Coal miners used to take canaries with them into the mine shafts. They served an early warning of the presence of dangerous gases. If the canaries died, they warned the miners that conditions were unsafe and gave the miners time to get out.

In the US, we are all the guinea pigs!

Scientific studies show that about 30% of the population find synthetic fragrances unpleasant or irritating. For the 1-3% of the population with severe environmental illnesses and autoimmune diseases, fragrances are truly debilitating. They can cause migraines, memory loss, nausea, fatigue, joint and muscle pain, brain swelling, and even anaphylactic reactions.

For more information, see: Dr. Anne Steinemann's (Professor of Civil Engineering, Melbourne University) peer-reviewed research on the rising prevalence of chemical sensitivity and the hazards of fragrances.

http://www.drsteinemann.com/publications.html
The Unknown Health Roulette of Ingredients in Fragrance

Manufacturers can avoid chemical disclosures simply by claiming them as a trade secret. "Fragrance" in personal care products has become a covert legal category just like "natural flavors" in processed food. Under this catch-all heading, the fragrance industry might be using any of a list of 3,000+ synthetic chemicals, as well as bizarre natural substances like whale vomit, deer urine, and civit feces!

### Alternatives

**SKIN DEEP:** The non-profit Environmental Working Group has a searchable database that ranks the hazards of personal care products on a scale of 1-9.

**FREE AND CLEAR:** Almost all grocery stores now stock eco-detergents that get your clothes just as clean. Biokleen has an excellent sports liquid & Seventh Generation, Planet, & Ecos are also trusted brands.

**DITCH YOUR DRYER SHEETS:** They contain neurotoxins like camphor & chloroform. They also release formaldehyde and other VOCs into laundry rooms. For wrinkle free clothes, buy a set of wool dryer balls from Amazon for $15 & reuse forever.

**SIMPLE INGREDIENTS:** Buy things with ingredients you can pronounce. Make your own moisturizer from coconut oil, use plain argan oil for sleek hair. You can get good deals and search for "fragrance-free" cosmetics on online pharmacies like vitacost.com.

**ZEOLITE:** Pet stores and big box stores sell deodorizer bags of a volcanic rock called zeolite that you can reuse forever. Unlike so-called air fresheners, they remove bad odors rather than simply masking them with stronger chemicals.

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