


Guide to Less Toxic Products

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Guide to Less Toxic Products

Environmental Health Association of Nova Scotia

Home

Using this Guide

Consumer Advice

Personal Care

Household Cleaners

Baby Care

Pest Control
Coming Soon

Chemical Hazards

Special Needs
Coming Soon

FAQ
Coming Soon

Print Guide

More at EHANS

Contact Us

Welcome to The Guide to Less Toxic Products

Everyday, most North Americans use beauty and cleaning products which contain hazardous ingredients. How can you find the products which are least toxic, among the thousands of products on store shelves?


The objective of this site is to:

- Provide information about potential health risks of commonly used products.
- Help identify less toxic alternatives for personal care, household cleaning, baby care, and household pest control.
- Provide information to help you evaluate products not in this Guide in order to choose the safest ones for your needs.

“Chemicals have replaced bacteria and viruses as the main threat to health. The diseases we are beginning to see as the major causes of death in the latter part of (the 1900's) and into the 21st century are diseases of chemical origin.”
Dr. Dick Irwin, Toxicologist, Texas A&M University

A Guide to a Healthier Life

Thanks to our funders:





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Are you...

Looking for a laundry soap that won't scent your clothing?

Unsure of what to use on your hair now that your workplace has gone "scent-free"?

Fed up with smelling like a perfume factory every time you wash your hands?

Hoping to paint your apartment but worried about fumes?

Wanting to provide a healthy environment for your new baby?

Troubled by allergies, asthma, chronic fatigue or chemical sensitivities?

AEHA guide to less toxic products...

Has answers to all of these problems! Use it to identify some of the safest skin, hair and lip care products, sunscreens, soaps, deodorants, toothpastes, household cleansers, organic foods, paints, pest control information and more...

A project of:

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Nova Scotia Branch
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Early Print Version

AEHA

guide to less toxic products



**Allergy and Environmental Health
Association
Nova Scotia Branch**

**Tina Conrod & Susan Bone
Illustrated by Lisa Comeau**

1997

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Contents

Introduction 1

Personal care

Shampoos	4
Conditioners	7
Hairstyling products	9
Hair colours	10
Permanent waves	11
Bar and liquid soaps	12
Face and body cleansers	15
Skin toners, fresheners, astringents	17
Skin care	18
Lip care	27
Makeup	29
Makeup remover	30
Toothpastes, dental care	31
Mouthwash	34
Hair removal	35
Shaving products	36
Deodorants, antiperspirants	37
Menstrual, contraceptive and fertility products	39
Baby care	41
Sun protection	43
Bug protection	45
Bedding, linens, clothing	47

What People are Saying about the *Guide to Less Toxic Products*

Spring 2011

"For all of us who know that we are exposed to toxic chemicals every minute of our lives but feel helpless to do much about it, here is an opportunity to take some responsibility."

David Suzuki, scientist and environmentalist

"This [Guide] is wonderful !!! Congratulations to the AEHA on what must have been a mammoth project. We will certainly be letting our patients know about it, as it applies the precautionary principle, suggesting the most likely safest product choices, given the available scientific evidence. Hopefully, the Guide will stimulate further research in this important, yet neglected consumer health area."

*Dr. Lynn Marshall, Medical Director, Environmental Health Clinic
Sunnybrook & Women's College Health Sciences Centre, Toronto, ON*

"This Guide provides what we all hoped the Internet would deliver years ago -- uncommercial, clear, unbiased information produced by a non-profit group with nothing to sell. Print off pages and take them with you when you shop. You and the planet will be healthier for it!"

Heidi Ship, Complementary Health practitioner

"This guide is extremely important and helpful in a timely way. The epidemic of cancers that we are all facing is intimately tied to chemical use, although conventional medicine often fails to face this obvious link. Recent mainstream scientific evidence linking chemicals in tap water to miscarriages is a wake-up call. Educating the public about less toxic products is absolutely essential for the health of humans, other species and our planet. Thank you so much for your work in producing and disseminating this information."

Elisabeth Gold, MD, Halifax, NS

"Many thanks to the Nova Scotia Allergy and Environmental Health Association for this extremely helpful guide to avoiding unnecessary toxic threats in our homes."

Elizabeth May, former Executive Director, Sierra Club of Canada

"Hi Folks, Your web site is very impressive. Very good to see someone taking some action on this crucial subject."

Site Visitor

"I can't tell you how wonderful your new site is. not only to me as a severe multiple chemical/environmental allergy person, but to educate others to the effects of scents, chemicals etc. to someone like me... Keep up the good work!! "

Site Visitor

"Thank you for this amazing resource. It is a challenge being sensitive to so many artificial and natural scents, flavors, colors, preservatives, additives...etc. I have been recovering from serious debility and post traumatic stress, and detoxing my life has made a huge difference. ... it is information like yours that has made it possible! "

Site Visitor

Who is using the Guide to Less Toxic Products, EHANS' popular on line resource?

Amazing numbers of people, from many walks of life. Since the Guide was a featured link on Marketplace's Chasing the Cancer Answer, in March 2006, more than 600 people per day have consulted the Guide at www.lesstoxicguide.ca.

The Toronto Globe and Mail referred to the Guide in their hard hitting series, Toxic Shock, June 2006. Environmental Defense Canada included the Guide to Less Toxic Products as a reference in their reports Toxic Nation, which focused on the body burden of chemicals found in Canadians, (www.toxicnation.ca) and Polluted Children, Toxic Nation (<http://www.environmentaldefence.ca/reports/toxicnationFamily.htm>). Clean Nova Scotia uses material from the Guide in their Tox-Free education campaigns.

The Guide has also been mentioned in the superb series on health hazards in beauty products in the Ottawa Citizen, in an item on less toxic bathroom cleaners in Chatelaine Magazine, in the monthly column of the Natural Resources Defence Council "This Green Life", and in an article on Less Toxic Spas in esthemag pro.

People across Canada and abroad are using The Guide to Less Toxic Products to help themselves and others find ways to switch to products which are healthier for humans and the environment. Below are a sampling of the letters EHANS has received in recent months.

I'm a director of the Sunshine Coast Conservation Association, a non-profit group in BC. We're in the process of producing a "Living Toxin Free" brochure for use in our part of Canada. The brochure will provide information about common, potentially toxic household products, offer alternatives, list some brand recommendations and offer information about local disposal sites and best practices. Your Guide to Less Toxic Products is easily the best and most comprehensive website we've ever seen on this subject area, and we'd like to refer readers to it and also mention some of the BC-based products you describe (with full credit to your Guide). May we have your permission?
Thanks, Andrew Scott

Thank you for providing this information! We would like to pass this information on to our residents via our residents association newsletter. Environmental illnesses are on the increase and we would like to make more information available.

Again, thank you for your dedication to this project.

Regards,

Dianne Eddy, President, Mapleguard Ratepayers' Association, Deep Bay, Vancouver Island

Hello. I am the Editor-in-Chief for a small feminist ezine entitled Edwards Magazine. One of our mandates is to highlight issues of health, and of course cancer ranks right up there when speaking of health concerns of Canadians. In wake of the Marketplace Report which aired on CBC last weekend, I know many Canadians are anxious to learn more about chemicals, their harmful side effects, and what consumers can do to avoid them in the products we use. I'm wondering if we could obtain permission to link to your site. ...Our readers are always looking for resources to find the information they need and I think your site is fantastic for presenting this information in a straight-forward, easy-to-understand manner.

Best,

Christine Gordon Manley, Editor-in-Chief, Edwards Magazine, www.edwardsmagazine.ca

I am the coordinator of the environment education program for Scouts in Western Australia.

The National Association recently introduced a new badge, called the Water Wise Badge. One of the requirements of this badge is to research and compile an environmentally friendly cleaning kit.

I am currently working at compiling a resource folder for leaders, to assist them with instructing the youth members about the badge requirements. After much searching on the internet, I came across your site. I found it very informative and very easy to understand.

I am writing to ask permission to include the information contained within the Household Cleaners section in this resource folder. Your site would receive full recognition, and we would refer any enquiries to your site.

Angela Hein, Branch Activity Leader - Environment, Scouts Western Australia

Help Fund the Guide to Less Toxic Products

The Guide to Less Toxic Products has been on-line for over six years. We are grateful to our funders for making it possible to revise and update the Guide in 2011. We thank the Saunders Matthey Foundation, Halifax Peninsula Community Health Board, and Chebucto West Community Health Board. Thanks also to the Balance Naturopathic Health Centre in Halifax and Halifax Dump and Run for their support.

EHANS is seeking funding to make revisions and additions to the Guide to Less Toxic Products. If you belong to an organization which might support this widely used resource, we can provide any information you need to promote this idea to your organization. Contact us by email at feedback@lesstoxicguide.ca, or contact us at 1-800-449-1995. EHANS is a registered charity.



Environmental Health Association of Nova Scotia

Home

About EHANS

Archived Publications

Donate

This site contains information about environmental illness, multiple chemical sensitivity and less toxic living. The Environmental Health Association of Nova Scotia is a volunteer, non-profit organization founded in 1985.

See Archived Publications for EHANS materials published from 1990 to 2008.

EHANS current projects and information can be found at: [Guide to Less Toxic Products](#)

Fracking and Health Awareness Project

Information on the [Health Impacts of Shale Gas and Fracking](#)

Visit EHANS on
facebook

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