

## Febreze

Febreze, created by Proctor & Gamble (the \$82.55 billion company), is classified as an air freshener product. Despite TV advertisements seem to claim, Febreze will **not** clean the air of bad smelling bacteria and odors; it simply overpowers your sense of smell so that you can only smell the scent of the chemicals contained in Febreze. Astonishingly, P&G only discloses a mere three ingredients that are in Febreze. A careful in-depth study conducted by the Environmental Working Group (EWG) revealed, however, that startlingly, there are 87 chemicals found in Febreze, a vast number of which are toxic, not only to humans, but to the environment.

Here are just a few:

- BHT
  - Butylated hydroxytoluene is a skin, lung, and eye irritant, endocrine disruptor, and a neurotoxin
- Benzyl Acetate
  - This compound has been found to cause respiratory tract irritation and at large enough concentrations (> 50ppm) will cause kidney damage
- Acetaldehyde
  - Another irritant and is known to cause cancer, as it is a toxin to many parts of our body
- “Fragrance”
  - The term “fragrance” is just another way for companies to black box ingredients found in their products, as it can contain up to 400 ingredients. Holy cow! There have been many studies by medical doctors of the negative effects of fragrances: irritability, dizziness, rashes, depression, coughing, and vomiting, just to name a few (the list goes on & on!)
- Propylene Glycol
  - Another known carcinogen and is quite toxic to the immune system
- Pyrrolidone ethylacetate
  - Known to be toxic to the brain and nervous system

I could go on and on with the negative effects of these hidden ingredients found in Febreze, but the conclusion is clear: companies will say whatever they are “legally” allowed to and withhold as much information about their products as possible, in order to generate as much business (and the profits that come with it) as they can for their shareholders. There sadly doesn’t seem to be a lot of integrity left in the marketplace. It is my hope and intention to help raise the social awareness to the myriad of products out there that are slowly poisoning our bodies and the world as a whole. We at Young Living are lucky and have an amazing alternative to Febreze: diffusing essential oils. Essential oils not only smell fantastic when diffused into the air, but also can actually kill the bad smelling and/or harmful bacteria in the environment around us. This is just one of many reasons why I believe that every single human on this most beautiful planet needs essential oils in their lives.