



BODY RESET - DAY 26

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Why you need to stop using air fresheners



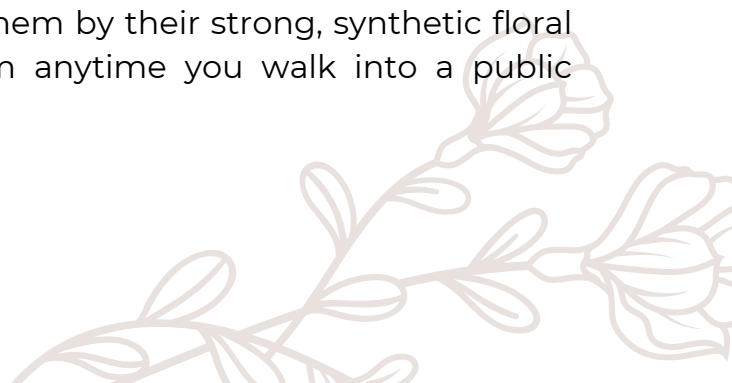
Have you noticed how much more popular air fresheners, plug in fragrances and candles have become over the last 10 years or so?

Everyone wants their home to smell lovely, and look tranquil so they are using more and more of these products, but are they safe!?

Today as part of our 30 day detox we'll look at why we should consider switching from commercial air fresheners to safer alternatives that won't harm your health or that of your family.

Harmful Ingredients in Conventional Bathroom Sprays

Air fresheners are everywhere. You know them by their strong, synthetic floral or fruity scents, and you can't miss them anytime you walk into a public bathroom and a lot of office buildings.



But should we keep them around our homes? In a word, no. They're harmful to our health and a major source of indoor air pollution. In fact, studies have shown that indoor air is often more polluted than outdoor air!

Almost all contain dichlorobenzene, a chemical comprised of chlorine and benzene, a known carcinogen and EPA-registered pesticide.

Animals exposed to it developed liver and kidney tumours.

They have also been found to have high levels of phthalates, which are known to be especially harmful to children. These have even been found to be present in sprays which claimed to be "All-Natural" and "Unscented". They were not disclosed on the list of ingredients.

Formaldehyde, a known human carcinogen, is also often found in plug-in fragrance warmers and as well as air fresheners.

When people use air fresheners, the phthalates are released into the air where they may be inhaled or may land on the skin and be absorbed. Once these chemicals enter the bloodstream, they can interfere with production of the male hormone, testosterone, and have been associated with reproductive abnormalities.

Air fresheners inhibit your ability to smell

You might be surprised to learn that air fresheners inhibit your ability to smell – using chemical numbing agents for the nasal area – This can't be good for us!!

Quick solutions are not necessarily the best

Air fresheners may be quicker in the short term, but in the long term, the diseases and illnesses that you will inevitably encounter make other options worthwhile. People are much more likely to become sick whilst using these; both from the immune-suppressing chemicals released, and from the molds and bacteria that are left growing unchecked. Just because the smell has been masked, doesn't mean the cause has been removed !

Some health conditions which may be associated with air fresheners

Asthma

One of the most common health conditions associated with artificial fragrance use is asthma, allergies, and other respiratory problems.

The problem is when we spray these toxic fragrances into the air, they release tiny chemical particles, which we breathe in. These particles can lead to inflammatory reactions in the lungs and other parts of the body.

Over time a build-up of inhaled toxins weakens and compromises the lungs. Not only does this increase susceptibility to asthma, but it opens the door to frequent respiratory infections and allergies.

Skin Conditions

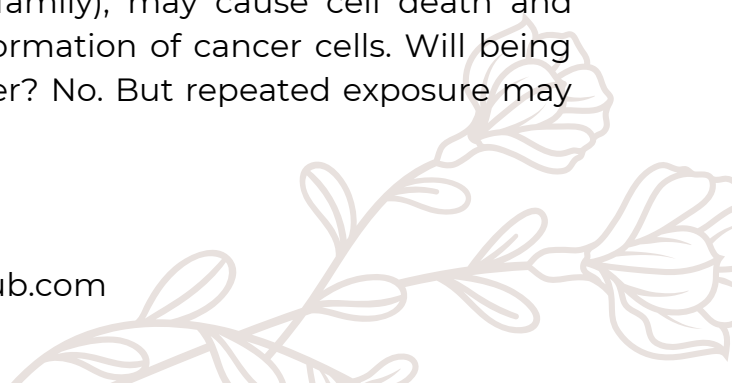
Whenever toxic chemicals are sprayed into the air to cover up bathroom odors and other stinky stuff, those particles eventually land on our skin, on the floor, on the surfaces we touch.

Repeated contact with harmful chemicals can cause eczema or other skin irritations. In addition, when our body is exposed to harmful chemicals, our immune systems become overactive, creating perfect conditions for more skin irritations. It's a vicious cycle.

Cancer

As I mentioned, many synthetic fragrances contain formaldehyde, a known human carcinogen.

Routine exposure to sprays used to cover up bathroom odors (think several times a day, every day, for the average family), may cause cell death and toxicity. This can eventually result in the formation of cancer cells. Will being around air-freshener one time cause cancer? No. But repeated exposure may be harmful over time.



Birth Defects & Infertility

The chemicals in conventional air fresheners can disrupt hormones, particularly testosterone. This can lead to infertility in both men and women.

In addition to infertility, toxins like phthalates can cause birth defects such as malformed genitalia and undescended testicles.

Headaches

Many of us are more sensitive to toxic fragrances than we realize.

It's interesting that when people switch to using only natural fragrances like essential oils for a while, they frequently seem to become even more sensitive to strong artificial smells. When this happens sometimes just walking down the cleaning aisle or perfume counter in a store can make you feel queasy or even result in a headache.

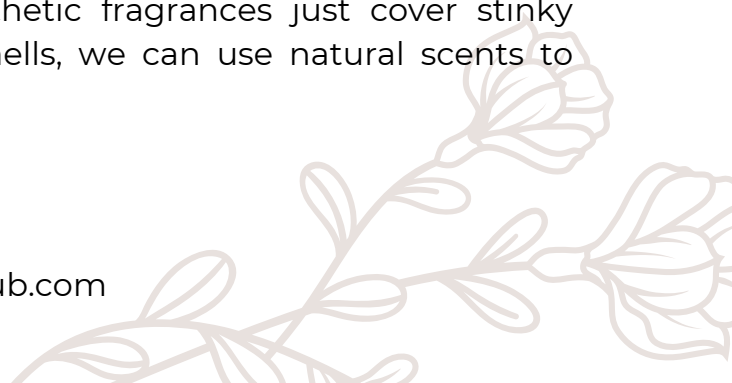
In fact, it's now being said that "fragrances are the new secondhand smoke" because it's clear that so many of us are sensitive to them. If you get frequent headaches, you might want to examine how many sources of artificial fragrances you're using in your home or otherwise exposed to on a daily basis.

So what can you do??

Bathroom odors just might be the bane of any moms existence, especially to those of us with lots of kids and a bathroom that gets lots of action. It's enough of an accomplishment to keep the bathroom clean, but in our home I find a natural bathroom spray is a must for my sanity!

DO YOU HAVE A STINKY BATHROOM?

We can't avoid bathroom odors (that wouldn't be healthy!), but we can find better ways to resolve them. While synthetic fragrances just cover stinky stench with overpowering chemical smells, we can use natural scents to gently remove smells.



Enter natural bathroom spray! I'm sure you've all experienced the kids gasping for air and being overly dramatic upon entering the bathroom after a sibling has exited. Well recently whilst browsing the stores I found a poo-pourri spray which I initially thought was a joke, but it's a real and effective product.

So today I thought I'd give you a recipe to make your own version using your beautiful essential oils. Non-toxic and very economical!...

The basic idea is that you can spray toilet water with this natural spray before using the restroom to cover up any odor. But wait.....the Poo Pourri commercial explains how it works and is hilarious! I've included the link below so have look!

This spray works just like poo-pourri to seal the water in the toilet and keep out of the air. Poo pourri is actually natural as well and free of harmful chemicals, so it is a great option if you don't want to make it. It doesn't just target the air like many sprays, but makes a physical barrier to seal odor in the toilet where it belongs.

HOW TO MAKE A NATURAL BATHROOM SPRAY

Here's the recipe I use:

BATHROOM SPRAY INGREDIENTS

- 1/2 cup distilled water (or boiled water)
- 1 tablespoon vodka, or real vanilla extract (what I use)
- 1 teaspoon vegetable glycerine (not absolutely necessary but helps create the physical barrier)
- 20 drops lavender essential oil
- 5 drops orange essential oil

Note: You can use any essential oils of your choice (aim for around 24-36 drops).

BATHROOM SPRAY INSTRUCTIONS

Combine the ingredients in a glass spray bottle (essential oils don't do well in plastic bottles) and spritz on the toilet water before you go. To stop bathroom odors before they start, shake spray before each use. Spritz directly into the toilet bowl to create a film over the water. This will help trap stinky smells below the water after you (I mean ... your kids, of course!) do their business.



When you're working to raise a healthy family, making one small change at a time makes all the difference.

Swap out harmful artificial fragrance sprays for a healthier, cheaper DIY solution like this bathroom spray and it's one more step toward a healthier home.

Take 2 mins and watch the poo-pourri ad. <https://youtu.be/ZKLnhuzh9uY>

NOTES:

