



**Pure, Safe, & Chemical-free
Bath, Body, & Household Products**

**www.jc-naturals.com
anna@jc-naturals.com
(503) 704-9993**

Why Chemical-free?

The average household contains anywhere from **3 to 25 gallons** of toxic materials, most of which are in conventional household cleaners. After the products have been opened or used, these chemicals remain suspended in the air from hours to days, leaving behind residues that are absorbed into our skin or ingested via food.

A 15-year study in Oregon, presented at a recent National Center for Health Statistics conference, looked at death rates from cancer in women who worked in the home versus women who left their homes for work each day. Researchers found a 54 percent higher death rate from cancer in the women who stayed home; the study strongly suggested household cleaning toxins as key culprits.¹

The EPA has ranked indoor air as the **4th** most prominent environmental cause of cancer. The air quality in our homes is, on average, **2-5 times** and in extreme cases **100 times** more contaminated than the air outside. Indoor air contains 20-150 different pollutants in concentrations 10-40 times higher than those outdoors. Yet, according to the EPA, only a fraction of the more than 75,000 registered chemicals have gone through complete testing for human health concerns.

Testing chemicals for toxicity is a highly efficient public health measure. However, less than half of the thousands of chemicals currently used in commerce have been tested to assess acute toxicity and, although new chemicals undergo more thorough testing, access to the data may be restricted because companies fear exposing proprietary information. Also, current toxicity testing rarely includes neurobehavioral functions.²

“Children are especially susceptible to the negative effects of chemicals,” warns the EPA’s Office of Children’s Health Protection. Pound for pound, children breathe more air, drink more water, and eat more food. They crawl, climb, play, and put things in their mouths resulting in increased exposure to potential pollutants. However, neither their immune system nor their detoxification system has developed sufficiently

“Even if substantial documentation on their toxicity is available, most chemicals are not regulated to protect the developing brain... Only a few substances, such as lead and mercury, are controlled with the purpose of protecting children. The 200 other chemicals that are known to be toxic to the human brain are not regulated to prevent adverse effects on the fetus or a small child.”²

The Bathroom

The bathroom is one of the most toxic rooms in the home: deodorant contains aluminum (Alzheimer’s disease), shampoo contains harsh solvents (liver toxicity), toothpaste contain non-organic fluoride (osteoporosis), mouthwash contains aspartame (brain tumors) or saccharin (cancer), and perfume or cologne contains highly toxic cancer-causing chemicals.

The Laundry Room

Laundry detergent and fabric softener contain toxic chemicals and perfumes. Dryer sheets coat clothes with a layer of artificial, chemical perfumes. When worn, your body moisture causes the chemicals to come into contact with your skin which then absorbs the cancer causing chemicals directly into your bloodstream. Chlorine bleach is irritating to the lungs and eyes, producing toxic fumes particularly dangerous for people suffering from heart conditions or chronic respiratory problems such as asthma or emphysema, and containing trace amounts of organochlorines, extremely persistent and toxic chemical compounds known to cause cancer, etc.

The Kitchen

Antibacterial soap products are made with a potent nerve chemical similar to agent orange which kills bacteria. Automatic dishwasher detergent contains chemicals and toxic fragrance compounds that coat plates, glasses, and silverware with a thin layer of cancer causing chemicals. Subsequently, families eat off those dishes and ingest the chemicals. The phosphates in dishwasher detergent cause algae blooms in lakes and ponds that kill aquatic life. Chlorine, which is used in bathroom, laundry, and kitchen products, is a highly corrosive substance, capable of damaging skin, eyes, and other membranes.

Virtual Home

For more information on the toxic chemicals which exist throughout our homes, take the EPA (Environmental Protection Agency) or CHEC (Children’s Health Environmental Coalition) online virtual home tour:

www.epa.gov/kidshometour/
www.checnet.org/healthhouse/virtualhouse/

Autism Spectrum Disorders (ASD)

Autistic Spectrum Disorders are the **fastest-growing developmental disability** in the US (10-17% annual growth) and are the **3rd** most common developmental disability following mental retardation and cerebral palsy. According to the US Center for Disease Control, if 4 million children are born in the United States every year, approx. **26,700 (1 in 150)** of these children will eventually be diagnosed with an ASD (**1 in 94 boys**).³

The Autism Spectrum

Autism→PDD→Asperger Syndrome→ADHD

According to a recent publication of the **Harvard School of Public Health**, early exposure to toxic chemicals in our environment has a direct impact upon the development of developmental disabilities such as ASD.

Fetal and early childhood exposures to industrial chemicals in the environment can damage the developing brain and can lead to neurodevelopmental disorders (NDDs)—autism, attention deficit disorder (ADHD), and mental retardation... One out of every six children has a developmental disability, usually involving the nervous system... A developing brain is much more susceptible to the toxic effects of chemicals than an adult brain. During development, the brain undergoes a highly complex series of processes at different stages. An interference—for example, from toxic substances—that disrupts those processes, can have permanent consequences. That vulnerability lasts from fetal development through infancy and childhood to adolescence. Research has shown that environmental toxicants, such as lead or mercury, at low levels of exposure can have subclinical effects—not clinically visible, but still important adverse effects, such as decreases in intelligence or changes in behavior.²

A Choice to Make

Our children, our health, and our environment matter. There are ways to reduce or eliminate the use of toxic chemicals as we go about our daily lives. Simple changes in our everyday routines can reduce our long-term exposures to low levels of potentially harmful substances—changes in how we choose the products we buy, or the way in which we clean our houses and take care of the yard.

JCnaturals (www.jc-naturals.com) is committed to making *pure, safe, and chemical-free bath, body, and household products* that enable us to become better stewards of our children, our health and our environment.

Our Story

In April of 2000, our son, Jaden Christopher, was born. Five days later, he was hospitalized for over a week due to severe seizures. They had come on gradually and slowly increased in frequency and intensity. The physicians and nurses ran all kinds of tests on our precious son - every test that they could think of - all of them came back negative. One of the physicians at the hospital commented that Jaden's seizures were, most likely, caused by the vaccination that he had received when he was 2 days old. Because of this, coupled with the fact that his Great-Aunt had died from a childhood vaccination, we decided, along with our pediatrician, to stop his vaccinations. Jaden's seizures subsided and he was released from the hospital, though he periodically was observed/tested over the next couple of years.

During this time, I began to research the link between *diet* and *nutrition*. As I learned, I began implementing changes into our family's diet. We bought some of our food from a local health food store and bought organically grown fruits and veggies when we could afford it. Jaden was healthy and happy and we thought he was in the clear, so to speak. But as he grew, several other behavioral issues began to surface. This led me to research the link between *chemicals in food* and *behavior*.

Let me first describe some of Jaden's behaviors. He was constantly asking questions, talking or interrupting from the time he first began to talk. He could not be still, regardless of how hard he tried. I've actually tied him to my body or shopping cart so that he wouldn't dart off through the aisles of a store. He was extremely loud when he played and was constantly teasing other children. If he became overstimulated by loud noises or too much activity going on around him, he would begin to hit his head. He also had an odd aversion to anything metal - especially buttons and zippers - to the point that he would break out into huge, hysterical tears if someone who was wearing them would merely touch him. He would also throw huge, screaming fits in his room (for hours), throwing and hitting things; at times, I would have to physically restrain him. I was exhausted and even began to struggle with not liking my own son. If he behaved like this at 3 years old, I was afraid at what his future might be like.

As I researched the link between chemicals and behavior, I ran across a website containing the research of Dr. Benjamin Feingold. I discovered that my son and I were not alone or unique in what we were going through. Dr. Feingold's research made complete sense to me; it connected, answering significant questions. I believe that Jaden has a **sensitivity to chemicals** that was evidenced with that first vaccination and still continues to this day.

The challenge is that chemicals are all around us. For example, they are in our foods, in the form of artificial (sometimes "natural") flavorings and colors, our personal care products, in the form of artificial colors and scents, our traditional medicines, and our household cleaners. Even our clothes and dishes are cleaned with chemicals. I knew that I had to at least try to remove these items from Jaden's environment and see if there were any positive results.

Within a week of getting rid of the chemicals in our house, Jaden's behavior began to calm down. Within a few months, he behaved like a different boy and I was determined to do all that I could to keep him that way. I began to buy locally grown foods that were free of pesticides and harmful additives. I taught myself how to cook from scratch instead of from a box. I learned how to make herbal medicines for my family when they got sick. I also learned how to make my own cleaners, laundry soap, soap bars, shampoo bars, lotion bars, body balm, lip balm, sunscreen, toothpaste, and much more. **I loved it.**

I still love it...and that's why, with my husband's help, I've started JCNaturals (The JC stands for Jaden Christopher). I'm committed to offer only those products that my family uses - quality, chemical-free, and homemade in small batches. All products are accepted for stages 1 or 2 of the Feingold Program (www.feingold.org).



Footnotes:

- ¹ "Make it a green sweep this spring," *Chicago Tribune*, April 15, 2007.
- ² "Developmental Neurotoxicity of Industrial Chemicals," *The Lancet*, Harvard School of Public Health, November 8, 2006, Vol. 368.
- ³ Centers for Disease Control and Prevention. *Prevalence of Autism Spectrum Disorders*. Surveillance Summaries, February 9, 2007. MMWR 2007;56(No. SS-1).