

# CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

## Our Toxic Home



The purpose of this session is not to teach you how to clean, but to educate you on the dangers lurking within the home. Many people have unexplained illness. Children develop allergic reactions, increased breast cancer patients with stay-at-home moms. Most say they do not understand why they are sick. They take supplements, eat healthy and exercise. The problem could very well lie within the home, under the sink, in the bathroom or laundry room.

When working with others, we need to also look and think outside the box. If they use bottled water, are the containers BPA free? Do they use a synthetic room fragrance? Do they use dryer sheets and chemical laden laundry detergent? Are they using cheap vitamins or supplements? Are they sprinkling a carpet freshener on their carpet?

All these and many more are loaded with toxins. Toxins can and do absorb into our skin. They are inhaled through our nose with direct access to our lungs. Our mucus membranes become saturated with synthetic chemicals and artificial lab created fragrances. Candles are made from petroleum based waxes and artificial fragrances. When you burn that candle you are releasing toxic fumes within your indoor space. These fumes not only play havoc on your sense of smell, they attach themselves to everything inside the home and they linger. Though many smell wonderful, they are releasing numerous toxins into the air you breathe, your children breathe, and your pets breathe.



We use antibacterial soaps that are made from lab created antibacterial chemicals. Bacteria can mimic and become immune to synthetic chemicals. The new immune bacteria are no longer stopped by the chemical antibacterial agent. It has simply learned how to become just like it. It has now neutralized the chemical based antibacterial and rendered it ineffective. It is a viscous cycle. When it renders one antibacterial ineffective, scientists create one stronger. This is what makes essential oils so important. Essential oils kill bacteria, viruses, fungus and mold. An essential oil cannot be mutated, re-created in a lab, or have a bacteria, virus or fungus mimic it. Now let's discuss chemicals.

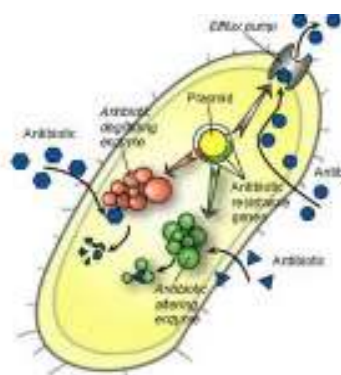
## A Toxic Home

### Triclosan:



Triclosan is an ingredient found in antibacterial dish and hand soap, your household disinfectants, deodorants and fragrances. It is highly toxic. It is found in breast tissue, mother's milk and passed to baby. It builds up in the body and pollutes our water and land. It can also be found in clothing, kitchenware, furniture, toys, body washes, toothpastes and some cosmetics. In animal studies it has been shown to alter hormone regulation. It also contributes to making bacteria resistant to antibiotics. The EPA calls it a chlorinated aromatic compound. It was registered in 1969 as a pesticide. In the industrial world it is used and incorporated in conveyor belts, fire hoses, dye bath vats and ice-making equipment as an antimicrobial pesticide. It is used in adhesives, fabrics, vinyl, plastics, polyethylene, polyurethane, polypropylene, floor wax, textiles of footwear, caulking compounds, sealants, rubber carpeting, and latex paints. It is an endocrine disruptor, reproduction toxicity, chronic toxicity and carcinogen.

It has been found in over 36 USA streams. Triclosan has been shown to restrict muscle contractions in animals. One million pounds of Triclosan is being used annually in the US. It is found in human bodies, including plasma, urine and breast milk. Tests have shown that it blocks communication channels that can lead to skeletal and cardiac muscle failure in low doses. According to two research Doctor's, Triclosan potently impairs muscle function by interfering with signaling between two proteins that are of fundamental importance to life. They advise Regulatory agencies to reconsider whether it should be allowed in consumer products.



With the continued use of these toxic chemicals in our homes we are creating super-bugs. Today our homes have become more toxic than the air outside. In fact you're safer outside. Because of the use of chemicals in the home, women have a 54% higher risk of developing cancer. The chemicals used within our homes not only disrupt hormones, they mutate our cells, create allergic reactions, affect our nervous system, respiratory system, mucus membranes, and cause liver and kidney damage. They are endocrine disruptors that accumulate in our organs and every cell in our body, including bloodstream.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### Toxic Cleaning:



Shockingly, 1000 new chemicals are added on a yearly basis. To date since WWII, there are more than 80,000 synthetic chemicals. Most have not been tested for their safety, effects in our bodies or the environmental impact. These chemicals can be found in our food, water, cleaning products and most consumer goods. They do not have to list all these ingredients on the label, most can be masked as “surfactants”, “fragrance” or “foaming agents”.



I am sure you have heard people tell you they use products labeled “natural” right? They feel this is safe. Not True. Any compound or aroma that can be produced synthetically by a lab, and found in nature can be sold as “natural”. Chemists will take several compounds from a natural ingredient then add their synthetic chemicals. They then sell it to manufacturers to put in your cleaning products, personal care products, baby products and pet products. Some are sold for use in over-the-counter medications like cough syrups, etc.

Aveeno Active Naturals Daily Moisturizing Lotion, 18 Ounce Pump

Ingredients: Active Ingredients: Dimethicone 1.25% (Skin Protectant) Inactive Ingredients: Avena Sativa Kernel Flour (Oat), Benzyl Alcohol, Cetyl Alcohol, Distearyl Dimonium Chloride, Glycerin, Isopropyl Palmitate, Petrolatum, Sodium Chloride, Water.

Look up the ingredients and see what you can find. Petrolatum is refined Mineral Oil. Notice it only lists the “active” ingredient as dimethicone. The inactive ingredients are not a complete list of all the ingredients. Look at their label next time you are in the store.

The side effects and health issues associated with chemicals of synthetic origin include: Nausea, vomiting, headaches, liver and kidney damage, skin rashes, breast and pancreatic cancer, lung problems, loss of sense of smell, blood pressure issues, hormone disruption to name a few. Babies suck on cold washcloths when teething, our nose and head lay on chemical laden sheets, blankets and pillow cases. Children are already born with over 400 chemicals in their system. Using chemicals in the home only exposes their little organs and body even more.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

**Common Chemicals in the House:**

Chemical	Products Found In	Health problems
1,4-dioxane	Products that create suds: shampoo, liquid soap etc.	Cancer and birth defects
2-butoxyethanol	Glass Cleaners, all-purpose cleaners	Reduced fertility and low birth weight babies
Alkyl phenol ethoxylates (APE)	Laundry detergents, stain removers, all-purpose cleaner	Reproductive harm
Ammonium quaternary compounds	Some disinfectant sprays, toilet cleaners, alcohol free hand sanitizers	Occupational asthma and decreased fertility and birth defects
Bisphenol – A (BPA)	Plastics like baby bottles, sippy cups, water bottles, toys, and lining of food cans	Breast cancer, early puberty and hormone disruption
Formaldehyde	Some nail products, shampoos, body washes, chemical hair straighteners	Cancer, skin and respiratory irritation
Hydroquinone	Skin lighteners	Cancer, immune system damage, reproductive and developmental harm
Lead	Lipsticks and other cosmetics, sunscreen, whitening toothpastes, children's face paint.	Reproductive and developmental disorders, nerve, joint & muscle disorders, heart, bone and kidney problems
Monoethanolamine	Laundry detergents, all-purpose cleaners, floor cleaners	Asthma
PBDE's Flame Retardants	Polyurethane foam padding in furniture, children's products	Reproductive and developmental harm, thyroid hormone disruption
Phthalates	Fragrances in cleaning products, personal care, cosmetics ,nail polish	Reduced fertility, breast cancer, genital malformations in boys
Sodium laureth sulfate	Soaps, shampoo, toothpaste	Alzheimer's
Synthetic musks, galaxolide & tonalide	Fragrances in cleaning & personal care products	Hormone disruption, breakdown body's immune against other invaders, cancer

**Simple Alternatives:**

**Lime Essential Oil:**



**Botanical Name:** Citrus aurantifolia

**Family:** Rutaceae

**Extraction:** Pressed from rind or steam distilled

**Constituents:** up to 80% Monoterpene d-limonene

**Properties:** Antiseptic, antiviral, antibacterial, anti-fungal, restorative, tonic, febrifuge.

**Uses:** Anxiety, blood pressure, broken capillaries, dissolving cellulite, clarity of thoughts, energy, gall stones, promotes leukocyte formation, lymphatic cleansing, memory improvement, strengthens nails, nerves, skin, sore throat, water and air purification, removes gum, wood stains, oil and grease spots, brightens pale dull complexions, removes dead skin cells, tightens skin and connective tissue.

**Blends With:** All citrus oils, neroli, petitgrain, lavender, rosemary, clary sage, ylang ylang, citronella, patchouli.

**Cautions/Contra-indications:** Expressed oil is photo-toxic, steam distilled is not. Use in low concentrations. Short shelf life. Can keep in the refrigerator. Avoid with cats. If used to clean floors allow to dry before you let cats walk on them.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### **Orange Essential Oil:**



**Botanical Name:** Citrus Sinensis

**Family:** Rutaceae

**Extraction:** Pressed from rind

**Constituents:** up to 95% Monoterpene d-limonene

**Properties:** Anticancer, antidepressant, antiseptic, antispasmodic, digestive sedative, tonic, antibacterial, carminative, choleric, hypotensive.

**Uses:** Palpitations, bronchitis, colds, flu, indigestion, depression, nervous tension, stress, anxiety, fear, insomnia, menopause, withdrawal, scurvy, jaundice, bleeding, heartburn, prolapsed uterus and anus, diarrhea, blood in stools, aging, cardiac spasms, constipation, dyspepsia, colic, oily dull complexion, dermatitis, mouth ulcers, obesity, calming, sedative, tissue repair, cleaning sanitizer.

**Blends With:** All citrus oils, clary sage, coriander, frankincense, geranium, lavender, myrrh, neroli, patchouli, rosemary.

**Cautions/Contra-indications:** Photo-toxic, skin patch test. Cautions should be exercised around cats.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

**Grapefruit:**



**Botanical Name:** Citrus x paradisi

**Family:** Rutaceae

**Extraction:** Pressed from rind

**Constituents:** up to 95% Monoterpene d-limonene

**Properties:** Antidepressant, antiseptic, disinfectant, diuretic, stimulant, tonic, antimicrobial

**Uses:** Drug addiction, anorexia, stimulates appetite, cellulite, dry throat, edema, gall stones, lymphatic decongestant, mental stress, obesity, overeating, performance stress, PMS, stress, withdrawal, slimming and toning, eating disorders, dyspepsia, water retention, cleansing effect on liver and kidneys, disinfectant, kills germs.

**Blends with:** All citrus oils, basil, bergamot, cypress, frankincense, geranium, lavender, peppermint, rosemary, Ylang Ylang.

**Cautions/contra-indications:** Grapefruit unlike other citrus oils is not photo-toxic. Short shelf life.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### **Lemon:**



**Botanical Name:** Citrus limon

**Family:** Rutaceae

**Extraction:** Pressed from rind

**Constituents:** up to 90% Monoterpene d-limonene

**Properties:** Anticancer, antidepressant, antiseptic, anti-fungal, antioxidant, antiviral, astringent, anti-anemic, antimicrobial, anti-rheumatic, antispasmodic, anti-toxic, antibacterial, carminative, cytophylactic, cicatrisant, depurative, diuretic, febrifuge, homeostatic, hypotensive, insecticidal, rebefficient, sudorific, tonic, vermifuge.

**Uses:** Oily skin, acne, boils, cellulite, warts, chilblains, arthritis, high blood pressure, poor circulation, rheumatism, asthma, sore throat, bronchitis, catarrh, colds, flu, indigestion, anxiety, atherosclerosis, bites and stings, brain injury, cold sores, concentration, constipation, gout, removes gum and sticky residue, parasites, kidney and lymphatic cleansing, MRSA, pancreatic, water purification, varicose veins, food poisoning, malaria, typhoid, scurvy, germicide, red and white blood cell formation. Kills bacterial, microbial and viral germs.

**Blends With:** All citrus, eucalyptus, fennel, frankincense, geranium, ylang ylang, chamomile, juniper, lavender, myrrh, patchouli.

**Cautions/contraindications:** Photo-toxic. Short shelf life. Caution around cats can be caustic as are all citrus oils.



## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### **Simple Alternatives:**

Do not expect to have any of the results listed if you are not buying 100% pure therapeutic grade essential oils. Most essential oils sold in the stores today are “created” from compounds found in the natural essential oils; the rest is an added chemical. These essential oils are most likely fragrance grades of B or C but not A grade. Often times people purchase these essential oils expecting the results given. When they do not achieve the results, they no longer have a belief that essential oils work.

Most consumers are not aware that essential oils are created in grades: A grade is 100% pure and can be labeled as therapeutic; B grade is usually used in the food industry and has food grade chemicals added to them; C grade is for perfumers, cosmetics, cleaning industry and these oils are highly adulterated with synthetic chemicals and artificial perfumes to enhance the fragrance and provide a staying power. C grade we usually find in detergent, perfumes, air fresheners and most cleaning products. B grade is found in chewing gums, mints, and liquor.

These are the main reasons you only want to use a true 100% pure therapeutic grade essential oil. Purity matters if you are trying to achieve results listed for each essential oil. You cannot achieve these results with adulterated products. Many consumers are unaware that the “fragrance” they like so well, and listed as “natural” or “essential oil” on the label is an adulterated version. These artificial fragrance additives could be the link to their list of ailments. It is important not only to find out what cleaning products an individual is using, but what are they willing to eliminate to regain health.

Essential oils can not only destroy harmful invaders, but they can also assist with the emotions as well. Because essential oils are so effective at killing microorganisms, bacteria, and viruses, they are a perfect addition to a healthier lifestyle. A much safer alternative is helping to eliminate the caustic ingredients, toxic fumes and absorption of synthetically based chemicals. Essential oils are very effective in the smallest amount. They can be mixed with your naturally made cleaning products, dry homemade laundry detergents, and a sink full of water to wash fresh vegetables and fruits in to help remove coatings and pesticides. They are a safer alternative to chemical based products. Not only are they cost effective, but creating your own cleaning products or teaching others to is a step towards a safer environment inside our toxic homes.

Now let's take a look at some of the products commonly used in the home today that are chemically based. Then we will show a safer alternative using essential oils and simple ingredients.

# CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

## The Price Of Toxic Cleaning:

### Dryer Sheets



Releases toxins into the air when heated.

Contains: Benzyle acetate: causes pancreatic cancer, benzyl alcohol: causes respiratory irritation, Ethanol: causes central nervous system disorders, Alpha-terpineol: causes fatal edema, central nervous system damage, lung damage, Ethyl acetate: narcotic, Chloroform: neurotoxic, carcinogenic, anesthetic, Synthetic linalool: narcotic, damage to central nervous system, Synthetic camphor: central nervous system disorders, Pentane:

harmful if inhaled.

When you wear clothing or use sheets and towels that have been dried with dryer sheets, your sweat helps these chemicals absorb into your skin. Once absorbed they now enter the bloodstream and effect every organ, cell and tissue in our bodies.

### Alternative:

#### Baking Soda:



To 2 cups baking soda, add 20-30 drops Essential oil. You can keep this in glass jar or recycled plastic pail. Add about ¼ to ½ cup depending on the size of your load to the wash cycle. This helps to soften and brighten clothes.

#### Vinegar:



Add 1/3 to ½ cup to your wash cycle depending on the size of your load. Softens clothes and helps keep the color and avoid fading. It will not leave the smell of vinegar on your clothing. Vinegar reduces 98% bacteria, germs and odors in less than 1 minute.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### Air Fresheners:



Contains: Formaldehyde, synthetic phenols, methoxychloride.  
Effects: deadens nasal nerves and coats nasal passage with an oily film. Known carcinogenic, Methoxychloride is a pesticide that accumulates in your fat cells.

### Alternative:



Aromatics Plug In Diffuser: These diffusers come with cotton inserts. Place 5-19 drops of essential oil on the cotton insert and place in plug in diffuser. By using this type of plug in you are not only breathing in healthy aromas, but you are eliminating airborne pathogens, microorganisms, bacteria and viruses. These units are fairly inexpensive. You would only repurchase the cotton inserts.

You can also use a nebulizing diffuser in larger areas of your home. Follow all cautions when it comes to essential oil use and diffusion.

### For Your Car:



Aromatherapy clay pendants: These are great for your car when traveling. You would add 3-5 drops essential oil to the pendant and hang from your rear view mirror. These pendants can also be worn around the neck to assist with stress related issues.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### Laundry detergents:



Contains: Phosphorus, ammonia, naphthalene, sodium nitrilo acetate, synthetic surfactants, synthetic buffering agents, stabilizers, artificial fragrances, brightening agents and artificial colors. Nitrilo acetate is toxic to aquatic life, cancer, endocrine and reproductive toxicity.

Effects: Allergies, carcinogenic exposure, rashes, sinus issues, endocrine damage, hormone disruption, causes shortness of breath, cough, skin burns, pain, redness, abdominal pain and possible shock or collapse. Poison!

### Alternatives:



Make your own: Laundry soap can be made at home and for far less money and toxic chemicals. This alternative is far better for your family and yourself. What you will need:

1-2 cups grated natural vegan bar soap or soap noodles  
(process in food processor to obtain fine powder)  
1/2 to 1 cup Arm and Hammer Washing Soda

1/2 to 1 cup Baking soda

1-2 cups Twenty Mule Team Borax

1/4 to 1/2 cup citric acid (purchase at health food store or online)

Combine all ingredients in a pale. Use 1/4 cup per load and add 1/4 cup vinegar to the rinse cycle.

If you want a liquid natural soap, you would add the grated or chopped bar soap or soap noodles (no need to grate with this method) to a large pot. If using 1 bar of soap you would add roughly 4 cups distilled water. Gently heat the ingredients but **DO NOT BOIL**. You simply want to heat until the soap is dissolved. You may need to add a bit more water if it thickens too much. After the soap is melted and still very warm, add 1/4 cup borax and 3 Tablespoons citric acid. Cover and let sit overnight. It should turn to a gel. If it is too thick you can add some water and stir. Bottle and label.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### Toxic Cleaning

#### Bleach:



Bleach: Strong corrosive, irritating to the skin, causes burns, damage to eyes and respiratory tract, can cause pulmonary edema, vomiting and coma if ingested. Chlorine bleach was first used during WW II for chemical warfare. It is added to our water supply and is the #1 cause of breast cancer. It is highly toxic. Bleach is especially harmful to infants, pets and young children due to the fact their immune systems cannot fight off the chemicals. Serious side effects include: damage to nervous system, asthma, headaches, migraines, water pollution, linger in water and soil, carcinogenic, fertility issues, hormone disruption, testicular cancer, and breast cancer.

Occupational Safety and Health Administration will not even allow the use of bleach in restaurants, schools and hospitals due to its toxic hazards.

#### Alternative:



Hydrogen peroxide: Whitens whites, removes stains, antiseptic properties, sanitizer and kills mold, mildew, germs, bacteria, microorganisms, clean toilets, cutting boards, wash fruits and vegetables, sanitize tooth brushes, clean floors, clean cuts and wounds, soak dentures to remove build up and bacteria.

To use for laundry: Fill washer with water. Add roughly ½ cup hydrogen peroxide and let sit about 20 minutes. Turn washer back on to finish the load.

Hydrogen Peroxide is very inexpensive and yet it has so many wonderful uses. You can use it not only for cleaning around the house, but also for whitening clothes, cuts and wounds, and your plants love it. You can add 1 tsp to the water before watering your plants.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – CHEMICAL FREE CLEANING

### Toxic Cleaning:

The use of toxic chemicals in our homes today, combined with chemicals in food and personal care products, greatly contributes to the overall quality of health. Cancer in children, leukemia, and brain cancer all have risen some 20%. Breast cancer has risen an alarming 40%. Women are usually the ones home and using these toxic cleaning products. Asthma and breathing difficulties has increased and doubled among young children and adults. An alarming 40% more women are having infertility issues and are unable to carry to full term. Miscarriage is also on the rise. Birth defects from chemicals in the bloodstream have increased to 200%. Autism is up 10x from what it was just 15 years ago.

According to the CDC, 133 million people are now living with these and other diseases. Of that, 70% result in death, and it makes up 75% of overall health care costs. To break it down even further per disease attributed to chemical usage: 5% to childhood cancer; 10% to diabetes, nerve damage and Parkinson disease; 30% to childhood asthma; the rest to infertility, breast cancer, pancreatic cancer, hormone related issues and birth defects.

Many people never consider their health problems or the health problems of loved ones, to be related or linked to the toxic chemicals found within the home. Many find symptoms leaving when they learn to eliminate these toxins. By replacing them with 100% pure therapeutic grade essential oils, along with plant based cleaners, we can begin to give our system what it needs to be healthy. It takes a desire to get to the point you are “sick and tired of being sick and tired” before you are willing to make the necessary changes. Sadly most have to suffer a devastating illness or diagnosis from a Doctor before they are willing to change. Below are a few more toxic chemicals to avoid or eliminate:

Glycol Ethers Synthetic	Common laundry detergent, in some “natural” or “green” cleaners.	Liver damage, fatigue, nausea and kidney damage
Synthetic perfumes	Adulterated essential oils, household cleaning products, personal care	Headaches, sinus and nasal problems, asthma
Nonylphenol ethoxylates (NPE)	Banned in Europe, found in laundry soap, all-purpose cleaners	Caustic endocrine disruption, abnormal cell mutation
Butyl cellosolve	All-purpose and window cleaners	Damage to kidneys, bone marrow, liver and nervous system
Sodium lauryl/ammonium lauryl sulfates	Shampoo, body wash, dish washing soap, etc.	Alzheimer’s, Parkinson, cancer, cell mutation

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 9 – QUESTION AND ANSWER

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail it back to us at [sacredeartharomatics@hotmail.com](mailto:sacredeartharomatics@hotmail.com). We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) What are the dangers from using antibacterial soaps?
- 2.) How much risk is there from developing cancer in our homes?
- 3.) What does "masking" on a label mean?
- 4.) Why is it important to only use 100% pure therapeutic grade essential oils?
- 5.) What are the toxins in dryer sheets?
- 6.) Besides the alternative to dryer sheets mentioned in this session, what are others safe alternatives?
- 7.) Why is it best to avoid artificial air fresheners?
- 8.) Use any of the alternative solutions given and report your results. It can be simply using lemon essential oil to remove sticky film on a mirror.