

Toronto Naturopath Warns Of Possible Toxicity In Common Household Items

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Toronto, Ontario based Dr. Amauri Wellness Centre, in a naturopathic blog article, recently discussed a selection of household items that may be causing harm to users without them even being aware of the damage.

A number of common household items have been found to have toxic properties and may therefore have detrimental effects on the user?s health. Most homeowners are aware of the potential danger posed by substances such as lead, mercury, asbestos, and BPA, having been warned by researchers of the effect they may have on those who come in contact with the substances. They are associated with kidney damage, damage to one?s immune system, and may even decrease brain function in some cases. Most people are aware of these substances but few are aware of some of the other dangerous chemicals found in products they use every day.

For instance, while perfumes and colognes may help one smell good when leaving the house, they may also

increase one?s risk of being exposed to harmful chemicals. As stated in an article at Lifehack.org, ?A study by the Environmental Protection Agency (EPA) found that potentially hazardous chemicals can commonly be found in fragrances. Toxic chemicals like benzaldehyde, camphor, ethyl acetate, benzyl acetate, linalool, acetone, and methylene chloride can, when inhaled, cause dizziness, nausea, drowsiness, irritation to throat, eyes, skin, and lungs, and headache.?

It is impossible for one to know the exact chemicals found in a particular perfume as, perfume manufacturers may list fragrance and flavor ingredients as simply ?fragrance? or ?flavor? in order to preserve ?trade secrets.? This means one has to be extra careful when picking out a perfume to use, and it may be difficult to determine which are dangerous and which are safe.

Sunscreen is very important for anyone looking to protect their skin from the sun during the hot, sunny summer months. It is, however, possible for the harmful chemicals found in certain types of sunscreen to be absorbed into the body through the skin, and so it is important that one take what kind of sunscreen they use into consideration as some may actually do more harm than good.

Baby food is another item found in many households that may contain harmful substances. Some baby foods contain pesticides which may be harmful to the health of anyone consuming them. An article on dangerous chemicals by author Jody Braverman states, ?When you?re making a choice between organic and conventional on your next visit to the grocery store, you?ll want to take into consideration organophosphates?one of the most common and most toxic pesticides used in agriculture?and their potential dangers, especially if you have young children. According to the Environmental Working Group, more than a million children under the age of six consume an unsafe amount of organophosphates each day, and for infants, commercial baby food is the major source of unhealthy amounts of the chemical.?

The chemicals found in some baby foods can lead to abnormal primitive reflexes in newborns, mental and motor delays among preschoolers, and decreases in working and visual memory, processing speed, verbal comprehension, perceptual reasoning, and IQ among elementary school-age children.

Dry Cleaning Solutions and Fabric softeners are the last two items mentioned that may cause harm. According to the article, many dry cleaning solutions, including spot removers and upholstery cleaners contain Perchloroethylene or PERC which is a neurotoxin. People who live in buildings that also house dry cleaners have reported dizziness and loss of coordination, among other symptoms. Fabric softeners may also contain dangerous compounds, including alpha terpineol, camphor, benzyl alcohol, and even chloroform.

Dr. Amauri Caversan of the Dr. Amauri Wellness Centre thus recommends natural cleaning products and organic foods wherever possible. The Toronto naturopath can offer advice on what kinds of substances one should try to avoid and which ones are safe for home use.

Furthermore, the Centre offers a variety of natural solutions for certain ailments that some people may suffer from. Dr. Amauri himself is a Toronto based naturopathic doctor. He is a graduate of the Canadian College of Naturopathic Medicine, a well known educator in naturopathic medicine. He is regularly invited to speak at integrative medicine seminars, often discussing detoxification, anti-aging, IV therapy, and chronic disease prevention.

Naturopathic medicine, the type of medicine practiced by Dr. Amauri, is a form of primary health care that combines modern scientific knowledge with traditional and natural forms of medicine. ?The philosophy of Naturopathic Medicine views the individual?s total lifestyle as a key factor in increasing overall health and well-being,? says Dr. Amauri?s site. ?Based on prevention and the root cause of illness, Naturopathy also addresses the emotional aspects so healing can occur at a deeper level and boost the body?s natural ability to heal itself.?

Interested parties may read more on the naturopath Toronto practitioner online. They may also contact Dr. Amauri Caversan of the Dr. Amauri Wellness Centre to make further inquiries or schedule their next appointment.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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