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# How to Create a Safe Home

## 如何创建一个安全的家



While keeping a clean home is part of living a healthy lifestyle, did you know that many household cleaners that we use everyday contain chemicals that are harmful to our health? Even common, seemingly harmless substances that we use can damage our health in the long run when we use them every day. It is not the one-time exposure that we are concerned about, but rather the long-term exposure from using these products at home.

As we know, exposure to chemicals or irritants can cause chronic inflammation in the body, and this is one of the most common (and unseen) contributors to chronic and degenerative diseases such as cancer and autoimmune diseases.

In this article, we will cover some of the most common dangerous substances and provide safer, more natural alternatives for your everyday use!

### 1. Volatile Organic Compounds (VOCs)

VOCs are gases that are emitted from some products when they are used. Breathing them in can irritate the eyes, nose, throat, cause breathing difficulty, and even affect the central nervous system, lungs and other organs. VOCs are commonly emitted from the following products:

- Aerosol spray products such as beauty and cleaning products
- Air fresheners
- Chlorine bleach
- Detergent and dish soap
- Furniture cleaners or polishers
- Oven cleaners

Any products that contain fragrances, irritants, or have “flammable” on the label are likely to contain harmful VOCs and should be avoided. Air fresheners should also be avoided.

### 2. Chlorine Gas

One of the most dangerous household chemicals is not one product, but actually a combination of when any product with bleach is mixed with any product that contains ammonia. This creates chlorine gas, which is extremely toxic. It is so dangerous that it can even cause chemical pneumonia and death if you are exposed to it in an enclosed space such as a bathroom.

Medical professionals deal with thousands of cases per year of injuries caused by this gas, and they warn that regular exposure can also increase the risk of childhood leukaemia.

The safest way would be to not use any products containing chlorine bleach in the home and instead opt for more natural alternatives for your cleaning needs.

保持家居清洁是健康生活方式的一部分，但是您是否知道我们每日使用的家庭清洁剂大多都含有危害健康的化学物质？即使是那些常见、看似无害的物质，长期每日使用，也有可能对我们的健康造成危害。我们担心的不是一次性接触，而是每日在家使用这些产品的长期接触。

众所周知，长期接触刺激物或化学物品可导致身体的慢性炎症，而这也是导致癌症和自体免疫性疾病等慢性及退化性疾病的最常见（且无形）的原因之一。

通过这篇文章，我们将会涵盖一些最常见的危险物质，并为您的日常所需建议一些更安全、更天然的替代品。

### 1. 挥发性有机化合物 (VOC)

VOC是一些产品在被使用时所释放出来的气体。吸入它们可刺激眼睛、鼻子、喉咙、导致呼吸困难，甚至是影响中枢神经系统、肺等器官。以下产品通常都会释出VOC：

- 美容和清洁喷雾产品
- 空气清新剂
- 氯漂白剂
- 洗衣剂及洗碗剂
- 家具清洁剂或擦亮剂
- 烤箱清洁剂

任何含有香精、刺激物，或是有“易燃”标签的产品都很可能含有有害的VOC，所以都应该尽可能避免使用。此外，也应该避免使用空气清新剂。

### 2. 氯气

其中一个最危险的家居化学物质并不是单一产品，而是当我们同时混合使用含有漂白剂的产品和含有氨的产品。这将会产生剧毒的氯气，非常危险。如果您在一个密室如浴室接触氯气，它甚至能导致化学性肺炎和死亡。

医疗专家每年处理数千起由氯气引起的伤亡病例，他们警告说经常接触这种气体会增加儿童患上白血症的风险。

最安全的方法就是不要在家中任何含有氯漂白剂的产品，而是选择更天然的替代品来满足您的清洁需求。



### 3. Personal care

The other things that we need to be watchful for are the beauty products that we put on our face or the products we use in the bathroom. This includes a long list of toothpastes, soaps, shampoos, deodorants, makeup products, lotions, creams, baby oils, etc.

While it is hard to measure exactly how bad the chemicals found in these products are for our health, we need to remember that daily exposure adds up over time and can lead to some health issues in the long run.

Most store-bought shampoos and soaps contain phthalates, sulphates, fragrances, or a plethora of other harmful chemicals that can be absorbed into the body through our skin. Many of these have similar effects as plastics where they can disrupt the endocrine system and cause inflammation in the body.

Baby powder should be avoided as well, particularly for babies, as inhalation can damage the lungs. Petroleum jelly is another substance that should be avoided as inhalation can cause gradual build-up in the lungs.

### 3. 个人护理用品

另外，我们需要注意的就是涂在脸上的美容产品，又或是在浴室使用的产品。这包括了牙膏、香皂、洗发水、除臭剂、化妆品、乳液、面霜、婴儿油等等。

虽然很难准确地测量这些产品中发现的化学物质究竟对我们的健康有多大的害处，但我们必须记住，随着每日的接触累积，长期下来它们很可能会造成一些健康问题。

大多数商店售卖的洗发水与香皂都含有邻苯二甲酸盐、硫酸盐、香精，或其他可以通过皮肤被身体吸收的有害物质。其中许多成分都与塑料有着相似的影响，它们能扰乱内分泌系统，同时也会造成体内炎症。

此外，也应该避免使用婴儿爽身粉，特别是婴儿。因为爽身粉若被吸入，将对肺部造成伤害。凡士林是另一个应该避免使用的产品，若长期吸入，它将在肺部逐渐堆积。



 <b>REPLACE THIS</b> 小心这些	 <b>WITH THIS</b> 用这些来取代
Chlorine bleach 氯气漂白剂	<b>NEWLIFE™ HYDROGEN PEROXIDE (H<sub>2</sub>O<sub>2</sub>)</b> While it may not have the bleaching powers of chemical chlorine bleach, H <sub>2</sub> O <sub>2</sub> does have mild bleaching effects and is great for disinfecting around the home without risk. <b>新生命过氧化氢 (H<sub>2</sub>O<sub>2</sub>)</b> 虽然它可能没有像化学氯漂白剂一样有很强的漂白作用，但H <sub>2</sub> O <sub>2</sub> 仍然有轻微的漂白效果，可以毫无风险地对家庭周围进行消毒。
Petroleum jelly 凡士林	<b>NEWLIFE™ EXTRA VIRGIN COCONUT OIL (EVCO)</b> EVCO can be used instead of petroleum jelly to sooth dryness, sores, or irritation on the skin. Petroleum jelly merely acts as a “barrier” while EVCO offers additional healing benefits. <b>新生命特级初榨纯椰子油 (EVCO)</b> EVCO可以代替凡士林来缓解皮肤的干燥、疼痛或过敏。凡士林只是作为一个屏障，而EVCO提供了额外的愈合好处。
Toiletries 洗漱用品	<b>NEWLIFE™ ORGANIC CARE NATURAL SHAMPOO, FACE &amp; BODY SCRUB, EL-NATURAL TOOTH PASTE</b> and <b>CASTILE LIQUID CLEANSER</b> are all great natural, safe alternatives for daily use. <b>新生命有机养护纯天然洗发水、面部和身体磨砂膏、天然牙膏、卡斯迪洗洁液</b> 天然又安全，都是很好的替代品。
Floor & toilet cleaners 地板和厕所清洁剂	<b>NEWLIFE™ GREEN CARE FLOORPRO</b> and <b>TOILETPRO</b> make excellent replacements for cleaners that contain dangerous chemicals for your daily housekeeping needs! <b>新生命环保系列的地板专家和厕所专家</b> 是很优秀的产品，可以取代那些含有危险化学物质的清洁剂，满足您日常的家务需要！
Laundry detergent & dish soap 洗衣剂和洗碗剂	<b>NEWLIFE™ ASSURE LIQUID LAUNDRY DETERGENT</b> and <b>BIODEGRADABLE DISHWASH CONCENTRATE</b> are safe and economical options for your home. <b>新生命爱洁浓缩洗衣液和可生物分解洗碗液</b> 是您家庭安全又经济的选择。