

Chemicals in People -The "Body Burden"

Posted by

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June 30, 2005 - Courtesy Environment Canada, Pacific and Yukon Region...

Chemicals are everywhere nowadays. From cleaning supplies to personal products, chemicals have become a part of daily life. However, have you ever thought that using these products might be harming you and your family? Many chemicals found in everyday products, such as shampoo and conditioner, have chemicals in it that are known or probable human carcinogens. Consider that that next time you wash your hair! And considering that the government does not require health studies or pre-market testing for cosmetics and other personal care products before they are sold, consumers must educate themselves to make the best decisions for themselves and their families.

Many chemicals found in everyday products are now also being found in humans. Often known as the “body burden,” this contamination of human beings is threatening the health of much of the population. Considering that many of these chemicals are proven carcinogenic substances to humans and animals, are toxic to the brain and nervous system and can cause birth defects and abnormal development, chemical use must be reconsidered.

The Environmental Working Group has developed an online rating system that ranks personal products on their potential health risks and the absence of basic safety evaluation. To find out more about the personal products you use, please check out:

<http://www.ewg.org/reports/skindeep/>.

What Can I Do?

? Educate yourself! Learn what chemicals have been labeled as known or probable carcinogens. Nobody can protect yourself better than you!

? Read the labels before buying any product. This ensures that you know exactly what you're

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bringing into your home.

? Assess the use of chemicals in your home. Most chemical products have natural or organic counterparts that are reasonably price and widely available.

Resources

R Environmental Working Group: <http://www.ewg.org/>

R The Body Burden: <http://www.ewg.org/reports/bodyburden/es.php>.

R <http://greenpack.rec.org/chemicals/index.shtml>