



Merry Christmas, Happy Chanukkah and Season's Greetings

December 2012 Edition

Common Chemical Found in Toothpaste Could Be Increasing Your Risk of Allergies

Researchers have found that triclosan, a chemical used in cosmetic products like deodorant, soap, and toothpaste, has been found to increase the risk of allergies in children. Research has previously found the controversial chemical to have various health effects, like abnormal weight loss, disruption of the endocrine system, and birth defects.

A study was conducted in Norway as a follow-up to an American study that linked triclosan with increased allergy risk. Researchers from Norway confirmed that triclosan was linked with an increased risk for children's allergies.

The researchers tested 623 10-year-old children's urine for levels of Immunoglobulin E (IgE). They found that children exposed to greater levels of triclosan had higher levels of IgE and increased rates of stuffy noses and hay fever. 50 percent of children's urine had measurable traces of the substance.

Triclosane has come under fire since at least 2001. That year, Norwegian researchers found that 85 percent of triclosan came from cosmetic products. Of the cosmetic products, 75 percent of triclosan came from toothpaste. Since the study was conducted, many manufacturers have removed the chemical from their products. Some companies still use triclosan in various products, including cosmetics, kitchenware, and toys.

It is unclear how much triclosan children are exposed to today, researchers say. The United States' Food and Drug Administration, for example, says on its website, "Triclosan is not currently known to be hazardous to humans...FDA does not have sufficient safety evidence to recommend changing consumer use of products that contain triclosan at this time."

Triclosan can change the bacterial flora on a person's skin, mouth, and digestive tract. Changes in the composition of "good" bacteria can increase the risk of allergies.

Tips to reduce winter allergies

Since people spend more time indoors during the winter months, they're exposed for longer periods of time to housebound allergens like dust mites, pet dander and mould. When a susceptible person breathes in or touches these substances, the body mounts an allergic reaction that typically leads to sneezing, stuffy nose and watery eyes and even asthma.

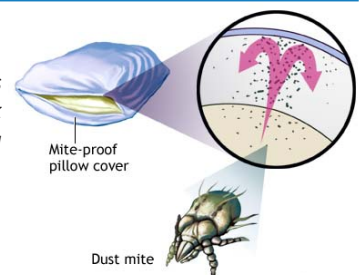
- If you can't part with your family's pet, try to keep them outdoors as much as possible. Keep the pet out of the bedroom and use **Allerpet Single Solution*** or **Anti-Allergen Pet Shampoo*** to eliminate dander.
- To minimize dust mite exposure, wash sheets, pillow cases and all other bedding once a week using **Acaril Additive*** and **Allersearch Allergen Laundry Wash***.
- Cover your mattress, box spring and pillows with **Allergy Canada** dust-mite-proof encasings.
- If you're allergic to dust mites or moulds, toss out the carpets in your home and keep the floors as clean as possible. Use **AllerMold*** spray to eradicate mould growth.
- Install **PollenTEC*** screens on windows and doors, and **PollenTEC** furnace filters to improve air quality indoors and prevent harmful allergens from entering the home.

***All of these products are available at www.allergycanada.com**

WINTER SPECIAL

take 10% off
Dust Mite Proof Encasings*

Dust mite encasings for pillows, mattresses, duvets and boxsprings are the best way of protecting yourself from dust mites. They work by trapping existing mites and minimizing exposure; and by helping to prevent any new dust mites from reaching the bedding surfaces.



*Offer valid until January 31, 2013 for phone or online orders. Can not be combined with any other promotion.