

Sneak Peek

Why You Need to be Educated: *Fragrances in the Home*

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Products that add fragrance to the home



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Risky Ingredients: Fragrance/Parfum/Perfume

- The word “fragrance” may appear as one ingredient on the label, but that one ingredient is actually comprised of a mixture of undisclosed chemicals.
- "Fragrance" is an ingredient that is a combination of a synthetic scent plus other things like carriers, stabilizers and preservatives, all called one ingredient: fragrance.
- "Fragrance materials" is an ingredient that contains the synthetic scent in combination with other masking components in the fragrance (masking, meaning to cover up other odors in other ingredients in the product).

Risky Ingredients: Fragrance, cont...

- Any product that lists “fragrance” or “parfum” on the label may contain hormone mimicking chemicals called **phthalates**.
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- Phthalates can trigger what’s known as “death-inducing signaling” in testicular cells, making them die earlier than they should.
 - Phthalates are linked to lower sperm count, less mobile sperm, birth defects in the male reproductive system, obesity, diabetes and thyroid irregularities. They are a suspected contributor to early puberty in girls as young as 8 and 9.
 - Phthalates are also found in plastic food containers, children’s toys (some phthalates are already banned in kid’s products), and plastic wrap made from PVC, which has the recycling label #3. They are also present in other chemicals used as flame retardants.

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Want solutions and simple alternatives?

See this full presentation and learn the easiest and most effective ways for you and your family to avoid harmful exposures to airborne toxic chemicals.

**HOST A WORKSHOP IN YOUR
HOME THIS SUMMER!**

Workshop topics include making your own clean cleaners and detoxing your summer beauty and home care routines!

More details at www.boylepublichealth.com

(I wouldn't leave you hanging!)
Safe Scents at Home

“The only safe way to add fragrance to your home is to use inherently fragrant native material or with essential oils from that material.”

Examples are simmering orange peels & cinnamon on the stove, keeping fresh flowers or adding drops of essential oils into a home diffuser.

Contact me for more information: katie@boylepublichealth.com or 860-227-9558.

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