

Naturally Clean



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Compelling evidence links the chemicals in household products to cancer, asthma, allergies, multiple chemical sensitivity syndrome -- also known as environmental illness -- hormonal disruption, reproductive and developmental disorders, and other conditions. Yet cleaning products are exempt from the full ingredient disclosure on product labels as required for food and personal care products and enter the

marketplace with little or no testing for potential health risks. Naturally Clean explains the dangers of traditional cleaners and provides illuminating statistics that illustrate how the chemicals found in almost every home are known or likely to cause a host of serious health problems. The book's easy-to-understand introduction discusses basic household chemistry, concepts of toxicity and types of toxic exposure, and the difference between natural, organic, and synthetic chemicals. A Room by Room Guide provides tips for: a healthier kitchen keeping your bedrooms safe mould, mildew and soap scum: spotless bathrooms, and special precautions for cleaning children's rooms. Naturally Clean also features a comprehensive Product Selection Guide that analyses over 300 natural and traditional cleaners: everything from laundry products through oven cleaners, disinfectants, spot removers, carpet cleaners and bathroom cleaners. This handy, easy-to-use reference rates the household cleaning products found on the shelves of natural food and grocery stores providing Seventh Generation's pick of your healthiest and safest options. A resource guide tells readers where to find additional information, and an at-a-glance glossary helps understand key terms.

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