

Health Scents

Vol. 7 No. 7



Fresh Air?

The typical consumer spends \$266 per year on home fragrance products which include purchases of candles, plug-in, solid and aerosol air fresheners. Few realize that along with the pleasant scents, they're buying continuous exposure to hazardous chemicals.

Formaldehyde, petroleum distillates, p-dichlorobenzene and aerosol propellants are the four chemicals from which most air fresheners are made. According to the Environmental Protection Agency (EPA) these substances are "...usually highly flammable and strong irritants to eyes, skin and throat."¹ One peer-reviewed study tested the health effects of formaldehyde, a common preservative found in air fresheners. "Significantly greater prevalence rates of asthma and chronic bronchitis were found in children from houses with formaldehyde levels of 60-120 ppb than in those less exposed, especially in children also exposed to environmental tobacco smoke."² As well, the Cancer Prevention Coalition includes air freshener ingredients on their list of products linked with breast and other cancers.³

Just these few eye-opening facts about air fresheners should be enough to cross them off your shopping list forever and investigate the healthiest air fresheners you can find – Young Living® Essential Oils. For starters, essential oils are safer because they're distilled from organically-grown plants – not a toxic chemical in sight. They're easy to use whether you have a special diffuser, a fan or simply an air vent – no flammable propellants required! And there's nothing fresher than a home filled with the



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sparkling fragrance of **Purification** or **Citrus Fresh** essential oil blends. These blends clean the air with the power of lemongrass, melaleuca (tea tree) and citrus and should be at the top of your air freshener shopping list.

Masking vs Eliminating Odors

Unlike most air fresheners which overpower odors with deodorizers, and synthetic fragrances, essential oils such as Purification and Citrus Fresh literally alter and dissolve the odor-causing molecules.

Thieves essential oil blend has even greater powers. This top-selling blend has a 99.3% kill rate against airborne microbes after just 12 minutes of diffusion.⁴ Thieves is deadly for mold and fungus too and, consequently, their ability to cause illness. Don't expect your plug-in air freshener to do that for you and your family! For a comparison of the health effects of air freshener ingredients and Young Living essential oils, see page two.

How to Get Real Fresh Air

Diffusing is the most effective way to fragrance your home with essential oils. Try either the Ultrasonic Diffuser or the Complete Diffuser for the finest, longest-lasting mist. Prefer a low-tech approach? Place a few drops of essential oils in the Travel Fan, press the button and you're on your way to healthier indoor air.



Complete Diffuser
cleans the air at
home and office.

Travel Fan
freshens cars,
small spaces.



Resources

¹ www.epa.gov

² Krzyzanowski M. et al. Environ Res 52 (2):117-25 1990.

³ preventcancer.com.

⁴ Essential Oils Desk Reference. 4th ed. 2007.

All references are from www.epa.gov unless noted otherwise.

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Product Safety Comparison Air Fresheners

Steer clear of commercial air fresheners made with toxic chemicals. Instead, choose to diffuse Young Living essential oils for truly clean, fresh air.



| Function of Commercial Air Freshener Ingredients | Typical Commercial Air Freshener Ingredients | Potential Health Hazards | Active Ingredients in Young Living Air Fresheners | Safety of Young Living Ingredients | Recommendations for Air Fresheners from Young Living | Prices Wholesale Pref Cust Customer |
|--|---|--|---|---|--|--|
| Odor neutralizer, deodorizer | Polyester-5, Zinc ricinoleate | Possibly carcinogenic to humans. | Purification and Thieves essential oil blends have antimicrobial action which eliminates airborne germs and bacteria. | Component oils pose no health hazard. Cinnamon is safe for use in cosmetics, subject to concentration or use limitations. | Thieves essential oil blend kills mold, fungus and bacteria. Purification essential oil blend was specially formulated to cleanse the air. | Thieves essential oil blend #3423 \$31.75 \$36.76 \$41.78 |
| Fumigants | p-dichlorobenzene Used as deodorizer for toilets and garbage cans. Also used as an insecticide and moth repellent. | Solid particles, vapor or fumes are very painful to the eyes and nose with concentrations at 80-160 ppm. toxnet.nlm.nih.gov | YL essential oils deodorize by altering the structure of molecules which create odors, rather than masking them. | Essential oils from hot spices may irritate eyes. Limit diffusing to 15-30 minutes a day until accustomed. | Cedarwood and Lavender repel moths without toxic ingredients. Eucalyptus essential oils are renowned for relieving respiratory discomfort. | Purification essential oil blend #3399 \$17.75 \$20.55 \$23.36 |
| Fragrance | Common fragrance additive: DEP diethyl phthalate http://www.epa.gov/oppt/chemtest/pub-s/company.pdf | Found safe for use in consumer products by EPA and WHO, et al. | No synthetic perfumes added. Essential oils carry the scent of their organically-grown source plants. | No health hazard. Control strength of scent by using very small quantities of essential oils. | Citrus essential oils such as Lemon, Orange, Grapefruit & Tangerine are clean, fresh scents that appeal to almost everyone. | Citrus Fresh essential oil blend #3318 \$14.00 \$16.21 \$18.42 |
| Preservative | Formaldehyde, DMDM Hydantoin Maintains levels of formaldehyde between 67-160 ppb. | Significantly greater rates of asthma & chronic bronchitis in children from homes with 60-120 ppb levels. Environ Res 52 (2): 117-25 1990. | No preservative required. | The high antioxidant content of most YL therapeutic-grade essential oils prevents oxidation of the oil, thus preserving it. | Young Living essential oils have a long shelf life when tightly closed and kept away from sun and heat. | Diffusers Ultrasonic #4456 \$85.00 \$98.42 \$111.84 Cold Air #3660, 61, 62 \$99.75 \$115.50 \$131.25 |
| Aerosol propellants | Isobutane, propane, butane | Highly flammable. Propellants are typically 20 - 35% of ingredients. | No propellants required. | Essential oils may be diffused by fan, cold air or ultrasonic diffuser. | | Travel Fan #4457 \$35.00 \$40.52 \$46.05 |

IMPORTANT NOTE - The material in this newsletter is not a substitute for your health provider's recommendations. It is written for educational purposes, to empower you to learn more, make wise choices and take action for a lifetime of good health.