

HIDDEN TOXINS

IN YOUR HOUSEHOLD CLEANERS



THE BIBLICAL NUTRITIONIST



The BEST terrorist is the one you DON'T see coming.

Do either of these headlines concern you?

- **Hundreds of chemicals in everyday consumer products may increase breast cancer risk.**
- **Companies fight to keep consumers in the dark about chemicals in cleaners.**

Today, our home is filled with unrecognized terrorists. It comes in as innocent fragrances, whiteners, and soaps. Our bodies respond, but we have not been aware of the cause.

Products and ingredients can cause multifaceted levels of harm to everyone in the family.

We would never open our doors to a biochemical weapon, yet, by using toxic products we have done just that.



Here are some symptoms caused or exacerbated by these chemicals.

- Allergies
- Anxiety
- Asthma
- Birth defects
- Brain fog
- Burns of the eyes and skin
- Cancer
- Depression
- Diarrhea
- Digestive upset
- Dizziness
- Fainting
- Hormonal issues - all ages
- Kidney damage
- Learning disabilities for all ages
- Liver damage
- Mental fatigue, confusion
- Migraines
- Nervous system disorder
- Toxic gasses

These symptoms are alarm bells to help us wake up to the toxic possibilities for everyone. Yet, we need to clean our homes, clothes and the environment.



“Hundreds of these chemicals are legally allowed for making these products in the U.S. but that approval doesn’t mean they’re safe for people exposed to them.

The study, published in *Environmental Health Perspectives*, identified 921 commonly used chemicals that are linked to breast cancer risk. The paper identified chemicals that have been either linked to mammary gland tumors or increase certain hormonal activities that may result in forming tumors, or both.

Many of the 921 chemicals are also endocrine disruptors, which can harm reproduction and development of the nervous system. The study also found 92 percent of the chemicals can harm or change our DNA.”

Source: [*Environmental Working Group*](#)



Most Common Toxic Ingredients In Commercial Household Cleaners

Although there are over 921 toxic ingredients in household cleaners, here are a couple to enlighten you to the effects.

MIPA-BORATE

MIPA-borate has been linked to hormone disruption. MIPA-borate can be found in many Lysol brand disinfectant sprays, including LYSOL Disinfectant Max Cover Mist (Brighter Horizon), LYSOL Disinfectant Max Cover Mist (Fresh Beginnings), LYSOL Disinfectant Max Cover Mist (White Sales & Ocean Breeze), LYSOL Disinfectant Spray Lightly Scented (Adirondack Cool Air Scent) and LYSOL Disinfectant Spray Lightly Scented (Crystal Waters Scent).

AMMONIUM HYDROXIDE

Ammonium hydroxide is a caustic inorganic base, also used in many lysol disinfectant products. It has been linked to asthma and respiratory issues, severe skin allergies and irritation.

Even when using cleaning products as directed, they can release hundreds of chemicals into the air.



Legal Does NOT always mean SAFE.

The industry bill was introduced by Rep. Larry Buschon (R-Ind.). Dubbed the Deny Americans the Right to Know Act – or DARK Act – by consumer advocates, if passed, the law would create an endless regulatory process that would produce a far weaker chemical disclosure system.

More than 900 chemicals found in cosmetics, drinking water, food and cleaning supplies used by millions of Americans every day may cause biological changes linked to risk of developing breast cancer, according to a new study published this month. (January 2024)

References:

[DARK ACT](#)

[Study](#)

[Chemicals](#)



Legal Does NOT mean it won't HARM you.

Just because a chemical is approved for use in a product doesn't mean it won't harm you. Almost none of the 921 chemicals were tested for safety before they were used on the market.

The chemicals include [phthalates](#), solvents like [trichloroethylene](#) and bisphenols, including [BPA](#). They also include chlorotriazine herbicides, like [atrazine](#), which are pesticides and drinking water contaminants. The Environmental Protection Agency dismissed some of these herbicides as not harmful to humans, despite studies showing they caused mammary gland tumors in rats.

The chemicals named in the study are used in almost all everyday products. They're found in cosmetics and labeled as "[fragrance](#)," cleaning products, clothing, and even children's toys.

What You Can Do





Just one step of changing cleaner products can:

- Improve immunity.
- Many of the symptoms will go away or lessen when the toxic products are removed.
- Reduce the toxic load on the body
- Better sleep
- For those who are sick, it improves healing

Every member of the family, especially the pets and young children, will breathe relief when these chemicals – terrorists are removed.

And GOOD NEWS there are very simple, economical options to switch to.



Reduce Your Exposure

Eliminating your exposure to the 921 chemicals might not be possible, since they're used in so many products. But **you can reduce your exposure**, and potentially lower your risk of suffering the harms linked to these chemicals:



1 Personal Hygiene

Use safe personal products [Purity Woods](#) (I also love their B complex), [Beauty By Earth](#)

2 Organic Foods

Shop organic when possible to reduce pesticide exposure.



3 Pure Drinking Water

Invest in a home water filter for improving water quality such as a [water pitcher](#) and [Under Counter filter](#) (these are what I use in my home and while traveling.)

4 Safe Cleaning Products

Use safe cleaning products or make your own, I personally use [Branch Basics](#), and keep other products on hand in my prepper supply such as vinegar and peroxide.



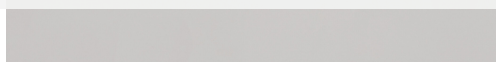
5 Choose Healthier And Safer Options

Your body is a temple of the Holy Spirit. So it is only important to learn the different ways to care for it well. Choose healthier and safer options for your and your family's health and well-being.

MY PERSONAL RECOMMENDATIONS



Imagine living in a
TOXIN-FREE home....



ABOUT

ANNETTE



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Annette Reeder holds a Bachelor of Science in Nutrition, is a Biblical Wellness Consultant (BWC), and is a Certified Brain Health Professional (CBHP). Annette is also a professional member of the American Society of Nutrition (ASN) and the National Association of Nutrition Practitioners (NANP).

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