

TOP 10 CLEANING TOXINS & NATURAL ALTERNATIVES

Despite their usefulness, many cleaning products can be harmful to you, your family, your pets and your employees. Here are 10 cleaning toxins typically used in homes and workplaces, some products in which they are used, some health risks associated with each, and healthier alternatives that can be used.



FORMALDEHYDE

Where it's found: Air fresheners

Potential health risks: Irritation of eyes, skin and throat; cancer; brain damage

Healthier alternative: Essential oils in a diffuser



PERCHLOROETHYLENE

Where it's found: Spot removers, dry cleaning solutions and carpet cleaners

Potential health risks: Dizziness, loss of coordination

Healthier alternative: Castile soap, liquid carbon dioxide cleaners



PHTHALATES

Where it's found: Air fresheners, dish soaps

Potential health risks: Endocrine disorders, migraines, asthma

Healthier alternative: Fragrance-free organic products



AMMONIA

Where it's found: Glass cleaner, polishes

Potential health risks: Breathing problems, irritation of skin and eyes

Healthier alternative: Cleaning with distilled vinegar or vodka



CATIONIC ENZYMES

Where it's found: Laundry detergents

Potential health risks: Eye and skin irritation, nausea, vomiting

Healthier alternative: All-natural, organic detergents



CHLORINE

Where it's found: Bleach-based cleansers

Potential health risks: Skin, eye, nose and throat irritation

Healthier alternative: Using vinegar as a disinfectant, or baking soda for scrubbing



LYE

Where it's found: Oven cleaners

Potential health risks: Severe burns, throat irritation

Healthier alternative: Baking soda paste



HYDROCHLORIC ACID

Where it's found: Toilet bowl cleansers

Potential health risks: Eye, skin and throat irritation

Healthier alternative: Baking soda and vinegar



2-BUTOXYETHANOL

Where it's found: Many multipurpose cleaners

Potential health risks: Throat irritation, liver and kidney damage

Healthier alternative: Natural and organic cleaning agents



XYLENE

Where it's found: Spot removers, floor polishes

Potential health risks: Memory loss, liver and kidney damage

Healthier alternative: Natural and organic cleaning products