

## BLOG/REVIEW: A Better way to clean

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Word Count: 1576

Why have a different soap for everything in your house? Dish liquid, laundry detergent, floor cleaners, automotive cleaners, insecticidal soaps, tub cleaners, body wash, shampoo, pet shampoo, facial soap are not only expensive but can be toxic to you and your family. I have found an incredible line of products safe enough to use on baby's skin, hair and pets yet strong enough to clean cars, laundry, floors, dishes and more.

Why do we continue to stress over cleaning products, with hundreds to choose from, not to mention the added toxic synthetic ingredients, it is difficult to choose wisely soaps that will get the job done yet be safe for your family. You may be cleaning dirt away but leaving something much more dangerous behind; toxic chemical residues that can cause everything from asthma, skin problems, digestive upset, suppression of immune function, liver and kidney damage. Yes, the very soaps you clean with can cause you harm, some can even cause cancer.

Remember years ago when your mother or grandmother cleaned everything from your little bum to the dirty dishes and laundry, all with the one type of soap; that is all that is required to effectively clean, a good 'ol castile soap. Why bother with a different soap for every task? Manufacturers want consumers to think that we need all of these different products to be clean; simply not true.

I have come across a wonderful line of soap in liquid or bar form; this soap is the only soap you will ever need again. Throw out the toxic dish liquids, detergents, shampoos, floor cleaners and even automobile cleaners. This is the only soap you will ever need to purchase ever again!

Dr. Bronners manufactures safe soap in concentrated liquid or bar form; it can be purchased in commercial jugs or in bar form and is made with only the purest ingredients with no synthetic chemicals whatsoever.

There are several natural scents to choose from and they also sell organic body care and snack bars. This soap cleans everything! It is even great to use on plants and grass in the garden, try the peppermint or tea tree liquid soap, just a capful added to water to repel insects.

Save yourself the hassle and headache of all those different cleaners and for the health of your family, buy yourself some Bronners.

Stop buying your regular cleaners now; they can make your family sick. There is absolutely no need for them when a great affordable product such as Dr. Bronners all purpose soaps are available.

I felt compelled to let you know about this great soap after researching the many toxic ingredients in the products that many of you have in your home. These ingredients are

often not listed on the labels and are difficult to find and understand, but with much research I have discovered just how toxic these cleaning products actually can be.

Just the other day I was researching a common dish liquid and here is what I have found:

### **D\*\*\* DISH LIQUID**

**Active Ingredients:** Triclosan

**Inactive Ingredients:** Water, Sodium Lauryl Sulfate, Sodium Pareth-23 Sulfate, C12-14-16 Dimethyl Amine Oxide, SD Alcohol 40-B, Undeceth-9, Sodium Cumenesulfonate, PPG26, Sodium Chloride, Cyclohexanediamine, Polyacetate, Fragrance, FD&C Yellow 5, D&C Red 33

**Warnings:** Keep out of reach of children. If D\*\*\* gets in eyes, rinse thoroughly with water. If swallowed, drink a glass of water to dilute.

**TRICLOSAN:** The EPA registers it as a pesticide, giving it high scores as a risk to both human health and the environment. It is a chlorinated aromatic, similar in molecular structure and chemical formula to some of the most toxic chemicals on earth: dioxins, PCB's, and Agent Orange. Its manufacturing process may produce dioxin, a powerful hormone-disrupting chemical with toxic effects in the parts per trillion (one drop in 300 Olympic-sized swimming pools!). Hormone disruptors pose enormous long-term chronic health risks, because they interfere with the way hormones perform (such as changing genetic material, or fostering birth defects).

Triclosan is a chlorophenol, a class of chemicals suspected of causing cancer in humans. Externally, it can cause skin irritations "*...phenols can temporarily deactivate the sensory nerve endings....contact with [triclosan] often causes little or no pain*". "*Internally, it can lead to cold sweats, circulatory collapse, convulsions, coma, and even death*". Stored in body fat, it can accumulate to toxic levels, damaging the liver, kidneys, and lungs, and can cause paralysis, sterility, suppression of immune function, brain hemorrhage, decreased fertility and sexual function, heart problems, and coma."

Employing a strong antibiotic agent such as triclosan for everyday use is of questionable value, as it takes a shotgun approach to killing all microscopic organisms while also destroying the beneficial bacteria in the environment and in our bodies. These friendly bacteria cause no harm, and often produce beneficial effects, such as aiding metabolism and inhibiting the invasion of the harmful pathogens.

Sodium Lauryl Sulfate: A report published in the Journal of The American College of Toxicology in 1983 showed that concentrations of SLS as low as 0.5% could cause irritation and concentrations of 10-30% caused skin corrosion and severe irritation. National Institutes of Health "Household Products Directory" of chemical ingredients lists over 80 products that contain SLS and SLES. Some soap has concentrations of up to 30%, which the ACT report called "highly irritating and dangerous".

In the same way as it dissolves the grease on car engines, SLES also dissolves the oils on your skin, which can cause a drying effect. It is also well documented that it denatures

skin proteins, which causes not only irritation, but also allows environmental contaminants easier access to the lower, sensitive layers of the skin.

This denaturing of skin proteins may even be implicated in skin and other cancers. Perhaps most worryingly, sodium laureth sulfate is also absorbed into the body from skin application. Once it has been absorbed, one of the main effects of SLS is to mimic the activity of the hormone Oestrogen. This has many health implications and may be responsible for a variety of health problems from PMS and Menopausal symptoms to dropping male fertility and increasing female cancers such as breast cancer, where oestrogen levels are known to be involved.

**Sodium Pareth-23 Sulfate:** A cousin of Sodium Lauril Sulfate, many of the same interactions (see above)

**C12-14-16 Dimethyl Amine Oxide:** Very Toxic- Effects on Animals: Dimethylamine is an irritant of the eyes, skin, mucous membranes, and respiratory tract. A post-mortem examination revealed severe irritation of the gastric mucosa, accompanied by hemorrhage in the stomach wall. Eye irritation, gasping, tearing, salivation, and bloody discharge from the nose were noted in rats after 1 hour of exposure at 4540 ppm. Corneal opacity occurred 3 hours after the exposure began, and death was usually preceded by convulsions. At autopsy, severe congestion, ulceration, and necrosis of the nasal turbinates were observed. In rats exposed for 6 hours to minute concentrations ranging

from 600 ppm to 2,500 ppm, eye irritation, gasping, and bloody discharge from the nose were noted.

At concentrations greater than 2500 ppm, emphysema, bronchopneumonia, liver cell death, and corneal ulceration occurred. Exposures to concentrations of 170 to 500 ppm resulted in less severe lung changes. Animals of several species were exposed to approximately 100 to 200 ppm of dimethylamine for 18 to 20 weeks and developed marked irritation of the respiratory tract and pulmonary edema and also sustained injury to the liver.

Among the guinea pigs and rabbits exposed on this regiment, corneal injury was observed after 9 days of exposure; degenerative changes of the testicles occurred in one monkey and one of ten rats in these experiments. Continuous exposure to 5 ppm dimethylamine for 90 days resulted in no overt signs of toxicity, but autopsy showed inflammatory changes in the lungs. Long-term oral exposure to 0.035 mg/kg caused no apparent effect in rats and guinea pigs. Skin contact with dimethylamine results in necrosis, and eye contact causes severe corneal injury or permanent corneal opacity [Hathaway et al. 1991; Grant 1986].

Effects on Humans: Dimethylamine is an irritant of the eyes, skin, mucous membranes, and respiratory tract. A splash of dimethylamine into the eyes causes intense pain, severe damage, and permanent corneal opacities. Coughing, sneezing, and shortness of breath can occur after inhalation of dimethylamine. Skin contact with the liquid may cause minor

irritation on short contact and prolonged contact may result in necrosis of the skin. By analogy with the effects observed in experimental animals, sublethal doses could result in delayed tracheitis, bronchitis, pulmonary edema, and pneumonitis, and ingestion could lead to gastric irritation and hemorrhage. Long-term inhalation has caused liver damage.

**Undeceth-9:** Has not been tested for toxicity - Very little information exists on this chemical.

**Sodium Cumenesulfonate, PPG26, Sodium Chloride, Cyclohexanediamine, Polyacetate, Fragrance, FD&C Yellow 5, D&C Red 33** all have the potential to be toxic.

This is a dish liquid! And a common brand that most people use in their homes, on their dishes that they eat from. Throw it all away and go with the one soap for everything.

Dr. Bronners is now my only household soap. I use it as a wonderful shampoo and body wash, as a floor cleaner, laundry detergent, dish liquid, pet shampoo, and I even clean dirty car mats, this stuff has worked great in every situation I have thrown at it. So give it a try for yourself. You may save yourself some time, hassle and chemical residue.

CLICK HERE NOW TO ORDER TODAY!

[http://www.drbronner.com/store/merchant.mvc?Screen=SFNT&Store\\_Code=DBMS](http://www.drbronner.com/store/merchant.mvc?Screen=SFNT&Store_Code=DBMS)

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### Freelance Writer

Since 1999, Judie has been aggressively researching a wide range of subjects, particularly those pertaining to human health and environmental issues. Judie has written for local, regional and national publications.