



The following is a Chimerical guide to help you detoxify the major hot spots in your home. For further information about your personal care products and cosmetics we recommend you consult www.cosmeticsdatabase.com to see what toxins are in the personal everyday products that you use. For alternative ideas for cleaning products please visit <http://www.epa.gov/osw/wycd/catbook/alt.htm>

Don't forget, when you are done your toxic tour to check back into www.chemicalnation.com and be counted by simply entering the number of toxic products you removed from your home. Your number will be added to a running tally on our website so we can quantify and promote the impact Chimerical is having on detoxifying our world. Your participation will help the tally grow and inspire others to do the same in their communities. Thanks!

Use this space below to take notes:





BATHROOM

A typical household has tons of products in their bathroom that vary from personal care products to cleaning products to keep you and your bathroom smelling clean and fresh. However, all these products contain a vast amount of toxins to be aware of such as: Fragrance, parabens, formaldehyde, dyes, bleaching agents, dioxins, carcinogens, ammonia to name a few. Here are a few products to investigate:

Don't forget to visit www.cosmeticsdatabase.com and type in the name of your products to find out what is in them.

- Shampoo
- Conditioner
- Body wash
- Toothpaste
- Mouthwash
- Deodorant and antiperspirant
- Tampons
- Hair dye
- Depilatory creams and waxes
- Baby powder
- Facial cleanser
- Body moisturizers
- Shaving cream
- Sun block and sunscreen
- Foundation
- concealer
- eye shadow
- eyeliner
- lipstick
- face powder
- make-up remover
- facial toner
- facial masks and scrubs
- bubble bath





Bathroom Continued:

- *Mousse*
- *Gel*
- *Hair serums*
- *Leave in conditioner*
- *Nail polish remover*
- *Hair spray*
- *Air freshener*
- *Glass Cleaner*
- *Shower and tub cleaner*
- *Toilet bowl cleaner*
- *Soap scum remover*
- *Mold and mildew remover*
- *Disinfectant*
- *Antibacterial Soaps*
- *Drain cleaner*





KITCHEN

Another major hotspot in your home is the kitchen. There are many products there that are highly toxic and can leave residues on surfaces from household cleaners, which you could easily ingest. Some toxins that you should be aware of are: Ammonia, chlorine bleach, sodium hydroxide, phosphoric acid, dioxins, parabens, preservatives, fragrances, detergents, toxic antibiotics and coal and tar based colours.

Some products to investigate are:

- *Dishwashing liquid*
- *Dishwashing detergent*
- *Hand soap*
- *Oven Cleaner*
- *Tile Cleaner*
- *Stainless steel cleaner*
- *All purpose cleaner*
- *Disinfectant*
- *Glass cleaner*
- *Metal polishes*
- *Drain cleaner*
- *Pots and Pans*





BEDROOM

Your bedroom is where you sleep and relax for a good nights rest so just imagining that it can be a home to dozens of toxic chemicals will make you want to investigate these products:

- *Air freshener*
- *All purpose cleaner*
- *Furniture polish*
- *Mirror and glass cleaner*
- *Floor polish*
- *Floor cleaner*





LIVING ROOM

Some toxins to be aware of in your living room are: bleaches, dioxins, fragrances and detergents, alcohol-based substances.

Some products to investigate are:

- *Carpet stain remover*
- *Carpet deodorizer*
- *Glass Cleaner*
- *Air freshener*
- *Floor cleaner*
- *Floor wax*
- *Varnish*
- *All purpose cleaner*
- *Electronic spray cleaner*
- *DVD / CD cleaner*
- *Computer screen cleaner*
- *Compressed air cleaner*
- *Batteries*





LAUNDRY ROOM

There are many products in the laundry room of a typical home. Some of the toxins that are included in these products are bleaches, chemical whiteners, fragrances, ammonia, ethanol, naphthalene and phenol and petroleum. Here are some products that you may have that you should investigate.

- *Laundry detergent*
- *Stain remover*
- *Fabric softener*
- *Bleach*
- *Rug and upholstery cleaners*
- *Air fresheners*
- *Leather protector*
- *Laundry starch*





GARAGE

The garage might be the place where you keep the most toxic chemicals. Toxins such as antifreeze, chlorine, ammonia, pesticides, bleach, lead, sulfuric acid and phthalates are ones to be aware of just to name a small few.

- *Paint*
- *Antifreeze*
- *Windshield wiper fluid*
- *Turpentine*
- *Lime or mineral remover*
- *Paint thinner*
- *Motor oil*
- *Gasoline*
- *Kerosene*
- *Propane*
- *Pesticides*
- *Insecticides*
- *Rodent and insect repellent*
- *Fertilizer*
- *Deck cleaner*
- *Rust remover*
- *Grout and tile cleaner*
- *Batteries*
- *Floor and wax stripper*
- *Wood glue*
- *Epoxy*

