

Because we have patients and staff who are chemically sensitive or allergic to a variety of toxic substances:

- ✓ **PLEASE DO NOT WEAR SCENTS OR PERFUMED TOILETRIES WHEN VISITING THIS OFFICE.**

This includes hair sprays, colognes, deodorants, scented soaps and shampoos, powders, and other scented products applied at any time subsequent to the last bath or shower. Many products from a conventional pharmacy listed as “fragrance-free” contain irritating chemicals. Please obtain personal care products from a health food store and purchase products labeled natural **AND** scent-free.

- ✓ **PLEASE MAKE CERTAIN THAT YOUR CLOTHING IS FREE OF ODORS.**

This includes residual scented products such as perfume, detergents, or fabric softeners. Also problematic are tobacco odors and other odors or chemicals that you may be exposed to at home or at work.

- ✓ **PLEASE DO NOT BRING FOOD, COFFEE, OR OTHER BEVERAGES INTO THE OFFICE.**

These also have odors. However, water is acceptable. (In certain circumstances patients are required to bring food.)

We need to stress how very important it is that you follow these guidelines. They are extremely important for the well-being of people in our office and for the accuracy of allergy testing. **In some circumstances, it may be necessary to ask patients to leave the office when these guidelines are not followed.** Please see our website for acceptable personal care products. If you have any questions, please do not hesitate to call us. Thank you for your cooperation.

Please read below for a list of Environmentally Acceptable Cosmetics and Twenty Most Common Chemicals Found in Thirty-One Fragrance Products. Thank you.

ENVIRONMENTALLY ACCEPTABLE COSMETICS*

* This list is meant for guideline purposes only. Acceptable fragrance-free products can also be found at your local natural foods store or pharmacy. Please use your best judgment when choosing products for visiting this office.

Category/Name	Additional Information	Source
Dental Hygiene		
Ecodent	Homeopathic powder	Health Food Stores
Tom's of Maine	Natural toothpaste	Health Food Stores
Xylifresh All Natural Toothpaste	Available in peppermint, spearmint, and cinnamon flavors	1-800-428-2343
Deodorants		
Antiperspirant by Simple Products	Roll on, effective all day	1-800-428-2343
LeCrystal Natural Deodorant Crystal	100% natural mineral salts (Push up or rock form)	1-800-428-2343
Tom's of Maine	Unscented formula	Health Food Stores
Hair Conditioners		
Camocare Conditioner		Health Food Stores
Gentle Conditioner by Simple Products	Unscented, protein formulated	1-800-428-2343
Gingko Hair Moisturizer	Aubrey Organics	1-800-428-2343
Green Tea Cream Rinse	Aubrey Organics	1-800-428-2343
Island Naturals Island Butter Spice Creme Rinse	Aubrey Organics, light conditioner and rinse	1-800-428-2343
Kiss My Face Conditioner		Health Food Stores
Mill Creek Keratin Conditioner	Herbal formula cream rinse for damaged hair with panthenol and vitamin E	
Rosa Mosqueta Rose Hip Conditioner	Aubrey Organics, lightly scented	1-800-428-2343
Soft and Silky by Granny Old-Fashioned Products	Cream rinse, 100% oil-free	1-800-428-2343
B5 Design Gel by Aubrey Organics	Styles and thickens, with panthenol, aloe vera, and rosa mosqueta	1-800-428-2343
Earth Science Conditioner		Health Food Stores
Hairspray		
Consort (male hairspray)	Unscented	
Natural Mist Hair Spray by Aubrey Organics	Contains alcohol	1-800-428-2343
Laundry		
Arm & Hammer	No fragrance	Grocery Stores
SA8	Unscented	(508) 949-2209
Seventh Generation	No fragrance	Health Food Stores

Lotions		
Aloe Vera Gel by Fruit of the Earth	No perfumes or dyes	CVS Pharmacy Stores
Amway Sensitive Skin Lotion	Also safe for babies	(508) 949-2209
Cleansing Lotion by Simple Products	Light, non-greasy, cleanses all types of skin	1-800-428-2343
Certified Organic Aloe Vera Gel by Aubrey Organics	100% Pure	1-800-428-2343
Collagen TCM by Aubrey Organics	Therapeutic cream moisturizer	1-800-428-2343
Elastin NMF by Aubrey Organics	Natural moisturizing cream	1-800-428-2343
Green Tea Daily Moisturizer by Aubrey Organics		1-800-428-2343
Lubriderm	Unscented moisturizing lotion	Local Pharmacies
Moisture Guard by Granny Old-Fashioned Products	Moisturizing lotion for sensitive skin	1-800-428-2343
Moisturizing Lotion by Simple Products	Light, non-greasy formula, absorbs quickly	1-800-428-2343
Rosa Mosqueta Rose Hip Moisturizer by Aubrey Organics	Light cream, heals and moisturizes	1-800-428-2343
Vegacol TMC by Aubrey Organics	Vegetal collagen therapeutic moisturizer made from horsetail and coltsfoot	1-800-428-2343
Other Skin Products		
Herbal Facial Astringent by Aubrey Organics	Tones and refreshes for oily types	1-800-237-4270
Natural Organic Facial Cleaner by Aubrey Organics		1-800-237-4270
GeroVita GH3	Mature skin vitalizer	
Jojoba/Oatmeal Facial Scrub/Mask by Aubrey Organics		1-800-237-4270
Mill Creek Lip Balm by Aubrey Organics	Made from octyl dimethyl PABA, Benzophenone-3	1-800-237-4270
Pure Fine Talc by Simple Products	Softens and smoothes, no perfume	
Category/Name	Additional Information	Source
Other Skin Products (Continued)		

Sun Shade 15 by Aubrey Organics	Collagen and aloe formula sunblock	1-800-237-4270
Titania SPF 25 by Aubrey Organics	Full spectrum natural herbal sunblock	1-800-237-4270
Shampoo		
Camocare Shampoo		Health Food Stores
Frequent Shampoo by Simple Products	Mild shampoo free of color and perfume	1-800-428-2343
Gentle Shampoo by Simple Products	Free of color and perfume	1-800-428-2343
Green Tea Shampoo by Aubrey Organics		1-800-428-2343
Island Naturals Island Butter Shampoo by Aubrey Organics	Contains wheat protein and African butter, lightly scented	1-800-428-2343
J.A.Y. Desert Herb Shampoo by Aubrey Organics	Jojoba oil, aloe vera, and yucca root, for dry hair	1-800-428-2343
Kiss My Face Shampoo		Health Food Stores
Mill Creek Keratin Shampoo	Herbal formula – normal to dry, damaged hair; enriched with panthenol	1-800-428-2343
Nutrigena Shampoo	Unscented for dandruff and dry scalp	Local Pharmacies
Patricia Allison Shampoo	No color or scent added	1-800-428-2343
Polynatural 60/80 by Aubrey Organics	Hair rejuvenating shampoo, vitamin F and aloe vera blend	1-800-428-2343
Rich 'N Radiant Shampoo by Granny Old-Fashioned Products	pH balanced for all hair types	1-800-428-2343
Rosa Mosqueta Rose Hip Herbal Shampoo by Aubrey Organics	Herbal scent	1-800-428-2343
Saponin A.A.C. Herbal Root Shampoo by Aubrey Organics	Saponin Amino Acid Complex	1-800-428-2343
Earth Science		Health Food Stores
Shaving Products		
Shave Foam by Simple Products	Softens beards, helps protect against dryness and razor burn	1-800-428-2343
Soap		
Amway Sensitive Skin Bar or Liquid	Hypoallergenic, fragrance, and color free	(508) 949-2209
Bar Soap by Simple	Gentle to your skin	1-800-428-2343

Products		
Facial Scrub by Simple Products	Cleanses, stimulates, and conditions skin	1-800-428-2343
Glycerine Soap	No perfumes or color, enriched with glycerine	1-800-428-2343
Kiss My Face	Enriched soaps	Health Food Stores
Liquid Skin Wash by Simple Products	Extra mild blend	1-800-428-2343
SASTS	Unscented	Local Pharmacies
Sirena Soap	Fresh coconut bar	1-800-428-2343
Sirena Soap	Fresh coconut with vitamin E	1-800-428-2343
Sirena Fresh Coconut Liquid Soap	Roll on	1-800-428-2343
Sirena Fresh Coconut Liquid Soap	16 ounce, or one gallon sizes	1-800-428-2343

TWENTY MOST COMMON CHEMICALS FOUND IN THIRTY-ONE FRAGRANCE PRODUCTS

Principal chemicals found in scented products are--

ACETONE (in: cologne, dishwashing liquid and detergent, nail enamel remover) -- On EPA, RCRA, CERCLA Hazardous Waste Lists. "Inhalation can cause dryness of the mouth and throat; dizziness, nausea, incoordination, slurred speech, drowsiness, and, in severe exposures, coma." "Acts primarily as a central nervous system (CNS) depressant."

BENZALDEHYDE (in: perfume, cologne, hairspray, laundry bleach, deodorants, detergent, Vaseline lotion, shaving cream, shampoo, bar soap, dishwasher detergent) -- Narcotic, Sensitizer. "Local anesthetic, CNS depressant"... "irritation to mouth, throat, eyes, skin, lungs, and GI tract causes nausea and abdominal pain." "May cause kidney damage." "*Do not use with contact lenses.*"

BENZYL ACETATE (in: perfume, cologne, shampoo, fabric softener, stickup air freshener, dishwashing liquid and detergent, soap, hairspray, bleach, after shave, deodorants) -- Carcinogenic (linked to pancreatic cancer); "From vapors: irritating to eyes and respiratory passages, exciting cough." "In mice: hyperemia of the lungs." "Can be absorbed through the skin causing systemic effects." "Do not flush to sewer."

BENZYL ALCOHOL (in: perfume, cologne, soap, shampoo, nail enamel remover, air freshener, laundry bleach and detergent, Vaseline lotion, deodorants, fabric softener) -- "irritating to the upper respiratory tract"... "headache, nausea, vomiting, dizziness, drop in blood pressure, CNS depression, and *death* in severe cases due to respiratory failure."

CAMPHOR (in: perfume, shaving cream, nail enamel, fabric softener, dishwashing detergent, nail color, stickup air freshener) -- "local irritant and CNS stimulant"... "readily absorbed through body tissues"... "irritation of eyes, nose, and throat"... "dizziness, confusion, nausea, twitching muscles, and convulsions" "*Avoid inhalation of vapors.*"

ETHANOL (in: perfume, hairspray, shampoo, fabric softener, dishwashing liquid and detergent, laundry detergent, shaving cream, soap, Vaseline lotion, air fresheners, nail color and remover, paint and varnish remover) -- On EPA Hazardous Waste list: symptoms: "fatigue; irritating to eyes and upper respiratory tract *even in low concentrations...*" "*Inhalation of ethanol vapors can have effects similar to those characteristic of ingestion.* These include an initial stimulatory effect followed by drowsiness, impaired vision, ataxia, stupor..."

ETHYL ACETATE (in: after shave, cologne, perfume, shampoo, nail color, nail enamel remover, fabric softener, dishwashing liquid) -- Narcotic. On EPA Hazardous Waste list; "...irritating to the eyes and respiratory tract"... "may cause headache and narcosis (stupor)"..."defatting effect on skin and may cause dryness and cracking"... "may cause anemia with leukocytosis and damage to liver and kidneys" "*Wash thoroughly after handling.*"

LIMONENE (in: perfume, cologne, disinfectant spray, bar soap, shaving cream, deodorants, nail color and remover, fabric softener, dishwashing liquid, air fresheners, after shave, bleach, paint and varnish remover) -- Carcinogenic. "*Prevent its contact with skin or eyes because it is an irritant and sensitizer.*" "*Always wash thoroughly after using this material and before eating, drinking, ...applying cosmetics. Do not inhale limonene vapor.*"

LINALOOL (in: perfume, cologne, bar soap, shampoo, hand lotion, nail enamel remover, hairspray, laundry detergent, dishwashing liquid, Vaseline lotion, air fresheners, bleach powder, fabric softener, shaving cream, after shave, solid deodorant) -- Narcotic. ...”respiratory disturbances”...”Attracts bees.” “In animal tests: ataxic gait, reduced spontaneous motor activity and depression...development of respiratory disturbances leading to death.”...”depressed frog-heart activity.”

METHYLENE CHLORIDE (in: shampoo, cologne, paint and varnish remover) -- *Banned by the FDA in 1988! No enforcement possible due to trade secret laws protecting chemical fragrance industry.* On EPA, RCRA, CERCLA Hazardous Waste lists. “Carcinogenic”...”Absorbed, stored in body fat, it metabolizes to carbon monoxide, reducing oxygen-carrying capacity of the blood.” “Headache, giddiness, stupor, irritability, fatigue, tingling in the limbs.”

a-PINENE (in: bar and liquid soap, cologne, perfume, shaving cream, deodorants, dishwashing liquid, air freshener) -- Sensitizer (*damaging to the immune system*).

g-TERPINENE (in: cologne, perfume, soap, shaving cream, deodorant, air freshener) -- “Causes asthma and CNS disorders.”

a-TERPINEOL (in: perfume, cologne, laundry detergent, bleach powder, laundry bleach, fabric softener, stickup air freshener, Vaseline lotion, cologne, soap, hairspray, after shave, roll-on deodorant) -- “highly irritating to mucous membranes”...”Aspiration into the lungs can produce pneumonitis or even fatal edema.” Can also cause “excitement, ataxia (loss of muscular coordination), hypothermia, CNS and respiratory depression, and headache.” “Prevent repeated prolonged skin contact.”

- 95% of chemicals used in fragrances are synthetic compounds derived from petroleum. They include benzene derivatives, aldehydes and many other known toxics and sensitizers – capable of causing cancer, birth defects, central nervous system disorders and allergic reactions. *Neurotoxins: At Home and the Workplace*, Report by the Committee on Science & Technology, U.S. House of Representatives, September 16, 1986. [Report 99-827]
- Central Nervous System disorders (brain and spine) includes Multiple Sclerosis, Parkinson’s Disease, Alzheimer’s Disease, Sudden Infant Death Syndrome.
- *Chloroform* was found in tests of fabric softeners: *EPA’s 1991 study*.
- A room containing an air freshener had high levels of p-dichlorobenzene (a carcinogen) and ethanol: *EPA’s 1991 study*.
- An FDA analysis (1968-1972) of 138 compounds used in cosmetics that most *frequently involved adverse reactions*, identified five chemicals (alpha-terpineol, benzyl acetate, benzyl alcohol, limonene, and linalool) that are among the 20 most commonly used in the 31 fragrance products tested by the EPA in 1991!
- Thirty-three million Americans suffer from sinusitis (inflammation or infection of sinus passages).
- Ten million Americans have asthma. Asthma and asthma deaths have increased over 30% in the past 10 years.
- Headaches cost \$50 billion in lost productivity and medical expenses and 157 million lost work days in 1991. “Focus on Fragrance and Health,” by Louise Kosta, *The Human Ecologist*, Fall 1992.