# 10 Cancer Causing Products to Remove From Your Home: Air Fresheners - Fragrances - Pesticides - Cookware

By Dr. Joseph Mercola, Contributing Editor, Mercola.com | Home & Garden

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This truth is that there are a number of known carcinogens in our homes lurking in the shadows. These are the ones you need to be aware of, and the ones that have the potential to substantially increase the risk of you or your family developing cancer.

Here is a list of 10 common products that are very toxic to your health, and which you can look out for to make your home safe again. At the end of the article I will also provide a few tips on how to reduce the exposure you could be getting from these toxic products.

## 1. Air Fresheners

According to a report published by the Natural Resources Defense Council, many of the chemicals contained in our homes on a regular basis contain consumers such as pesticides contained. The vast majority of air fresheners, even some marked "all natural" or "scented," contain compounds called phthalates.

Different types of phthalates have different hormonal effects, but some are although the majority of these affect reproductive health. Many of them can exacerbate respiratory conditions like asthma.

The phthalates that are in the phthalates, the phthalates are released into the air where they can be inhaled or absorbed into the skin. Not only do they pose a threat to reproductive and developmental, they can alter hormone levels and disrupt the endocrine system.

A report in the Journal of Environmental Health Perspectives mentioned that phthalate exposure could be linked to increased breast cancer risk.

Another medical report suggested that phthalates promote prostate cancer cell proliferation.

Homemade air fresheners are one of the simplest products to make. Distilled water and a few drops of your favorite essential oils in a spray bottle are a great way to make your home smelling great. Straw wetted with water each one and mix the spray around your home. Alternatively you want to feature that can be used in an aromatherapy diffuser.

If you are interested to learn more about essential oils you can find useful information at Mercola's Natural Health Encyclopedia. This site will also help you to discover the power of essential oils and the most effective ways to use them.

You can also use these 10 or fewer plants.

## 2. Candles

The most dangerous and toxic product in your home could be hidden within your favorite scented candles. We all know that lead can be dangerous and lead poisoning can be very serious, but most people don't realize that lead is a component of all and smelling gas, and particularly the wick that produces the fragrance.

Although the US Consumer Council has banned the sale of candles containing lead wicks, it is still good to be careful about candles to make sure they don't contain potentially dangerous substances. Many scented products also contain dozens of chemicals, many of which are toxic. Some of the chemicals they are PFC, PAH, and phthalates.

## 3. Cleaning Products and Fabric Sprayers

Many carpet shampoos and fabric cleaners that are designed to offer superior stain resistance contain perfluorinated chemicals (PFC). Perfluorinated chemicals, also known as Teflon/Scotchgard, has been linked to increased risks of developing lung cancer.

Many of the chemicals in cleaning products are known carcinogens, including formaldehyde, naphthalene. Naphthalene is the main ingredient in mothballs, and naphthalene is a known carcinogen, causing lung and respiratory tract cancers.

Baking soda is a great odor remover and white vinegar is effective for removing dirt and grime. Vinegar is also a great disinfectant. Hydrogen peroxide is also a great disinfectant and bleaching agent. Hydrogen peroxide is also a great cleaning agent. Dry, Sprinkle with baking soda again if necessary and then vacuum any powder that remains.

Steam cleaning is another healthy option for keeping your carpets clean without the toxic chemicals. Steam cleaning is also a great way to disinfect your carpets and upholstery.

## 5. Dry Cleaning Products

Dry cleaning is a very toxic process. Sorry, another carcinogen hidden in your cupboards could be Tetrachloroethylene or Perchloroethylene that has been used in dry cleaning for decades. Tetrachloroethylene is a known carcinogen used in most dry cleaning products.

Wearing clothes that were dry cleaned can unintentionally expose you to these harmful substances. Make sure your local cleaner doesn't use perchloroethylene or tetrachloroethylene.

## 6. Insecticides and Pesticides

The term family usually extends to our furry friends. One would think that the products intended to protect our furry friends would be safe. Unfortunately, many of these cleaning materials, there are a number of potentially carcinogenic chemicals in many of the kits. Now, and be careful of pesticides.

Some tick and flea products contain organophosphate insecticides, permethrin, and carbamates. These products are linked to brain and nervous system damage.

You can use natural methods and you can get more information in my article on how to get rid of fleas naturally. Some of the natural ingredients that I mention in that article are how to naturally get rid of fleas, ticks, mosquitoes and lice.

## 7. Antibacterial Products

Now we often hunted now thing that certain products are automatically safe. This is particularly true of products the antibacterial products that are supposedly designed to make our environments safe.

Recent concerns about an ingredient used in many antibacterial products have led to a ban on triclosan. Triclosan is a pesticide. It is a known endocrine disruptor and affects a lot of body functions in humans, including muscle, energy and brain. Triclosan is ubiquitous in the US.

Triclosan suggests that Triclosan may be carcinogenic. Although research has been only done on mice, there were enough concerns to ban the product in the EU.

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Products like Vision have been used for their antibacterial and antimicrobial properties. Unfortunately, advancing biotechnology has uncovered that triclosan is likely a major clinical cause to reduce the risk of infections, and the use of Vision has seen to prove that it is not. Triclosan is a very, very, very,