

COMMON
MORNING
ROUTINE
&
COMMON
CONDITIONS

ARE YOU SEEING
THE CAUSE
& EFFECT?

	Alcohols	Chlorines	Detergents & Emulsifiers	Synthetic Fragrances/Dyes	Heavy Metals	Pesticides & Fungicides	Petrochemicals	Preservatives (Synthetic)
KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS	KNOWN EFFECTS
anemia	anemia	anemia	blindness	ADD	abdominal cramps	birth defects	allergic reactions	asthma
cancers	developmental retardation	cancers	cancers	allergic reactions	ADD	cancers	asthma	cancers
coughing	diabetes	diabetes	cataract formation	cancers	cancers	dizziness	depression	digestive problems
depression	gastrointestinal cancer	gastrointestinal cancer	hair loss	depression	cognitive retardation	flu-like symptoms	fatigue	eye damage
dizziness	headaches	headaches	nutrition absorption interference	headaches	genetic damage	genetic damage	headaches	headaches
fatigue	heart disease	heart disease	organ damage	irritability	hyperactivity	gland tumors	immune disorders	joint pain
headaches	endocrine cancer	endocrine cancer	reproductive damage	muscular pain	immune disorders	insomnia	intestinal gas	motor control loss
heart damage	immune system breakdown	immune system breakdown	scalp eruptions	rashes	joint pain	memory loss	premature aging	muscle weakness
muscle weakness	mental difficulties	mental difficulties	skin irritation	reproductive damage	motor difficulties	nerve disorders	rashes	organ damage
nerve damage	pulmonary edemas	pulmonary edemas	skin stripped of protective oils	respiratory problems	mouth sores	organ damage	respiratory failure	reproductive damage
organ damage	urinary tract cancer	urinary tract cancer		stomach upset	muscle weakness	stomach cramps	skin problems	respiratory problems
rashes	vision problems	vision problems		vertigo and dizziness	nausea	swelling	splitting nails	shin rashes
stomach cramps					premature aging		sun sensitivity	
vision problems								

Mattress and Pillow				X			X	
Air Freshener	X			X			X	X
Soap* and Body Wash			X	X	X	X	X	X
Shampoo	X		X	X				X
Conditioner	X			X				X
Skin Cream and Lotion	X		X	X	X	X	X	X
Shaving Cream			X	X				X
Aftershave Lotion	X			X				X
Cologne or Perfume	X			X			X	X
Skin Rash/Acne Product	X		X	X	X	X	X	X
Moisturizer	X			X	X		X	X
Antiperspirant	X			X	X		X	X
Deodorant	X			X		X	X	X
Cosmetics	X		X	X	X	X	X	X
Feminine Deodorant				X			X	
Sanitary Napkins				X			X	
Facial Cleanser			X	X				X
Nail Polish				X	X		X	X
Hair Spray				X			X	
Toothpaste			X	X	X	X		
Mouthwash				X	X	X		X
Foot Deodorant Powder				X		X		X
Laundry Detergent	X		X	X	X	X	X	
Fabric Softener			X	X	X		X	
Chlorine Bleach	X	X						
Dry Cleaned Clothes	X						X	

*especially anti-bacterial products, which contain poisonous pesticides and fungicides

THE TOXIC SUBSTANCE CONTROL ACT (TSCA) OF 1976

The Toxic Substance Control Act (TSCA) of 1976 grandfathered in an estimated 65,000-100,000 chemicals currently on the market today. What does that mean to you? Simply put: these chemicals have not had any safety testing and we know very little information about their effects.

Of the chemicals tested, toxic labeling is required only if 50% or more of the animals tested with a chemical die.

Under the TSCA, manufacturers are protected by trade secret laws that allow them to keep their ingredient lists a secret.

It is **“unthinkable that women would knowingly inflict such exposures on their infants and children and themselves if products routinely used were labeled with explicit warning of cancer risks,”** says Dr. Samuel Epstein, Chairman of the Cancer Prevention Coalition and Professor Emeritus of Occupational and Environmental Medicine at the University of Illinois, School of Public Health at Chicago, and leading international authority on toxicology and the carcinogenic effects of contaminants in consumer products.

CANCER

The dangerous side effects of chemicals since their introduction into our society cannot be ignored. From the 1940s to 1990s, the incidence of non-smoking cancers in the U.S. increased as follows:

- Prostate cancer 200%
- Non-Hodgkin's lymphoma 200%
- Multiple myeloma 200%
- Thyroid cancer 155%
- Testicular cancer 120%
- Adult brain and nervous system cancer 70%
- Female breast cancer 60%
- Childhood cancer 35%

OUR CHILDREN

Perhaps the saddest realization of all is the very products we use on our children daily with the best of intentions are selected by us under false pretenses.

What we think to be safe are chosen because of labels that lead us to believe they are safe. Yet the ingredient list proves otherwise. An accidental laboratory experiment at Rutgers University in New Jersey found that lab mice grew tumors after the application of a cream. The suspected chemicals are mineral oil and sodium lauryl sulfate.

