulose sponge for chairs. The sponge has just enough give to let the sand paper dig into the rounded and fluted areas. Be sure the wood is completely dry before applying desired finish.

13. INSECTICIDES AND PESTICIDES:

Stop using insecticides, pesticides, no-pest strips, Raid and the like, professional exterminators, and moth-proof shelf paper. Primarily, use good sanitation, storage, lighting, mouse traps, and fly swatters. For specific needs, refer to "Coping With Your Allergies". Instead of mothballs, use a spice mixture of rosemary, mint, thyme, or cloves. Avoid paint on pesticides, or paints and varnishes that contain pesticides, dry cleaning processes that include moth-proofing, and moth-proofed sweaters and other woolen clothing. Find a dry cleaner who will not use moth-proofing cleaning fluids.

14. CHLORINATED WATER:

For those sensitive to chlorine, you may have to find following solutions: For bath water - sprinkle a few grains of sodium thiosulfate in hot water. For drinking water - letting water stand overnight or boiling it for 10 minutes may render water tolerable. Otherwise, use well water, charcoal filtered

water, spring water like Mountain Valley, or distilled water bought in glass bottles instead of plastic containers. There are many water filters on the market. One which seems to work well is Puro Filter, obtained from Puro Filter corp. of Illinois, 1326 So. Michigan Ave., Chicago, IL 60605.

15. DRY CLEANER:

Locate a dry cleaner in your community who will use the old fashioned petroleum cleaner and omit moth-proofing treatment. Naphtha, a petroleum solvent - not Perchhorethylene - is recommended for dry cleaning. Be sure the dry cleaner uses distilled naphtha without added detergents.

Clothing returned from the dry cleaner should be removed from its plastic bag and aired outdoors for several hours before it is worn or stored in a closet. Those who are highly sensitive may have to avoid dry cleaning altogether.

16. BRASS POLISH:

Avoid brass polish. Lemon juice or vinegar with salt cleans brass and steel well.

17. SILVER POLISH:

Avoid silver polish. Sterling silver can be cleaned with a soapy solution of baking soda and water, or with cream of tartar plus water in an aluminum pan or aluminum foil. To be effective, silver must touch the aluminum.

18. SHOE POLISH:

Those sensitive to shoe polish might try using olive oil as a substitute; it does not get rancid and is a neutral color.

19. CHROME POLISH:

Stop using it. Clean chrome with soft dry cloth dipped in pure cider vinegar.

20. FRESH NEWSPAPER:

Airing out may help. Let someone else read the newspaper first. Baking in the oven for 20 minutes at 200° may be needed.

21. INCENSE AND CANDLES:

Avoid incense. If candles are really needed, use ones made with 100% beeswax rather than petroleum products. A fairly recent development, the "Uncandle", which can burn vegetable oil, is effective and less hazardous.

- 22. **RUBBING ALCOHOL:** }
- 23. **MINERAL OIL AS LUBRICANT:** } **Refer to chemical**
- 24. **MINERAL OIL AS LAXATIVE:** } **substitution table.**
- 25. **AEROSOLS:** }

- 26. **OVEN CLEANER:**

Stop using present oven cleaner. Use instead: baking soda, Amway LOC, washing soda, Bon Ami cleaner, and Quick Glo oven cleaner.

1. Baking soda: Sprinkle a small amount of water in the oven, then sprinkle ample amount of baking soda all over. Leave for 30 minutes. Use steel wool pads and small amount of water to loosen dirt and wipe clean with sponge.

2. While oven is still warm, wipe with damp cloth. Soak racks in Amway LOC in very hot water. Washing soda and steel wool pads can be used.

3. Quick Glo oven cleaner is non-toxic and fume-free. It also cleans aluminum windows.

4. To clean a broiler grill or bottom of oven where food has spilled, sprinkle with Bon Ami cleanser while still hot, cover with absorbent towels and sprinkle with water. Most of the soil will be absorbed by steam and towels.

27. **DISHWASHING:**

Stop using present dishwashing liquid. Use instead: Basic D (Shaklee), automatic dishwashing detergent and Dish Drops (Amway), Ivory, Rokeach soap, or Bon Ami cake soap.

Basic D and Dish Drops can be used like any other dishwashing liquid. For dishes, you may also use Ivory or Rokeach Kosher soap with plain steel wool. For pots and pans and general house cleaning requiring an abrasive cleaning agent, use a grater with Bon Ami cake soap. Store in a glass mason jar. Use as any other cleanser. Very effective with Supreme brand steel wool.

28. **DISHWASHER:**

Instead of present dishwasher compound, use Automatic Dishwasher Detergent (Amway), or borax. Add 1/4 cup of borax to first cycle and repeat in second cycle. For periodic cleaning, run 1 cup of vinegar through the cycle. Automatic dishwashing detergent is used like any other compound.

29. SMOKING:

Must be stopped by the patient. All other members of the family and visitors should refrain from smoking inside the house. No treatment program can be successful until the smoke is avoided. A person highly sensitive to smoke may be bothered with the smoker's breath, or even the odor carried on his clothing and hair. Cigarette smoke is a very complex substance and consists of burning products of tobacco, pesticides used to spray the tobacco crop, paper, glue, sugars, aroma, preservatives, and many other chemicals.

30. HOUSEHOLD CLEANER:

In general, vinegar, salt and baking soda are excellent deodorizers and cleaners. When you have a cleaning problem, try them before you try anything else.

31. SHAVING SOAPS, FOAMS, AND CREAMS:

Stop using them. These have perfumes, glycerine, moisturizers, and other chemicals including preservatives. Use electric shaver instead. Williams Mug Shaving Soap or Tom's Shaving Cream may be used instead.

32. AFTER SHAVE LOTIONS:

Stop using them. These have perfumes, coloring dyes, and alcohol. Use cold water as an astringent or do not use anything at all.

33. MOUTHWASH:

Stop using all mouthwashes. These have perfumes, menthol, phenol, coloring dyes, and many other chemicals. Use baking soda, 1 tsp. to a glass of water, or tea made from sage or birch leaves.

34. TOOTHPASTE:

Stop using toothpaste. The safest way to clean teeth is to use baking soda alone or mixture of 2 parts of baking soda to 1 part of table salt. Sensodyne toothpaste is corn-free and can be tolerated by some people who cannot use other toothpastes. Formula for tooth powder: In a blender, whip until pulverized, 3/4 cup of salt. Add 1/2 lb. of baking soda. Blend until reduced to a very fine powder. Optional: add one herb for flavoring, cassia or a mint.

35. SHAMPOOS:

Avoid present shampoos. Use instead: Johnson Baby Shampoo, pure castile shampoo (Almay), Arex, or Marcell Shampoo. Unscented Amino Pon Shampoo is available at beauty shops. Make your own shampoos, refer to chapter 28 of "Coping With Your Allergies".

36. PERFUMES:

Avoid all. If you have to use, use occasionally the tolerated ones. Give on the tolerated ones to your loved ones.

37. HAIR SPRAYS:

Stop using all hair sprays, hair oils, and tonics. You may make your own hair spray (non-chemical). Mix 1/8 tsp. powdered gelatin in 1/6 cup cool water. Heat in top of double boiler, stirring to dissolve. Transfer into a spray atomizer. Store in the refrigerator. Heat before use. for emergency solution to fly-away hair, pat fresh lemon juice on difficult to maintain areas, or make your own lemon hair spray. Chop 1 whole lemon and cover with hot water, bring to boil, and boil down until half the original quantity of water remains. Cool. Squeeze lemon and liquid through thin cloth or cheese cloth strainer. If too thick, add water and mix well. Refrigerate in pump valve dispenser (such as is used for washing windows).

38. DEODORANTS:

Stop using present deodorants. Apply weak solution of baking soda to underarms. Blend in a blender, 1/2 cup baking soda and 1/2 cup arrowroot starch. an effective deodorant and excellent powder for your whole body. Those sensitive to arrowroot starch should substitute another kind.

39. FOR A DEODORANT AND ANTI-PERSPIRANT:

Ask your druggist to make the following:

a. Aluminum chloride 4 grams
Water to make 100 cc

OR

If you cannot tolerate aluminum, use the following:

b. Oxyquinoline Sulfate, 1 gram
Rose water to make 500 cc

Either should be tried on a small area to test for individual tolerance.

40. BUBBLE BATHS AND TUB BATHS:

Should be avoided. Showers are recommended. However, if you occasionally feel you need a tub bath to relax, try an herb bath. Put 1/2 handful dry mint, thyme, rosemary, the peel of one lemon, the peel of one orange, or rose petals in the toe of a stocking or tie up in cheese cloth. Omit anything you cannot tolerate, anything you are sensitive to. Draw very hot bath water, let herb bag steep in the bath until water cools to proper temperature.

41. COSMETICS:

For cosmetics such as face cream, face powders, eye brow pencils, facial care, conditioners, moisturizers, shampoos, setting lotions, etc., refer to chapter 28 of "Coping With Your Allergies" and "Allergy Handbook". DO NOT use any during testing period. Use unscented cosmetics or those made with natural herbs and scents. For commercial products and their sources, refer to "Guidelines" prepared for the Human Ecology Research Foundation of the Southwest, Inc.

42. PERSONAL CLOTHING:

Use untreated clothing, including underwear, made up of 100% natural fiber, such as cotton, silk, wool, linen, cotton knit materials which are not bonded and such knit shirts found at sporting departments, and older clothing and blankets which are usually pesticide-free. Women's stockings should be cotton lisle or real silk, obtainable at major department stores. Use garter belts, cotton socks and pants. Clothing should have minimum amount of plastic or rubber in undergarments. For Men: Have to be content with cotton socks containing small amount of nylon reinforcement around the toe. Use blue jeans and chinos or painter's pants or cotton cord summer clothing. Launder all these clothes before study is begun - in pure unperfumed soap, like Rokeach Kosher Soap and/or baking soda and/or Arm & Hammer washing soda or Borax. Refer to instruction #7 of this pamphlet.

43. PLASTICS:

Remove all soft plastics from the bedrooms, such as garment bags, garbage bags, plastic pillow and mattress cases, shoe bags, handbags, and electric blankets. Instead, use paper bags or cotton bags. During testing period, instead of regular pillow, use folded cotton blanket. If person is allergic to dust and if plastic mattress cover must stay, use extra heavy toweling or a blanket between the bottom sheet and the plastic casing.

44. PILLOWS:

Avoid rubber, plastic foam, plastic or fiber-filled type pillows such as Dacron, Dynel, polyester, polyfoam, or polyurethane.

During the testing period, you can use folded cotton sheets or cotton blankets instead. LATER, you can make your own pillow by filling a pillow cover (cotton) with soft baby diapers, turkish towels, old

100% cotton sheets or towels torn in strips. A soft cotton receiving blanket or white cotton padding can be used. Freshen weekly in electric dryer. Some person who cannot tolerate feathers can tolerate goose down pillows.

45. DRUGS AND MEDICINES:

Refer to Chemical Substitute #45.

46. REMOVAL OF OIL SPRAYED OR HEXACHLOROPHENE TREATED FILTERS:

These should be removed from heating and air conditioning units and replaced with clean metal mesh filters which may be sprayed with olive oil for better adhesiveness of dust particles. It is almost impossible to buy air conditioner filters that have not been treated with chlorinated hydrocarbon - hexachlorophene. Even the untreated filters contain a resin coating on the glass fibers.