

WARNING!!

7 Things

In Your House

That Can Cause Cancer





INTRODUCTION

Home is where the heart is..., and it should be. After a hard day's work, the ache for home is more pronounced. For most people, a house is a place of comfort, where they can laze on their couch or soak themselves in the tub for hours without a care in the world. From the tub straight to your well-lit bedroom with scented candles and the sight of your fluffy cotton pillow gives you a sneak preview into the night ahead- Paradise!

Tomorrow is another day, but tonight is going to be a good night! Yet hiding in plain sight, lurking around the corners of your home are bands of cancer-causing pollutants. Your bed, candles, couch, sheets, curtains, and even your tap water may contain and also radiate harmful chemicals that may increase your risk of cancer. Recently, new research by Northeastern University and the non-profit Environmental Working Group linked nitrates in some samples of drinking water to the occurrence of over 12,000 cases of cancer a year. Take a look at these 7 cancer-causing items in your home that you might not have thought about before as being dangerous to your health and the health of your family.

A tall, clear glass filled with water. The water has a distinct yellowish tint, particularly concentrated at the bottom. The glass is covered in condensation droplets, suggesting it is cold. The background is a soft, out-of-focus light color.

1. Contaminated Water

Water is essentially the most critical part of our everyday lives. It is in the food we eat, we drink it now and then, and even the juice we have with our dinner has water in it. So your outrage was as good as mine when we saw on the news headlines that nitrate contaminated drinking water may be responsible for over 12,594 cases of cancer in the U.S. each year, according to a peer-reviewed analysis by the Environmental Working Group (EWG). Shocking news, but it is true.

Nitrates are naturally occurring compounds formed when Nitrogen combines with oxygen or ozone. Nitrogen is essential for all living things, and in the nitrate form is critical for plant growth. Many fertilizers make use of nitrate as a vital growth ingredient. As such, nitrate contamination in drinking water often finds its source from agricultural runoff of fertilizers and manure coming from farm fields and animal farms into lakes, rivers, and streams. Other ways through which nitrates could make their way into drinking water include industrial pollution, water treatment plants, malfunctions in septic and sewage tanks, or through the erosion of natural deposits. Honestly, no one is safe, from this dangerous exposure of water contamination!

Research conducted by National cancer Institute, have connected nitrate present in drinking water with a heightened risk of kidney, ovarian, colon, thyroid, and bladder cancers. Now we know why there has been a rapid increase in these cancer compared to forty or fifty years ago when this cancer were not that rampant.

occurrence of estimated cancer cases from nitrate contaminated water was recorded in Arizona, California, Delaware, and Iowa.

We want to make this easy to read and not like college paper work!



Today, colon cancer is the third most commonly diagnosed cancer in the U.S, and also has the highest death rate of all the cancers. But do you know that colorectal cancer starts out as tiny polyps?

Polyps are abnormal growths that are found on the lining of the large intestine, colon or rectum. People who drink contaminated water regularly are at higher risks of developing these polyps. Eventually, the polyps may become cancerous, but we can always prevent this by watching the type of water we drink. There are many other contaminants in tap water, aside from nitrates.

Another contaminant that is responsible for the development of these polyps is chlorine, which is one of the common elements found in most tap water. Yes! I mean that tap in your kitchen and my kitchen too. The same tap water your kids play with and regularly drink from at home or school.

So what is this chlorine of a thing that poses such a disturbance to our normalcy? Chlorine is a toxic chemical. It is a gas that can be physically altered into a liquid state and added to drinking water to reduce the number of bacteria that is naturally occurring in tap water. Chlorine is a halogen; It acts to kill bacteria that would otherwise cause infections and diseases such as cholera, salmonella, dysentery, hepatitis A, typhoid fever, travellers' diarrhea, E. coli, and many others. Unfortunately, the disadvantage of chlorine in water when in uncontrolled levels far outweighs the good it does in killing bacteria. Chlorine combines with some organic matter also present in tap water to form a cancer-causing compound called trihalomethane. We don't have to know much about this compound except for the fact that people who drink heavily chlorinated tap water over prolonged periods may be more predisposed to developing colorectal cancer.

Yes, I know its been pretty much gloomy news since we started, we believe that being educated about the dangers around us is a powerful way to prevent diseases. The good news is - there are simple solutions to reduce some of the risks associated with drinking contaminated tap water.

Make sure you drink water that is free of dangerous contaminants, as you will be less likely to develop polyps that, over time, become cancerous. You can get pure drinking water by filtering your tap water first. This simple process not only gets rid of chlorine from the drinking water, but it also eliminates most other impurities in tap water or well water.

Another excellent alternative to tap water is spring water.






2. Cleaning Products and Cancer

What harm could come from cleaning or maintaining a clean home? Formaldehyde is a widely known carcinogen found in the house, our food, cosmetics, a range of cleaning products (which include dishwashing liquids, carpet cleaners, window cleaning liquids, and fabric softeners), paint, foam insulation, etc. In 2011, the National Academies of Science's National Research Council (NRC), based on a review of the Environment Protection Agency's draft assessment established formaldehyde as a known cause of cancer of the throat, nose and nasal cavity. This shows clearly that much harm can come from keeping the home clean. So what is the story behind formaldehyde, and why is it so dangerous?

For one, it is used as a preservative in mortuaries, so that clearly should send alarm bells ringing for anyone. I mean, how do you use the same compound used for preserving bodies in the morgue in making what I use to keep my home clean. It's hard to get that thought out. Apart from the fact that it is used in the mortuaries, formaldehyde is a colourless, strong-smelling, flammable chemical that is manufactured industrially and is used in building materials such as plywood and other pressed-wood products. Besides, formaldehyde is commonly used as a fungicide, germicide, disinfectant and preservative for household products. It is also used in producing household cleaning liquids due to its bleaching properties.

Formaldehyde is also reported to be widely used as a preservative to increase the shelf life of fruits and fishes in many supermarkets and stores. Unfortunately, there is no international consensus on their reference levels, I don't believe that this information about food is necessary, our goal is to tell them about 7 dangerous things in their home that can cause cancer, and don't refer them to my website , I don't have any information there.



In Hong Kong, the use of formaldehyde in food contravenes the laws of the country and is liable to a maximum fine of HK\$50,000 and over six months of imprisonment.

Formaldehyde is everywhere in your home, and you get exposed to it primarily by inhaling it in the air in your home or by absorbing liquids that contain formaldehyde through the skin. Studies have revealed a heightened level of cases of breast cancer in women who stay at home moms, who clean frequently compared to their counterparts who are career women and so work in an office. Recent research conducted by the Silent Spring Institute, which surveyed 1,500 Massachusetts women (half of them having been diagnosed with cancer), showed a connection between the use of household cleaning products and cancer. Women who had admitted the most significant use of cleaning products were two times more likely to be diagnosed with cancer than those who reported the least usage. Other household products that posed higher cancer risks to you as a result of frequent use include air fresheners (especially solid ones) and mold or mildew products.

It is not all doom and gloom as you can still try out a few things that will limit your exposure to formaldehyde.

- Only patronize reliable food locations and food retailers.
- Wash and cook food products properly as formaldehyde dissolves in water and could dissipate upon heating.
- Go for non-toxic household cleaning agents.
- Leave your windows open while cleaning.
- Always eat a balanced diet to avoid excessive intake of toxic chemicals from a small selection of food items.
- Preferably choose only fish that are fresh and avoid those that have an abnormal smell. Also, avoid buying noodlefish that appear stiff (formaldehyde often stiffen flesh of fish).

3. Cosmetics, Beauty Products and Body Sprays



Looking good may come with a terrible price, I am not talking about dollar signs but the price of your health! Wheew! Women do have a lot to deal with And now, the possibility of these beauty products causing cancer has just been added to this growing list.

Indeed it is quite a popular notion that looking beautiful comes at a tremendous financial cost. Nowadays, it is not just the financial cost you have to be worried about, but the grave impacts and long term costs these beauty products have on your health. Yes! Cosmetics and beauty products make us look, feel, and smell better, but some of these products have negative impacts on your health. Based on research conducted at the University of California, Berkeley, it was confirmed that some chemicals commonly used in the production of makeup and beauty products sometimes contribute to the growth of cancer. In this case, parabens are of more concern to us. Parabens constitute a significant preservative used in body moisturizers, foundations, anti-ageing creams, shaving cream/gel, shampoos, and many more. They are used to help prevent the growth of bacteria on these products. Still, parabens are known endocrine disruptors that mimic estrogen in the body and of particular importance is the fact that excess estrogen in our bodies can drive tumour growth.

Unfortunately, no health studies or premarket safety testing are mandatory for these products. Personal beauty products are manufactured with over 10,000 different chemicals, some of which are carcinogenic, toxic to the body, or well-known endocrine disruptors. These ingredients migrate easily into the body on the application and cause lasting harm to the body of the hosts. It is disconcerting that even with the dangers posed to the health of people by manufacturers who use any raw material in producing cosmetics, irrespective of its health risks, there are still no proper regulatory bodies to manage this situation ade-



quately.

The antiperspirant or deodorant you use also contains aluminum, which is a heavy metal and is harmful to the body. Heavy metals such as arsenic, aluminum, zinc, iron, chromium, and mercury have gradually been infused into our everyday lives bringing along terrible consequences of toxicity. While some of these metals are healthy in minute doses, large amounts of them are toxic and cause serious problems. Metals such as aluminum are found in pots, deodorants, pharmaceutical drugs, and baby formula.

Diseases and conditions such as cancer, Alzheimer's, Parkinson's, reproductive issues, immune system disorders, and nervous system damage are linked to metal toxicity to some degree.

- Limit the use beauty products or deodorants that contain aluminum. Try natural deodorants like Schmidt's vegan deodorant, pitrok spray, Madara herbal deodorant, AESOP herbal deodorant, and so many more.
- Buy personal products that are made with natural compounds, visit www.ewg.com for a data base of safe cosmetics, beauty and cleaning products.
- Try taking shorter showers and neutralize your bathwater of chemicals by adding 1/2c baking soda. You can also buy a water filter for your shower head and don't forget to add a dab or two of essential oils to your bath.

Using all-natural or organic beauty products only is very important to your overall health. You can get them on natural beauty shops like Lovelula, planet organic, Birchbox, Sephora, ecocentric, EcoDiva Beauty, Net a Porter, The Detox Market, etc.



4. Radon Exposure

Radon is a radioactive gas that is odorless and can be naturally found in the air, soil, and water. In trace amounts, this gas is considered harmless, but in highly concentrated amounts, it is regarded as carcinogenic.

Radon is one of the primary causes of lung cancer, and the Environmental Protection Agency estimates that radon constricted in indoor air causes over 21,000 deaths a year. Exposure to the gas is second only to smoking as a cause of lung cancer.

Radon occurs in almost all types of soil; therefore, it can be accumulated in nearly all types of homes. But areas located close to natural gas fracking facilities are at higher risk of contamination. Some building materials, such as granite countertops, also emit radon.

The EPA suggests that nearly one in every American home has high levels of radon. (are we missing something here? Should be one out of....American home) Radon has no taste or smell, so it's almost impossible to detect without a test kit. If you have not tested your home today, make sure you do that today.



5. Food Additive Causes Cancer

Recently, the Food and Drug Administration banned seven substances that are used in artificial flavors connected to cancer in animals.

Food additives are generally used in enhancing the flavors of baked foods, ice cream, chewing gum, candy, kids cereal and beverages. Some of the flavors banned include ethyl acrylate, eugenyl methyl ether, pulegone, styrene, pyridine, benzophenone, and myrcene. It is, however, almost impossible for consumers to know which foods were made with these chemicals since manufacturers have been allowed to conceal these ingredients under the vague 'flavor' term. European union has banned many food additives and preservatives that are still being used in America today!

Vote with your wallet! Don't buy any food that the ingredients have words that you can't pronounce. Visit health food stores to buy food that has less toxic ingredients. If we stop buying these products that has toxic ingredients, it will send a resounding message to the big manufacturing companies.



6. Non-Stick Cookware and Styrofoam Utensils

One of the favourite everyday appliances is the non-stick pans and pots, as it makes cooking more efficient, and the washing after cooking is much more comfortable. But in a bid to make cooking easy and boycott the stress of slugging it out with burnt and greasy pots, are we endangering our lives and putting our families at risk.

The non-stick cookware is made using a cancer-causing chemical called perfluorooctanoic acid (PFOA). It emits a toxic fume every time the pots or pans are used for cooking. At very high temperatures, the coatings of the non-stick pan are forced to break into two dangerous components: PFIB, which is a chemical warfare agent, and Phosgene, a synthetic analog of the WWII nerve gas. SERIOUSLY! Are we really inhaling the same kind of dangerous chemical agent used to kill people in WWII anytime we cook?

Sadly, it is not a myth or exaggeration. Every time you cook at high temperatures with your non-stick pot, you are turning your kitchen into a mini-war zone; only this time, you are the enemy, and your boiling pot is the live ammunition.

Interestingly, it takes only five minutes of cooking for the non-stick pan to emit six different toxic gases. Two of these emitted gases are carcinogens (PFOA and TFE). Among the six gases emitted is monofluoroacetic acid (MFA), a chemical 'warfare' agent deadly to humans even at low levels. These fumes can kill a pet bird minutes after exposure. I know right now, you are saying "oh no! If this toxic chemical can kill my pet bird in minutes, what is it doing to my body?"

You must visit our website for more information, so you can educate yourself about the impacts of these harmful gases on your health and how you can limit your exposure to them.

Plastic Cups, Bowl and Utensils

Our plastic cups and other products are made from styrene, which is a recognized carcinogen. Other materials used in our homes that are made using styrene include foam, rigid plastic products like plates, trays, utensils, etc.

It is dangerous to use Styrofoam to hold hot foods and liquids as it may allow styrene to leach into your food or your cup of coffee. Also, don't use plastic plates or bowls for cooking or warming up food or beverages in the microwave as it can also cause the BPA and Phthalates in the plastic to leach into your food.

I am pretty sure you are wondering what other alternatives exist aside from the non-stick pan. Well, here are some simple options for you.

- Glass, unchipped enamel cookware and ceramic cooking pots are the safest choices for cooking and storing your food.
- Only use glass containers for storing up your food.
- You can also try Green pans, which is an eco-friendly alternative.



7. Carpet, Bed, and Pillows

After a long day of work, every one's dream at the end of the day, is to retire into their cozy bed, cover themselves up with their puffy and soft beddings and drift off to sleep land. To discover that the soft mattress, the comfortable linings and the plush carpet on the floor, can have dangerous toxic chemicals that can threaten our health is too much to wrap our heads around. But unfortunately, that is a fact!

According to EPA, many of our carpets are treated during manufacturing with chemicals that give off-gases. Recently an activist group known as The Center for Environmental Health surveyed six of the largest carpet producers in the USA. The research discovered that all 12 carpets tested were positive for toxic chemicals associated with cancer, endocrine disruption, and developmental health issues in children, amongst other findings. These are highly disturbing statistics given how much Americans are in love with carpeting their homes. Statistics obtained from the Carpet and Rug Institute shows that carpeting accounts for about 51% of the floor covering market in the United States. We do love our carpets in this country. But what about our Beds?

Our beds certainly are not any safer going by today's studies. Approximately you spend one-third of your life sleeping, but if you knew the dangers lurking in your mattress, you might skip a few nights rest- well, maybe one more night will not do you any harm.

In 2007, in a bid to manage the occurrence of fire outbreaks in the homes, a new regulation was passed that all mattresses must be flame resistant. In an attempt to be compliant, a bed must be able to withstand fire from a blowtorch for over 70 seconds, which required the mattress to be immersed in possibly toxic flame retardant chemicals.





Recently, The Consumer Product Safety Commission issued a warning to consumers, especially pregnant women and children, urging them to avoid products containing organohalogen flame retardants (OFRs). This was because severe health problems like hormone disruption, cancer, and learning deficits were linked to the components of this chemical group.

The sheets and pillows do not get left out. They are generally made of conventionally grown cotton- which remains one of the dirtiest and most pesticide-ridden crops across the world. The impact of such amounts of pesticide applied to the soil does not only have adverse effects on the environment but also has impacts on your health.

This type of toxic chemical exposure has health ramifications that vary from headaches to asthma to cancer.

Here is the good news, there are modifications you can make in your home and bedroom to reduce the risk of exposure to carcinogenic compounds.

- Choose an organic mattress. When going to buy your organic mattresses, watch out for certifications. The two major certifications to look out for in your mattress are GOLS (for latex) and GOTS (for textiles). Also, make sure you notice each material the mattress is made of, meaning both the casing and the support layers of the mattress. You can check out stores like Savvy Rest, White Lotus, Soaring Heart Zoned and Soaring Heart Mattress for your non-toxic mattresses and beddings.
- Replace your bedsheets with organic sheets. Avoid sheets labelled “wrinkle-free,” “easy care,” or “permanent press,” because they are likely treated with formaldehyde, which we have established above as a carcinogen. For your authentic organic sheets, you can try out brands like Coyuchi, Coco-Mat, Hoot, Loomstead, Alterra Pure, Boll & Branch, etc. These brands have a variety of options you can choose from, to meet your taste and pocket. You can also arrange to get your non-toxic pillowcases from these brands.
- You can buy organic, eco-friendly, and natural pillow from online stores like Nest Bed-



ding, PlushBeds Pillow, Brooklyn Bedding, Birch, etc.

- When next, you go shopping for your rugs buy non-toxic wool carpeting and rugs which are produced with no chemicals, treatments or synthetic adhesives.
- There are also a lot of organic sofas and futon frames made from solid hardwood you can buy. Make sure you confirm that it is either unfinished or non-toxic finishing.

· Make sure your furniture, such as beds, dressers, nightstands, futons, tables, are made of solid wood with a non-toxic finish or unfinished.

In the world we live in today, information is critical, but the way you use that information the most important thing. The home should be a haven, a place that you can find comfort and peace. Unfortunately, today, it has become a scary place where almost everything you touch or handle has a potential health risk to you. Don't be too hard on yourself because the truth is we are all victims of this uncomfortable situation, and it is never too late to make amends.

You spend a lot of time on that sofa with your legs comfortably perched on the rug. But that's not even close to the amount of time you spend cuddled up in your bed, surrounded by your pillows. I mean, how is it even possible we spend one-third of our lives sleeping, and it feels like we never get enough sleep. Well, I already know who my best friend is as of now- my bed and pillows. So it is only right I have adequate information to have them in the best condition and so should you.

It might not be financially feasible to up and change everything in your house at a time, as the saying goes, Rome was not built in one day. Start changing things little by little, make a conscious effort to buy a healthy alternative any time you want to replace anything in your home. Next time you are buying a new couch or carpet and the seller ask you if you want stain repellent applied to your furniture say NO! You will be reducing the risk of exposing you and your family to unnecessary cancer causing substances .





