

# 30 Ways You Can Poison Yourself Before Breakfast

If a product has a warning on the label, it is poison! "What is the cumulative effect on our health after using many, many products that contain small amounts of dangerous poisonous chemicals?"

Spending every night breathing vapors from chemical poisons in the mattress or pillow and sleeping between sheets washed in poison, a typical U.S. male might start the day grooming with a shower, shave, and using colognes in an enclosed area using products containing poisonous ingredients; he then dresses with clothes washed in poison. According to the U.S. Government and the product manufacturers, the following is only a partial list of chemical poisons found in personal care products, not common household cleaners, that are inhaled and absorbed by the body before you even eat breakfast! "Do you think these poisons might also cause our children to have health problems?"

When using common household cleaners in the shower, on mirrors, toilet, etc., you inhale and absorb a whole new range of poisonous chemicals that can damage the organs, eyes, central, nervous, and respiratory systems.

Day after day, week after week, year after year, people may be unaware they are being exposed to numerous poisonous chemicals found in common, everyday household and personal care products. By themselves there is reason for concern, but when you combine them in your body, there is reason to worry.

Reference: *The Politics of Poison* by Nina G. Silver, Ph.D., 2000, Government agencies, and medical institutions, and product Manufacturers

## How many of these products do you use?

Mattress & Pillow	1,4,7,8	•	Antiperspirant	1,3,4,5,6,7,8	•	Chlorine Bleach	1,2
Air freshener	4	•	Cologne	1,4,5,7,8	•	Dry Cleaned Clothes	1,7
Bath Soap or Body Wash*	4	•	Underarm Deodorant	1,4,5,7,8	•		
Hair Shampoo	3,4,5,6,7,8	•	Hair Spray	1,4,7,8	•	<b>Feminine Products:</b>	
Hair Conditioner	1,3,4,8	•	Toothpaste	1,4,6,7,8	•	Cosmetics/Makeup	1,3,4,5,7,8
Skin Cream or Lotion	1,4,8	•	Mouthwash	4,7	•	Scented Sanitary Napkins	4,7
Shaving Cream	1,3,4,5,6,7,8	•	Foot Deodorant Powder*	4,5,6,8	•	Perfumes	1,4,7,8
Aftershave Lotion	3,4,8	•	Plastic Glass to rinse mouth	4,6,8	•	Facial Cleanser	3,4,8
Skin Rash/Acne Medication	1,4,8	•	Laundry Detergent*	1,3,4,5,6,8	•	Nail Polish	4,5,7,8
Moisturizers	1,4,8	•	Fabric Softener	3,4,5, 7	•		

## Negative Health Effects (partial list)

1. **Alcohols-Acid & Alkali:** rashes, muscle weakness, headaches, cramps, disorientation, depression, coughing, respiratory problems, dizziness, nerve damage, vision problems, sleeping problems, anemia, organ damage, fatigue, heart damage, cancer, death.
  2. **Chlorines:** headaches, mental function difficulties, gastrointestinal and urinary system breakdowns, pulmonary and heart disease, child development problems, and more.
  3. **Detergents/Emulsifiers:** Strip skin of protective oils, skin and scalp eruptions, interference with nutrient absorption, hair loss, reaction, cataract formation, organ damage, reproductive damage, blindness, cancer.
  4. **Synthetic Fragrance & Dyes:** allergic reactions, skin rashes, stomach upsets, muscular aches and pains, violent coughing, headaches, dizziness, emotional behavioral problems, leukemia, Hodgkin's, reproductive damage, depression, cancer.
  5. **Heavy Metals:** Abdominal cramps, nausea, muscle, joint and bone pain, muscle weakness, mouth sores, cancer, motor difficulties, reduced intelligence, brain disorders, short attention span, hyperactivity, emotional disorders, immune system disorders, ADD, genetic damage, aging.
  6. **Pesticides & Fungicides:** Fatigue, muscle and joint pain, stomach cramps, nervous system disorders, insomnia, memory loss, swelling of body parts, dizziness, genetic mutations, birth defects, gland tumors, organ damage, cancers, death.
  7. **Petrochemicals:** inhibit skin functions, pimples, rashes, splitting nails, sensitivity to sun, headaches, premature aging, allergic reactions, depression, fatigue, intestinal gas, asthma, respiratory failure, immune system disorders.
  8. **Preservatives (synthetic):** headaches, skin rashes, eye damage, asthma, respiratory problems, tumors, cancer, digestive problems, mental confusion, organ damage, muscle weakness & cramps, loss of motor control, joint pain, reproductive damage, etc.
- **Anti-bacterial products:** Contain poisonous pesticides and fungicides as ingredients that create serious health risks.

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