**Surprising and Harmful Things in Everyday Products**

You would be surprised at the harmful things that you are putting into and/or on your body every day. The harmful items can be found in many places such as inside your home, workplace, the store and your doctor’s office.

The following are some harmful items in the environment that you may not be aware of: (BPA) Bisphenol A, PVC that has (PE) polyethylene, (PS) polystyrene, & (PP) polypropylene, Formaldehyde and bleach and chlorine.

BPA is an industrial chemical that can be found in food cans, bottle tops, & our water supply lines. The BPA can seep into the food & beverages that you eat or drink on a daily basis. BPA can cause high blood pressure, behavioral issues and effect your brain. You will know if a product has BPA if it has a code number of 3 or 7 on its label. Some manufactures are starting to make products without BPA & marking the labels stating it is BPA-free.

PVC is a plastic that is also called synthetic resins for thermosetting & thermoplastic. PVC can be re-softened by heating & supplied in powder form, for a long -term storage that has various additives and pigments added. PVC is 57% chlorine from industrial grade salt and 43% carbon derived predominantly from oil/gas via ethylene.

Formaldehyde is a chemical compound that can be mixed in with such things as shampoos, paints, preservatives, antiseptics, glues and some household items. Formaldehyde can lead to cancer, respiratory problems, inflammation, and skin conditions. It can also cause dangerous health issues for children.

Bleach and chlorine of course are in are homes, at the store, and mostly in the environment that we breathe in where ever we go. They are used in our daily house cleaners, shampoo, in the water system and can get into your skin. Bleach can stay on you or any surface for a long period of time. For household cleaning, consider using vinegar and baking soda or one of the new environmentally friendly cleaners. When considering one of these cleaners, make sure to read labels carefully.

Studies have found that the chemicals above can cause cancer, infertility, deformities in newborns and other ailments that can shorten your life span.

So when selecting products, try to avoid these chemicals when possible. Go green and lead a healthier life.