

# Live Your Life Free from Chemicals Harming Your Health and Nature

Advances in science and technology have improved our lives no end, giving us extensive choice as consumers. But with a free market economy and reduced government regulation, can you trust the products you're buying?

Some products that you might expect to be more natural contain ingredients that are unrecognizable to those found in nature. Looking at food, household cleaning products, and personal care products, how can you be sure businesses have your interests at heart as well as their own?

## Chemicals in Your Food

Highly processed foods contain artificial preservatives, colorings, and flavorings to give them a long shelf life and addictive taste. The more extensive the ingredients list, the more removed the food is from nature. So while corn on the cob is sweetly delicious and good for you, your body doesn't need high-fructose corn syrup, maltodextrin, and all the other corn derivatives.

Unhealthy chemicals aren't just found in packaged foods. Our ancestors might have survived well enough eating meat, but the meat on our plate today is poisoning us. Processed meats that are salted, smoked, cured, and fermented have been classed as carcinogenic by the International Agency for Research on Cancer (IARC), the [World Health Organization](#) cancer agency.

As well as chemicals in our food, the packaging can also contain harmful substances, such as Bisphenol A (BPA) used to coat the lining of cans. [BPA can leach into food](#) contents, acidic foods like tomatoes in particular, and has been linked to cancer, infertility, and obesity. To reduce the risk of food contamination, look for glass or Tetra packaging.

## Chemicals in Your Household Cleaning Products

There seems to be a cleaning product for any cleaning task you can think of, with a wide choice of brands helping you keep your home clean and hygienic. But while these products may leave mirrors gleaming and work surfaces germ-free, what about the impact of indoor pollution on your family's health?

The air in your home can be contaminated with chemical fumes and residues that can cause cancer, hormone disruption, mood changes, reproduction problems, and breathing-related illnesses.

While it's generally known that household cleaning products can trigger asthma, [a new study](#) suggests women who regularly clean at home or who work as cleaners inhale toxins that can cause lung damage over time on the same level as smoking 20 cigarettes a day.

Babies and children are especially vulnerable to the harmful effects of chemicals, including [parabens](#), [triclosan](#), and [phthalates](#), on their brain and reproductive systems. Classified as a pesticide, triclosan is used in the U.S. as an antimicrobial agent in toothpaste, hand soap, and deodorant. Phthalates are used to make synthetic fragrances found in household as well as personal cleaning products.

## Chemicals in Your Personal Care Products

[Research](#) suggests that our skin absorbs up to 60 percent of topical substances into the bloodstream? How much attention are we paying then to the ingredients of creams that marketers claim will treat skin dryness, rashes, and wrinkles, or shampoos to make hair tangle-free or make-up to last 24 hours?

The Environmental Working Group (EWG) scientists have set up a [Cosmetics database](#) to inform people about product safety. As well giving you a safety rating, EWG link to studies showing possible organ toxicity, reproductive issues or carcinogenic impacts for the ingredients in the product.

## Buy Natural Products or Make Your Own

To protect your family's health, choose products that are eco-friendly and free from poisonous or corrosive substances. In contrast to fake fragrances, pure essential oils found in organic products are natural fragrances that won't disrupt your body's normal functions or cause allergic skin reactions.

Alternatively, [make your own household cleaners](#) and [personal care products](#) from natural ingredients like baking soda, vinegar, oats, lemon, and organic pure essential oils. And don't forget to open your windows daily to let stale air out and fresh air in!