

The Toxic Dangers of Laundry Detergent and Fabric Softeners

Ordinary laundry detergents leave dangerous chemical residues on clothes that are absorbed into skin or evaporate into the air where they could be breathed in. Ingredients listed as Cleaning agents, Buffering agents, Stabilizers, Brightening agent or Fragrances are actually toxic chemicals that cause:

- Skin Irritation and rashes
- Respiratory problems, lung damage, inflammation
- Endocrine Disrupters which cause Hormonal imbalances
 - Male fertility issues
 - Breast Cancer
 - Heart Disease
 - Depression
 - mental impairments

In the 1990's. the U.S Environmental Protection Agency (EPA) created the following list of chemicals found in **common fabric softener and dryer sheets:**

1. Alpha-Terpineol: Has been directly associated with brain disorders as well as loss of muscle control, headaches and depression.
2. Benzyl Acetate- Directly linked to the development of pancreatic cancer.
3. Benzyl alcohol- Causes irritation within the upper respiratory tract, as was as central nervous system disorders, including a headache, nausea, vomiting, dizziness and dramatic drops in blood pressure.
4. Chloroform- Can be extremely damaging to the brain and even fatal. Inhaling chloroform can result in nausea, vomiting, dizziness and even loss of consciousness.
5. Ethanol- Linked to CNS disorders and frequently found in fabric softeners
6. Ethyl Acetate- a hazardous waste known to cause headaches.
7. Linalool- Found in studies to cause loss of muscle coordination, depression, and neurological disorders
8. Pentane- Known to directly cause nausea, fatigue, and depression.

Safe Laundry Alternatives



Chemical Free Laundry Detergent

Mix together in large container
equal parts Borax & Washing Soda
Use 2 Tablespoons for Regular Load
Plus add 1 Tablespoon of Dawn dish
soap per regular load

Fels-Naptha replaces Spray & Wash

Gojo removes grease and oils

Use Tennis Balls or Dyer balls