

Health and Wellness Starts at Home

Are you using toxic products to clean your home and for personal care? Many household products contain formaldehyde, phosphates, bleach, ammonia, lye, chlorine, petroleum, and other chemicals all linked to various health problems, including cancer, ADHD, nervous disorders, asthma, birth defects, Multiple Chemical Sensitivity (MCS), infertility, eczema, psoriasis, and a host of other health problems. These are common household products such as:

- Household Cleaners
- Bath and Body Products
- Pharmaceuticals
- Vitamins/Nutritional/Weight Loss

• Make-Up and Skin Care
In the U.S. today, one in three women and one in two men will suffer from cancer at some time in their lives. Over 150,000 babies are born with defects each year for unknown reasons. Infertility is increasing with over two million couples wanting children but are unable to conceive. In 1934 only 20 cases of endometriosis existed in the entire world. Now there are over five million women with this condition. The asthma rate has tripled in the last 20 years with over 20 million Americans currently afflicted. ADHD in adults and children is rising. In 1993, two million children took the drug Ritalin so they could sit long enough to learn. In 2000, 17 million prescriptions were written in the U.S. for Ritalin and other drugs to treat ADHD according to NBC's Dateline. What is causing these and other health problems to rise and afflict so many otherwise healthy people? More and more researchers are linking these ailments to long-term chemical exposure. And, for the most of us, our greatest exposure to chemicals is right in our own homes. We breathe chemical vapors from household products in the air. We absorb chemicals into our skin using household products to clean our homes, wash our clothes, and make our bodies clean and smell good. We swallow small amounts of chemicals when we gargle, or even when we eat food from dishes that have been cleaned with chemicals and still contain a thin residue. What can I do to learn more about harmful household products? Be an informed customer. Learn more about the products you use. Call the toll-free numbers on the product's labeling. Look for information about specific products on the internet. Consult your Physician, they stay up-to-date with information from journals.

About the Author

My dad was at my wedding and mom did not attend due to their problems which was. If you want to, you can invite your mom to the hospital.

Source: <http://www.productsherbal.com>