



Green Cleaning

INFINITY CHIROPRACTIC & WELLNESS CENTRE

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*The most common method of exposure to toxins are through **the skin** and **respiratory tract**.*

*Respiratory illnesses are one of the leading causes for **admission into hospitals** for children.*

*Children frequently putting fingers in their mouths and noses **increase the risks** for exposure.*

“Keeping you, your planet, and your wallet safer”

In Canada, manufacturers that produce household cleaners are not required to list all ingredients on their products or warn consumers of the health and/or environmental hazards related to long term exposure of these ingredients.

Chemicals found in common cleaning products linger and enter our bodies by absorption through the skin or ingestion via household dust and residue. Even in trace amounts, chronic exposure to these compounds lead to increased risk of health concerns.

Several studies have documented a strong link between using cleaning products and the risk of asthma. Childhood asthma rates have been on the rise in the last 20 years.

Certain toxins may cause irritations to skin, eyes, throat, and lungs. Those with asthma and/or allergies may be particularly sensitive to these effects.

Chemicals found in household bathroom and window cleaners can cause damage to the kidney and liver. Other chemicals found in stain removers and fragrances can mimic hormones in your body and even stimulate the growth of cancer cells.



Some great alternatives to the typical store bought cleaners include lemon juice, vinegar, and baking soda.

Warm water and baking soda make for a great all-purpose cleaner. Water, vinegar, and some rubbing alcohol can make for a great window cleaner.

Note: Vinegar and baking soda do not mix to become a cleaning solution.

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Online Booking Available!



The average Canadian household generates over 300 kg of hazardous waste per year. (Statistics Canada)

Each year the average Canadian family consumes between 20 to 40 L of toxic cleaning products.

*When cleaning products are flushed down the drain, they can have a **serious impact** on aquatic ecosystems.*

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FACT

The EPA (Environmental Protection Agency) reports only a fraction of more than 75,000 registered chemicals have gone through testing for human health concerns.

FACT

Over 275 different active ingredients in antimicrobial products are classified by the EPA as pesticides.

FACT

More than 9 out of every 10 suspected poison exposures occur at home with household products.

FACT

Respiratory illness is one of the leading causes for admission of children to hospitals.



If eliminating the use of products with harmful chemicals is unavoidable for whatever reason, you can follow these guide lines on how to better handle their use in a safer manner as well as learn how to differentiate the labels and symbols.

[http://www.healthy Canad ians.gc.ca/security-securite/home-maison/chemicals-chimiques-eng.php](http://www.healthy Canadians.gc.ca/security-securite/home-maison/chemicals-chimiques-eng.php)

Using safe and non-toxic products will keep you, your family and the planet safer and healthier!