

NEW STUDY

# LUNG DAMAGE

## LINKED TO OUR COMPETITORS' CLEANING PRODUCTS

A new, independent study based on 20 years of research reveals a sobering fact: cleaning your home with common, well-known grocery store products made with ammonia, chlorine bleach, quaternary disinfectant compounds, and other dangerous chemicals significantly damages lung tissue in women. In fact, the study showed that cleaning with such products as little as once per week was as damaging over time to respiratory health as smoking a pack of cigarettes a day for 20 years!



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## About the study.

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The European Community Respiratory Health Survey (ECRHS III) has been tracking a large population of 6,235 women and men with a beginning average age of 34 at 22 health centers in multiple countries. Over 20 years, participants were quizzed about their use of both spray and liquid home cleaning products and had their lung capacity tested regularly.

The results were compiled and analyzed by a top team of 28 international researchers from nine countries, led by scientists at The University of Bergen in Norway. The study was recently published in the American Thoracic Society's *American Journal of Respiratory and Critical Care Medicine*.

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### FINDING 1:

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#### **Weekly use of home cleaning products is as damaging to lung health as smoking 20 cigarettes per day.**

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By now, just about everyone knows the dangers of smoking cigarettes. Among their many hazards is depleted lung capacity—the result of damage to the tender internal tissues of the respiratory system. Shockingly, the ECRHS III study concluded that women who used home cleaning products at least once per week saw the same reduction in lung capacity as those who smoked a pack a day over the same period.

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### FINDING 2:

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#### **Women are affected far more than men.**

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Though there was a clear correlation between women who cleaned at home or for work and respiratory illness, there was no correlation for men. While not completely unaffected, male lungs have been proven to endure greater exposure to environmental pollutants before experiencing a similar drop in lung capacity. This finding is particularly concerning considering women engage with cleaning products more frequently than men.

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### FINDING 3:

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#### **Cleaning at home is just as harmful as being an occupational cleaner, if not more so.**

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The ECRHS III survey categorized participants as “not cleaning,” “cleaning at home,” and “occupational cleaning.” Surprisingly, the “cleaning at home” group saw the same decreases in lung health as “occupational cleaning.” Using cleaning products within the relaxed, comfortable confines of home may actually lend to a general complacency that ultimately leads to impaired health.

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### FINDING 4:

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#### **Liquid cleaners are just as dangerous as sprays.**

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Study researchers originally suspected that products delivered through a spray or mist would prove more dangerous than those applied as a liquid, gel, or wipe. The study found no significant difference between cleaner delivery types.

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### FINDING 5:

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#### **Ammonia, chlorine bleach, quaternary disinfecting compounds, and other dangerous chemicals appear to be primary culprits.**

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In their conclusions, the researchers stated, “one could hypothesize that long-term exposure to airway irritants such as ammonia and bleach used when cleaning at home could cause fibrotic or other interstitial changes in the lung tissue, thereby leading to accelerated decline of FVC [forced vital capacity].”

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### FINDING 6:

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#### **Women who regularly use cleaning products have increased rates of asthma.**

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Researchers found increased rates of asthma within the groups who used cleaning products regularly. This echoes multiple recent studies that have clearly linked the use of dangerous chemical cleaning agents with the onset of asthma.

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### FINDING 7:

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#### **Damage is cumulative over time.**

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When chemical agents like ammonia, chlorine bleach, quaternary disinfectants, and other chemical compounds are regularly inhaled into the sensitive tissues within the lungs, it makes sense that respiratory problems would result. “Exposure to cleaning chemicals,” the researchers wrote, “could result in accelerated lung function decline and chronic airway obstruction; low-grade inflammation over many years could possibly lead to persistent damage to the airways.”

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### What the study means for you.

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For most women who try to keep a clean, safe home, the results of the ECRHS III study are an imperative call to action.

If you haven't already, rid your home of the cleaning products that contain ammonia, quaternary disinfectants, chlorine bleach, and other dangerous chemicals! What kind of products use such ingredients? Nearly all home cleaning products, including disinfectants, bathroom cleaners, toilet cleaners, shower and tub cleaners, scrubs, stain removers, floor cleaners, degreasers, window and glass cleaners, and all-purpose cleaners.

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### Only Melaleuca offers a solution.

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For more than three decades, Melaleuca scientists have formulated cleaning products that effectively perform household chores without the cheap, available, and now documented-as-dangerous chemicals cited in the ECRHS III study. Our *EcoSense*® line has taken a firm stance on ingredients like ammonia, quaternary disinfectants, chlorine bleach, and other dangerous chemicals. We don't use them! We never have and never will! This is why our cleaning products are so safe that no child safety caps are required.

*EcoSense* products are proven to perform. They clean as well as or better than the competitive products that use dangerous ingredients. And their advanced formulas clean better than other supposed “green” products by measurable margins. There is a reason Melaleuca has been the leader in safer-for-your-home cleaners for more than a generation.



*We help the world breathe*  
PULMONARY • CRITICAL CARE • SLEEP

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#### READ THE FULL STUDY AT:

<http://www.thoracic.org/about/newsroom/press-releases/resources/women-cleaners-lung-function.pdf>

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#### FOR ALL OF YOUR SAFER HOUSEHOLD CLEANING NEEDS, VISIT:

[Melaleuca.com/EcoSense](http://Melaleuca.com/EcoSense)