



“Saves You Water, Time, Money, The Environment and Your Health!”

www.laundryball.com.au

Toxic Chemical Report

I am really glad you are interested in knowing more about the chemicals that you live with every day and what to avoid.

DID YOU KNOW that some chemicals we use are still being tested?? It can take **5- 10** years to get a results for some tests and what happens when they discover it has carcinogen (cancer causing) properties?

'Oh dear, we had better take that off the market' they say... meanwhile thousands of people have been using the product, day after day, year after year.

You are **INHALING**, **ABSORBING** and **SWALLOWING** a cocktail of chemicals everyday of your life. Some may be mild but some may react with each other, think of all the products you have under your sink, all the different fumes mixing together and wafting up while you wash the dishes - Yuk!

With this in mind, it doesn't surprise me the high rate of disease that sweeps our race. No wonder there are more cases of Asthma, Diabetes, Allergies, Cancer etc. when our life is surrounded by chemicals that have the potential to harm our health.

My personal mission is to give you information so you can make your own decision about chemicals in your life.

1. What is your wellness and product knowledge?
2. The difference between Natural, Organic and Certified Organic.
3. What is Your Exposure to Chemicals? Take the test.
4. How chemicals are absorbed into your skin.
5. What poisons 3 million people a year?
6. The Harsh Truth About Dishwashing and Laundry Detergents!"
7. Tips to reduce Toxics.

1. Measure Your Wellness Knowledge And Products on a Ladder Scale.

* **BOTTOM** of the ladder are those who use supermarket brands and don't know anything about the ingredients.

They are not aware of the environmental impact that humans have on the earth nor the fact that products sold in supermarkets can be potentially dangerous to their health. If you are here, don't feel bad - you have just made your first step up the ladder by subscribing to this report. Well Done!

* **MIDDLE** of the ladder are those who have a bit of knowledge on the ingredients and use environmentally safe products in their home. They may recycle and cut back on buying

items wrapped in plastics. They try different environmentally safe and toxic free products and are seeking knowledge on the subject.

* **TOP** of the ladder are the extremists, they know what every ingredient is and why you shouldn't use it. They also don't use plastic products, they recycle EVERYTHING they buy, they grow their own fruit and vegies and buy only organic products. Their houses are eco-friendly (rammed earth/strawbales), have wind and solar power, self-composting toilets and harvest water.

Where Are You on The Ladder?

I believe we all don't need to be extremists but where ever you are on the ladder, as long as you are taking little steps up, you are making a difference in YOUR LIFE and for the ENVIRONMENT.

Congratulate yourself, as this report is one more step up the ladder! Well done, I am proud of you for wanting to expand your knowledge.

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Natural Cleaning Tip

Remove sticky substances from surfaces i.e. Stickers on windows or cupboards etc. Use eucalyptus oil on a cloth and rub the glue until dissolved.

2. What is The Difference between Natural, Organic and Certified Organic?

I believe information is vital to progress up the toxic free ladder and that means reading the ingredients in all your products and have a basic understanding to what they mean.

But first, let me give you a quick rundown on what Natural, Organic and Certified Organic is. It is very confusing and some companies can deceive us by announcing a product is 'natural' but it contains all sort of 'unnatural' ingredients.

Natural – Be wary of products that are bought from supermarkets that say they are natural or contain natural ingredients.

This may be true in a way, at the bottom of the ingredient list will be “extract of Lavender” or maybe “Lavender essential oil” (the ingredients on a products ingredient list are in order from the biggest % to the least %. For example if Lavender extract was listed last, the product might contain only a few drops of lavender extract)

Organic – I would be hesitant to buy a personal care product from a supermarket labelled 'organic'.

It means they can use what ever they like, add an organic ingredient and then call it organic.

But if you have no other options available to you or you are using a chemical ladled product, the Natural or organic product from a supermarket is better than what you are using now.

Find a small business that makes their own Natural or organic products, there are heaps of genuine people wanting to make a change.

Certified Organic – These products are the best you can buy. They are the most expensive because you are paying for the rigorous certification process they have to go through. To make a certified organic “lavender cream” the lavender essential oil that is added has to be certified organic, the oil has to come from a certified organic lavender plant and the plant needs to be grown from a certified organic seed. The whole process is supervised and inspected regularly to make sure everyone adheres to the certification process.

Only an ingredient that was once alive can be certified organic, minerals and clay cannot be certified.

I have attached a Toxic Ingredient List for you to print and take through your bathroom and laundry and read what the chemicals are in your products.

Don't worry if the names look baffling and you can't pronounce them, Narrell Chenery from One Group (Founder of Miessence -Certified Organic personal care) says if you can't pronounce the name, it probably isn't good for you.

Dr Peter Dingle, Senior Lecturer at the School of Environmental Science at Murdoch University in WA has a couple of small books called “Dangerous Beauty” and “Sick Homes 1 & 2” These books shocked me so much that they were the beginning of my Toxic free journey.

<http://www.drDingle.com.au>

Looking at the Toxic Ingredient List, some of the info is from the MSDS (Material Safety Data Sheets) and the symptoms are from the concentrated form of chemical.

For example if we put pure SLS on our skin, we would probably have a reaction but products are not usually sold in one single chemical to the retail market.

Products contain a mixture of different chemicals but our body still absorbs a small amount of this chemical; worst still, we also absorb a small amount of every other chemical in the product as well!

Have they done tests on all the different cocktails to make sure two chemicals don't react when mixed together?

Every time we wash our hair/put cream on our body/put deodorant on, how much do we absorb?

Have a think about this, ...if we put product on ourselves every day, 7 days a week, 4 weeks a month, 12 months a year for every year that we are alive – imagine how much that adds up to by the time we get into our later years?

Now go to your bathroom and read what your body has been absorbing.

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Natural Cleaning Tip

If your clothes smells of body odour, add ½ cup of white vinegar to your wash.

Ok, let’s go back to the toxic ingredient list. It is quite overwhelming to know what we come in contact with on a daily, weekly and monthly basis.

3. What is Your Exposure to Chemicals?.....

- YES / NO Do you have new furniture (glues and residue)
- YES / NO Do you have new carpet?
- YES / NO Do you use carpet cleaners?
- YES / NO Do you have freshly painted rooms?
- YES / NO Do you Dry clean your clothes?
- YES / NO Do you buy non-organic fruit and vegies?
- YES / NO Do you wash your dishes in supermarket detergent?
- YES / NO Do you clean your clothes with supermarket detergent?
- YES / NO Do you use chemicals to clean your house?
- YES / NO Do you use artificial room/car freshers?
- YES / NO Do you use chemicals in your garden?
- YES / NO Do you take regular medication?
- YES / NO Do you get vaccinated regularly?
- YES / NO Do you use hair care (shampoo & conditioner) that contains Chemicals from the toxic ingredient list?
- YES / NO Do you use personal care (soap, body lotion ,after shave, toothpaste) that contains chemicals from the toxic ingredient list?
- YES / NO Do you work in a chemical environment? (are exposed to Chemicals i.e. dry cleaning, tannery, carpentry, pest control)

Add up how many **YES** you answered.

5 < Excellent stuff, well done! You are aware of the damage chemicals can have in your life and making steps to change this.

Keep up the good work! See some of the suggestions below to help keep improving your life.

6-10 Your getting there, keep going, There are something's that are beyond our control like important medication or just moved into a new house, have a new car or your job.

Try and change a few things – like reducing your dry cleaning, using natural/organic hair and personal products, the Miracle Wash laundry balls to wash your clothes(www.laundryball.com.au), use Environmentally safe dishwashing liquid, microfibre clothes or bicarb soda to clean your house, essential oils to add a nice smell to clothes and the house/car, wash your fruit and vegies, use natural gardening techniques (www.greenharvest.com.au).Open your house windows as often as possible. If you have a new car, park it in the sun and open the windows and/or doors.

11–16 Hey, I am proud of you for signing up for this report.

You are on the beginning of your journey and I will help make it easier for you. Take a look at the suggestions above to help start improving your life and continue reading these emails.

I know it all sounds overwhelming, and there is no need to change your entire life and become obsessed. Just look at one part of your life at a time.

I started in my garden because I loved gardening so much and spent so much time there (this was before children) I then moved on to each section of my house and life.

- cleaning
- laundry
- dishwashing
- food (reducing additives, preservatives, colourings, pesticides)
- personal/hair care
- health (fish oil and other supplements)
- recycling
- conserving energy

...and I am still learning and changing.

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Natural Cleaning Tip

Natural Drain Cleaner

1/2 cup baking soda

1/2 cup vinegar

Kettle of boiling water

This recipe will free minor clogs and is great preventative medicine. Pour the baking soda down the drain first, then the vinegar. Let it bubble for a few minutes. Then pour down a tea kettle of full boiling water. Repeat if necessary. If the clog is stubborn, use a mechanical snake.

4. How Chemicals are absorbed into your skin?

Should you be concerned about the chemicals in your environment?

The answer is YES – why? Because while we can't see and feel the effects instantly, the smallest amount of chemical is absorbed by your skin and internally every day without you know it.

You can't see it...

You can't smell it...

You can't taste it...

But you can hear it...and read about it. Information is your most powerful defence, after that comes action!

The skin, the body's largest living and breathing organ, not only acts as a barrier it assists with elimination, and absorbs substances into the body.

This mechanism, called the pilo-sebaceous apparatus, regulates the penetration of certain substances into the epidermal and dermal skin layers, which are then absorbed into the systemic circulation and blood stream via the hair follicles and the sebaceous (oil) glands.

Scientific and medical research has shown that an estimated **8 -10,000 toxins** are potentially absorbed through the skin from commercial cosmetics and toiletries.

An unsettling thought when most of us use 6-12 personal care products daily.

Manufacturers continue to incorporate chemical substances such as mineral oils and petrochemicals as they are cost effective, not prone to oxidization, and have a guaranteed shelf life of up to three years or more.

The addition of synthetic fragrances and artificial colours in products are based on attracting the consumer and assist with disguising putrefaction and rancidity.

Dermatologists and skincare specialists continue to endorse sorbolene and aqueous (petroleum based) creams on the basis that they do provide some protection from external factors.

They appear to hydrate and moisturise but in reality they suppress the skin's ability to function normally.

They offer little nourishment, are not readily absorbed, do not contain any essential fatty acids (efa's) or vitamins and disturb or even prohibit the skin from absorbing fat-soluble vitamins and efa's.

Rather than hydrating the dermis, they inhibit the natural transpiration process creating a barrier that prevents the evaporation of water.

This application has an occlusive effect similar to applying cling wrap to the outer surface of the skin.

Their long-term use is detrimental as the skin develops a dependency on constant applications creating a deterioration of the skin's character and overall health; often resulting in sensitivities, blocked pores, allergenic and phototoxic reactions.

“During my many visits to skin specialists, dermatologists and doctors to find an answer to my children's eczema, I was recommended cortisones, steroids and barrier creams. Not one

time was I given any contraindications of long term use from using these products. If our medical specialists are not going to tell us this vital information, it is up to us to find out and make a choice to whether we use it on our families."

Dana

The majority of cosmetics are usually accepted into the market place based on how they feel, look and smell rather than what they contain.

An overview of the multi-billion dollar cosmetic industry indicates that for every dollar spent on a product 6% goes towards the ingredients, 12% on packaging, 12% on advertising, 20% for wages and administration, 10% to the manufacturer and 40% to the retailer.

Go and have a look at your personal products and see if these chemicals below are in them. If they are, throw them out!

Possibly the most dangerous chemicals to be included in personal care products are the ammonia derivatives, which are known to have hormone disrupting effects.

This includes:

- DIETHANOLAMINE (DEA)
- TRIETHANOLAMINE (TEA)
- MONOETHANOLAMINE (MEA).

These chemicals are used to thicken and cleanse and are added to soaps, bubble baths and facial cleansers. They are not carcinogenic in themselves; however, when combined with products containing nitrates, a common preservative, a dangerous chemical reaction takes place leading to the formation of nitrosamines.

Most nitrosamines are carcinogenic. The Food and Drug Administration (FDA) in the US recognized this threat; in the 1970s it urged the industry to remove these products from its cosmetics, however a FDA report in the late 1980s found that 37 per cent of products tested still contained nitrosamines.

INDUSTRIAL ALCOHOL -Industrial alcohol is a major ingredient in mouthwash. The National Cancer Institute of America has found that mouthwashes with an alcohol content of 25% or higher have been implicated in mouth, tongue and throat cancers.

The alcohol acts as a solvent in the mouth, making the skin tissues more vulnerable to carcinogens. Also, men had a 60% higher risk and women a 90% higher risk of these cancers compared to those not using mouthwash.

ALUMINIUM - Aluminium is a metal that is widely used in antiperspirants, processed foods, soft drink cans, foil and cookware.

Dr Daniel Perl, Director of Neuropathology at Mount Sinai Medical Centre in New York recommends we avoid the use of aerosol antiperspirants.

He has found that aluminium in aerosol form may be more readily absorbed into the brain through the nasal passages.

Studies show that regular use of these products can increase the risk of Alzheimer's by as much as 3 times.

LOOK OUT FOR THESE WARNINGS!

- CAUTION Slightly toxic (many green products carry this label)
- IRRITANT Causes soreness, redness, or inflammation of the skin, eyes, mucous membranes or breathing system
- WARNING Moderately toxic
- CORROSIVE Can destroy material or living tissue
- DANGER OR POISON Highly toxic

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Natural Cleaning Tip

Kill Mould and Bacteria

White vinegar helps kill bacteria, mould, and viruses. To kill food-borne pathogens such as salmonella or E coli use hot, soapy water to wash all cutting boards, dishes, knives, and surfaces that have touched raw meat or eggs.

5. 3 Million Poisoning a Year?

No, not by snakes, spiders or medication but cleaning products!

Interesting Points to consider:

- * The average home today contains **62 toxic chemicals** – more than a chemistry lab at the turn of the century.
- * More than 72,000 synthetic chemicals have been produced since WW II.

- * **Less than 2%** of synthetic chemicals have been tested for toxicity, mutagenic, carcinogenic, or birth defects.
- * An EPA survey concluded that indoor air was **3 to 70 times** more polluted than outdoor air.
- * Another EPA study stated that the toxic chemicals in household cleaners are **3 times** more likely to cause cancer than outdoor air.
- * CMHC reports that houses today are so energy efficient that "out gassing" of chemicals has nowhere to go, so it builds up inside the home.
- * We spend 90% of our time indoor, and 65% of our time at home. Mums, infants and the elderly spend 90% of their time in the home.
- * National Cancer Association released results of a 15 year study concluding that women who work in the home are at a **54% higher risk of developing cancer than women who work outside the home.**
- * Cancer is the Number ONE cause of death for children.
- * Cancer is the Number ONE killer of women between the ages of 35 and 54.
- * There has been a call from the U.S./Canadian Commission to ban bleach in North America. **Bleach is being linked to the rising rates of breast cancer in women**, reproductive problems in men and learning and behavioural problems in children.
- * There are more than 3 million poisonings every year. Household cleaners are the Number ONE cause of poisoning of children.
- * Since 1980, asthma has increased by 600%. The Canadian Lung Association and the Asthma Society of Canada identify common household cleaners and cosmetics as triggers.
- * Formaldehyde, phenol, benzene, toluene, xylene are found in common household cleaners, cosmetics, beverages, fabrics and cigarette smoke. These chemicals are cancer causing and toxic to the immune system.
- * There are 4700 chemicals in tobacco smoke.

"It's important to say that household cleaning and personal care products aren't the only source of chemicals in your home, but they are the easiest ones to replace! What can we do? The answer is to start in small ways at home!"

Dr. George Grant

Toxicologist/Analytical Chemist/Microbiologist

Founder of the International Academy of Wellness

Remember, the more you know about these facts, the higher the ladder you climb and the better quality of life you and your family will have.

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Natural Cleaning Tip

Natural Window Cleaner

1/2 cup vinegar

1 qt warm water

Mix ingredients in a spray bottle or bucket and use on glass surfaces. Rub with a lint-free cloth and polish with a wadded up newspaper.

We all use them to wash our clothes and dishes, our hands are in dish water every day, fumes are emitted from our dishwasher as we open it, we sleep on our sheets and wear clothes 24hrs a day (unless you live in a nudist colony)

I bet you don't really want to know this info but take those hands away from your eyes and ears cause you will think a little different after reading this.

6. The Harsh Truth About Dishwashing and Laundry Detergents!

*** Dishwashing Hand Liquids** : Usually contains ammonia; ethanol; formaldehyde (a potential human carcinogen), and glycol ethers. Exposure to fumes may cause laboured breathing or coughing; intense sneezing; or, in some cases, death. Direct contact with eyes may cause tearing and puffiness around eyes. Direct contact with skin may cause severe irritation. Mixing dishwashing liquids with BLEACH (for sanitizing purposes) can produce "toxic", chloramine fumes.

Repeated exposure may cause asthma-like symptoms and/or effect the central nervous system over a long period of time.

Label precautions read "CAUTION"

*** Dishwashing Liquid, AUTOMATIC** : Usually contain bleaching agents; artificial dyes, ethyl alcohol and artificial fragrances. Undiluted, may act as a strong skin irritant.

If swallowed, may burn your throat. In those products containing bleaching agents, chloramine gas may be created whose fumes may cause swelling and tearing of eyes; or even, faintness. Over a prolonged period of time, these fumes may cause headaches; lung irritation; nausea; and depression. In extreme cases, prolonged exposure may even cause coma and possibly, death!

Label precautions read "WARNING" !

*** Dishwashing Powders, AUTOMATIC** :

THE MOST REPORTED POISON HARMING OR KILLING YOUNG CHILDREN.

Usually contains sodium silicate and/or bleach. Both ingredients are strong eye and skin irritants. Bleach content is CORROSIVE and may burn the mouth and throat. Repeated and/or prolonged exposure to vapours or dust may cause lung irritation, central nervous system disorders, and in severe cases, death!

Label precautions read "WARNING" !

The Centre of Science in Public Interest revealed that dishwashing detergents have caused more household poisonings than any other cleaning product in the home. Nearly all dishwashing detergents contain naphtha, a fuel used in camping stoves. Naphtha is a central nervous system depressant. When washing your dishes, these chemicals are being released into your breathing space.

*** Laundry Liquid Detergent :** Usually contains ethanol and triethylene glycol. Undiluted, concentrated product directly contacting skin may cause irritation. Repeated contact with skin may cause dermatitis.

In concentration, strong eye irritant and prolonged exposure may cause permanent eye damage. Repeated exposure to fumes may cause chronic lung irritation. Fumes can cause coughing, troubled breathing, and in severe cases, death.

Label precautions read "WARNING" !

*** Laundry Powder Detergent :** Usually contains sodium carbonate, sodium silicate, sodium dodecyl benzene sulfonate (in heavy-duty laundry detergents--over-all environmental hazard) with bleaching agents. Direct contact may burn the skin and cause permanent eye damage. Prolonged exposure to powder dust may cause depression, dizziness, headaches, troubled breathing, and in severe cases, death. Label precautions read "WARNING" !

Unless you live at a nudist camp, clothes are your second skin. Skin is a semipermeable membrane and is the largest organ of the body.

Nicotine patches reveal how absorbent our skin is. If it is on your skin, it is in your bloodstream.

Phosphorus, ammonia, naphthalene and phenol, which are deadly poisons, are found in most laundry soaps.

Some companies have proclaimed their products to be environmentally safe because they use enzymes. Enzymes have been considered a miracle cleaning agent. They direct the natural, cleaning ability of water to protein.

This enables water to suspend dirt with great effectiveness. Yet enzymes are unable to detect a dirt protein from the protein in your skin and mucus membranes. Serious inflammation can result from breathing enzyme particles into the nasal passages and lungs. Clothes washed in enzymes can cause inflamed spots or rashes on the skin.

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Natural Cleaning Tip

Cleaning Baths and Showers

The talc in bar soap causes the greasy build up in showers, add a coat of silicon from your shampoos and conditions and you have a mess to scrub. Switch to liquid soap or the natural soaps without talc and eliminate the build up and change your shampoo to a more natural product. Clean your shower once a week with a mirco fibre cloth and water. Use lemon juice for a natural smell.

7. Tips to Help Reduce Toxins And Give Your Home a Quick Detox!

Toxins, mould, bacteria and unhealthy gases can soon build up inside your home without you realising. What's more, a host of toxic chemicals in soft furnishings, carpets, paints and cleaning products can all have a detrimental effect on your wellbeing.

Chemicals can set off allergies and the cumulative effect of inhaling them can be huge. But although you can't always see the allergens and pollutants in your home that can trigger health problems, you can blitz them. Here's how to give your home a quick detox.

Exclude Pollutants

A cocktail of toxic chemicals can soon find its way through doors and windows, especially if you live near a busy road or in a built-up area.

We inhale most toxins while asleep so, if you have a choice, opt for a bedroom at the back of the house and keep windows closed as much as possible. Alternatively, invest in an air purifier to help remove carbon monoxide and ozone.

If you don't live near a busy roadway, open you windows whenever you can to allow fresh air to circulate through your house.

If you have a new house or newly painted room, open your windows each day until you can't smell any residue or paint.

Go for Pot Plants

Plants are the oldest, most natural air filters on the planet. Trials carried out by NASA scientists researching air quality improvements for astronauts show that various common houseplants can effectively detox households by absorbing poisonous vapours and releasing oxygen back into the air, which enhances air quality.

Species to look out for include Mexican cacti, spider plants, ivy, rubber plants and gerbera daisies, which are all said to help humidify and freshen up stuffy environments.

Pet Watch

Cats and dogs can trigger allergies in susceptible people and can also make existing conditions such as asthma or hay fever worse.

To keep pet allergens at a minimum make certain rooms such as the bedroom a pet-free zone and remember to wash and groom pets regularly.

The Cat Protection League has the following tips to make life easier for anyone with allergies or asthma:

- * Make sure your cat is free from fleas.
- * Groom puss outside to reduce the spread of allergens
- * Wiping your cat down with a damp cloth can also help reduce allergens
- * Using a vacuum with a special 'hepa' filter can help prevent allergic reactions, as can running a damp cloth over carpets after vacuuming.

Go Natural

Cleaning: Choose natural cleaning products such as eco-friendly washing powder (Miracle Wash Laundry Balls) and biodegradable washing-up liquids that are tough on dirt but gentle on the environment.

Instead of your usual air fresheners go for chemical-free products made with essential oils. Tinderbox from WA has some lovely natural air fresheners. www.tinderbox.com.au
And for a purer environment why not invest in an ioniser? It will purify the air by replacing positive ions, which can trigger fatigue, depression and breathing difficulties with negative ions which freshen up the atmosphere.

Use microfibre clothes to clean your house. For stubborn stains use bicarb soda and vinegar. Use a steam mop or micro fibre mop to clean your floors.

Personal care

Start to gradually change your products. Look at the ingredients on all your products. Use your Toxic Ingredient list to find out if your products are safe.

This is a big area to focus on as there are so many Products we use every day. Start with finding a more natural shampoo and conditioner, look for a face cream, then body wash/soap.

By the way, you don't need to use the whole range of products (I use to be a beautician and we were told to tell our customers they have to cleanse, tone and moisturize morning and Night, plus add eye cream, throat crème, use masks and Exfoliates...blah blah....it's rubbish...as long as you use a Moisturizer and sunscreen(UV Natural sunscreen or Soleo) You will find you will like one shampoo but use another conditioner, use a different face cream and a different scrub. Find what you like and what works best for you.

Food

Learn about the additives, preservatives, artificial colouring and flavourings that are in most foods. Read the ingredient list on all your products and you will become familiar with the 'nasties' to avoid.

To help with this go to <http://www.additivealert.com.au/> and get Julies book or a smaller and just as useful guide is the Chemical maze shopping guide <http://www.chemicalmaze.com/>

Gardening

Do you enjoy gardening? So do I and by starting small, I used this family business to help my garden go chemical free. One of the best organic gardening businesses I have found.

www.greenharvest.com

Vacuum once or twice a week

Use a cleaner that has a high efficiency filter if possible.

If you have allergies wear a dust mask while doing the housework and leave the house for a couple of hours after cleaning it.

Dusting with a damp cloth will reduce air-borne particles and if you need to polish, use a natural beeswax type and avoid aerosol sprays.

If you have carpet and have it cleaned, use an environmentally safe, low toxin carpet cleaner.

Reduce the chemical load

MDF, veneered chipboard or plywood furniture emits toxic chemicals which are usually not present in solid wood furniture. Carpets and soft furnishings are also responsible for giving off chemicals such as formaldehyde as well as being a haven for house dust mites.

When choosing flooring go for wooden boards and more natural alternatives such as jute and Hessian where possible.

Open your windows when you have new furniture/fittings to freshen the air, new furniture, paint, carpet, flooring etc emit resin and glue fumes.

Purify your water

Pure water contains no toxins but over the past 50 years our drinking water has had more and more additives incorporated into the mains supply which may spoil the taste even though they rarely cause anything more than minor health problems.

If you are concerned, there are things you can do to improve the situation.

- * Find out exactly what is in your water from your water supplier (listed under water in Yellow Pages).

- * Avoid drinking from the hot tap. Hot water is usually stored in a plastic or metal tank, and as water is a natural corrosive the surrounding material may well have seeped into it.

- * If you don't like tap water use bottled varieties for drinking.

Install a water filter. These are very effective at removing hard minerals and chemicals from the water. . Special active carbon filters, which work by removing chemicals as they pass through them, can be plumbed in under the kitchen sink or attached to the end of a kitchen tap. Alternatively, use a jug filter - a plastic lid containing an active carbon filter fits on top of the jug and filters the water as it is poured through

There are plenty on the market to choose from.

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Natural Cleaning Tip

Clean to get rid of Dust Mites

Dust and dust mites live in un-cleaned areas and crevasses like bookshelves, curtains, window coverings, piles of magazines and storage rooms. "Regular vacuuming and disposal of household clutter reduces dust." Stacks of old magazines are some of the most common clutter items found in homes. "Magazines not only breed dust and allergies but they also take up precious space and can be easily recycled." Choose the ones you really treasure and are likely to read again, and get rid of the rest.
