

Hints For The Home



Finding Safe And Green Ways To Clean

(NAPS)—It's important to be certain that using cleaners in your home doesn't actually pollute it.

According to the Consumer Product Safety Commission, there are 63 hazardous chemical products in the average American household, and the American Association of Poison Control Centers says nearly 10 percent of all calls to the U.S. Poison Control Centers involve toxic exposure to household cleaners.

Additionally, a Harris Interactive poll shows that more than half of adults don't always check the labels of cleaning products to determine if they contain ingredients that are harmful to their health.

Fortunately, a new Web site could help families keep their houses pollutant-free. It offers a virtual home tour that helps uncover potential dangers and hazards in the household. Called www.webmd.com/healthyhome, the site was created by Seventh Generation—a brand of authentic, safe and environmentally responsible products for the home—WebMD and Healthy Child Healthy World.

Practicing pediatrician Alan Greene, one of the leading voices in the green movement, offers a number of simple steps to safeguard your family.

- **Clean out toxins.** Many household cleaning products contain volatile organic compounds including harsh acids and formaldehyde. Try switching to nontoxic green cleaners, such as Seventh Generation's Natural Kitchen Cleaner, which contains ingredients that are renewable, nontoxic, phosphate-free and biodegradable.

- **Green your carpet.** The fibers in carpets can trap noxious chemicals tracked into the home.



Nontoxic household cleaners could help keep homes pollutant free.

You might switch to eco-friendly carpet cleaners and Green Seal-approved carpets to better protect your health and the health of children and infants who spend time on the floor.

- **Add a filter to your water.** Many older buildings have lead pipes, which might leave chemicals and impurities in the water. Adding filters to faucets could remove the impurities.

- **Paint your world clean.** Choose eco-friendly paints that are free of heavy metals and formaldehyde to help cut down on indoor air pollution.

- **Sleep greener.** Mattresses and bedding can contain dust mites and harmful chemicals that can increase asthma and other health-related conditions. Reduce your exposure by using allergen-proof covers and washing all bedding in hot water with nontoxic detergents, such as 2X Liquid Concentrate, once a week.

For more information, visit www.seventhgeneration.com.