

Facts on Air Fresheners:

This little bit was actually passed on to me- and I thought it was worth sharing....

Air fresheners are commonplace in many homes, offices, and even businesses, but are all of those manufactured scents good for us?

In an article for Prevention magazine, Dr. Andrew Weil, director of the program in Integrative Medicine at the University of Arizona, noted recent research that showed being exposed to the chemicals from air fresheners as little as once a week may increase our odds of developing asthma symptoms by 71%! The article stated many other mind-boggling possible side effects of the chemicals in many air fresheners (called phthalates), like fertility issues, cancer, and other problems with lung function.

Alas- how are we to freshen the air safely? Dr. Weil recommends au-natural methods like simply opening a window, or opting for natural scents like a lavender plant, potted herbs, or a bouquet of fresh flowers.