



TOXICITY OF DRYER SHEETS & FABRIC SOFTENERS

Conventional fabric softeners contain deadly chemicals that slowly absorb into your skin. With an increase of asthma and eczema in children and our indoor air known to be 3 times more polluted than outside, it makes sense to eliminate as many toxins from our environment as possible.

Here is a list of just some of the chemicals that can be found in fabric softeners and dryer sheets:

- Benzyl acetate - linked to pancreatic cancer!
- Benzyl Alcohol - upper respiratory tract irritant!
- Ethanol - on the Environmental Protection Agency's (EPA) Hazardous Waste list and can cause central nervous system disorders!
- A-Terpineol - can cause respiratory problems, including fatal edema, and central nervous system damage!
- Ethyl Acetate - on the EPA's Hazardous Waste list!
- Chloroform - neurotoxic, anaesthetic and carcinogenic!
- Linalool - narcotic that causes central nervous system disorders!
- Pentane - a chemical known to be harmful if inhaled!



Are fluffy clothes worth it if they are making you sick? Fabric softeners are made to stay in your clothing for long periods of time. As such, chemicals are slowly released either into the air for you to inhale or onto your skin for you to absorb. Dryer sheets are particularly noxious because they are heated in the dryer and the chemicals are released through dryer vents to pollute the outdoor environment.

HEALTH EFFECTS FROM BEING EXPOSED TO THE CHEMICALS IN FABRIC SOFTENERS/DRYER SHEETS INCLUDE:

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|--------------------------|--|
| Asthma | Central nervous system disorders |
| Eczema | Irritation to skin, mucus membranes and respiratory tract |
| Headaches | Nausea |
| Vomiting | Dizziness |
| Pancreatic cancer | Blood pressure irregularities |

Even if you don't feel the effects of these chemicals today, they can affect you gradually over time, and children, whose systems are still developing, are particularly at risk. There's really no reason to expose ourselves to these risky chemicals when natural alternatives exist. Not only are they safer for you, your family and the environment, but they are more economical too.

SOFTEN YOUR CLOTHES SAFELY WITH THESE ALTERNATIVES:

- ❖ Add 1/2 cup of borax, baking soda or unscented washing soda to wash cycle to soften fabric.
- ❖ Add a quarter cup of white vinegar to rinse to soften fabric and eliminate cling.
- ❖ Check out your local health food store for a natural fabric softener that uses a natural base like soy instead of chemicals.

ON A PRACTICAL NOTE - FABRIC SOFTENERS COAT TOWELS WITH A FILM THAT IMPEDES ABSORBENCY

More info on the health hazards of scented products and safe solutions:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018511/>

<http://articles.mercola.com/sites/articles/archive/2017/02/01/safe-solution-fabric-softeners.aspx>

<http://www.ecowatch.com/3-reasons-you-should-skip-fabric-softeners-and-dryer-sheets-1891128935.html>