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Toxic Chemicals in Household Products

Products containing known toxic chemicals are not required to be listed on labels

By Glenn King, PhD, R.D., C.N.

Many people think that there is a law requiring ingredients to be listed on a product, especially if it contains toxic chemicals in a household product that our family and children are commonly exposed.

In fact, manufacturers of consumer products or not required to disclose all the ingredients. It is fairly common to hear how air fresheners in public restrooms and at home cause headaches or upset stomachs, as well as certain top-selling laundry and personal care products cause people to feel ill.

Anne Steinemann, a University of Washington professor of Civil and Environmental Engineering and of Public Affairs, wanted to know “what’s in these products that is causing these effects?” Therefore, she conducted a study which is detailed in the July 24, 2008 issue of the journal *Environmental Impact Assessment Review*.

The study found that certain top-selling laundry products and fresheners emitted numerous toxic chemicals. Six products tested gave off at least one chemical, which is regulated under federal laws as being toxic or hazardous, but none of those chemicals were listed on the labels. Steinemann said, “I was surprised by both the number and the

potential toxicity of the chemicals that were found.”

“Five of the six products emitted one or more carcinogenic hazardous air pollutants chemicals, which are considered by the Environmental Protection Agency to have no safe exposure level,” said Steinemann.

Nearly 100 volatile organic compounds emitted from the six products that were tested. Some commonly found chemicals were limonene, a molecule with a citrus scent; acetone, the active ingredient in paint thinner and nail polish remover; acetaldehyde, chloromethane and 1,4-dioxane, which were not listed on any of the labels. Steinemann did not disclose any brand names of tested products, but in a larger study of 25 cleaners, personal care products, air freshener’s and laundry products (now submitted for publication), she found that most other brands contained similar chemicals.

Three top-selling air fresheners (a solid deodorizer disk, a liquid spray, and a plug-in oil) and three laundry products (a dryer sheet, fabric softener, and a detergent) were studied. In a laboratory, each product was placed in an isolated container at room temperature, while the surrounding air was analyzed



Photo courtesy of Fotolia

for volatile compounds and small molecules that evaporate from the product into the air.

Results identified 58 different volatile organic compounds above a concentration of 300 mcg per cubic meter. Many of these compounds were present in one or more of the six products. Example, a plug-in air freshener contained more than 20 different volatile organic compounds, and seven are federally regulated as toxic or hazardous, but not listed on the label.

The study did not address links between exposure to chemicals and health effects. However, the effects go far beyond any previous survey

by Steinemann in 2004 and 2005, which found that 20 percent of the population reported adverse health effects from air fresheners, and 10 percent complained of the adverse effects from laundry products vented to the outdoors. Among asthmatics, the complaints doubled.

Steinemann said, “personal-care products and cleaners often contain similar fragrance chemicals and although cosmetics are required by the Food and Drug Administration to list the ingredients, no law requires products of any kind to list chemicals used in fragrances.” The FDA is taking no apparent action to safeguard our family’s health.

Some argue that this is an outrage. One might think the FDA is turning their head while we are being chemically poisoned. Some might think they are actually participating. Either way, they are negligent in protecting us.

Steinemann says, “fragrance chemicals are of particular interest because of the potential for involuntary exposure, or secondhand scents.” She further says, “be careful if you buy products with fragrance, because you really don’t know what’s in them. I’d like to see better labeling. In the meantime, I’d recommend that instead of air freshener’s people use ventilation, and with laundry products, choose fragrance-free versions.”

Removing these dangerous chemicals from common home products is the best solution, rather than just placing unidentifiable (to most people) chemicals on labels. After all, including preservatives, toxic chemicals and unhealthy food additives has not decreased the consumption of processed foods whatsoever.

The sad truth is we cannot count on the FDA, other federal regulatory agencies, or even the manufacturers

to look out for our health. We must become better informed and educated on all of our consumer choices and stand with an active voice to change the chemical pollution of the generations to come after us.



Photo courtesy of Fotolia

The European Union recently enacted legislation requiring products to list 26 fragrance chemicals when they are present above a certain concentration in cosmetic products and detergents. No similar laws exist in the United States, and they will not unless we demand them through legislature. **W**

Upcoming TKM® Classes

Classes subject to change without notice.
For more information on classes or to register, visit
the Calendar page at www.kinginstitute.org.

TKM®: Level 1 and 2

Date: October 21-25

Location: Carrollton, TX

Instructor: Glenn King, PhD, RD, CN

Tuition: \$800 Deposit: \$400

TKM®: EMT

Date: October 25

Location: Pearland, TX

Instructor: Patrick Jackson, ND

Tuition: \$175 Deposit: \$85

TKM®: Level 3 and 4

Date: Oct. 28 - Nov 1

Location: Carrollton, TX

Instructor: Glenn King, PhD, RD, CN

Tuition: \$700 Deposit: \$350

TKM®: EMT

Date: November 8

Location: Fredericksburg, TX

Instructor: Jana Smith, RN, CNOR,

CRNEA -Tuition: \$175 Deposit: \$85

TKM®: Level 5 and 6

Date: November 11-15

Location: Carrollton, TX

Instructor: Glenn King, PhD, RD, CN

Tuition: \$800 Deposit: \$400

TKM®: Level 1 and 2

Date: November 18-22

Location: Sebring, FL

Instructor: Jim Robertson, ND

Tuition: \$800 Deposit: \$400

Special Notice

TKM®: Level 7

Date: December 6 - 8

Location: Carrollton, TX

Instructor: Glenn King, PhD, RD, CN

Tuition: \$500 Deposit: \$250

Additional classes are listed online at:

www.kinginstitute.org

You may also register online.

TKM® Testimonies

No More Nose Spray

Dr. King,

I just wanted you to know that it has been over 6 weeks since I used any over-the-counter nose spray. Thanks to the #1 Sequence, plus the thumb and a little melting down or “letting go.”

I have also been able to sleep through the night without having to use the spray, which was normally four to five times. I would usually depend on the spray as many or more times during the day.

Now I don't have to stash it everywhere or even carry it. What a blessing you are and what an experience it has been!

As Dr. Stacy Cole, DDS and I have talked about it, we have come to the conclusion that it was as much in the giving as in the receiving of the sequence. I'm convinced the energy worked both ways. I can't tell you how excited I am, and how thankful I am.

God bless you and your ministry.

Teri Hammonds

Feeling Better Than Before The Illness

The Wonderfully Made Class was fantastic! I want to share that my grandson was not feeling well last Monday and had vomited, which causes more problems for him. He takes Potassium and Magnesium for his special needs and when vomiting, levels usually drop quickly. He was just lying around sleeping, and not looking well.

I checked pulses and decided to apply R&R 4th Stratum Sequence and my daughter apply the Spleen and Stomach Sequences later.

The next day he was up and looking better than he was before he wasn't feeling well.

Our family has been helped in

several ways by other sequences.

Thanks so much for keeping this pure from the perversions that Satan has tried to muddy the water with.

Cindy

My Vision is Sharper

Right before the Wonderfully Made conference, I mentioned to my daughter that I needed to purchase new glasses. My very old pair has been sat on and are very scratched up, although the only time I was using them was while driving at night.

My vision has been getting worse lately and who wants to wear beat up, uncomfortable, and out-of-date glasses all the time. It is an expense that I didn't want to make. But I could tell that I needed to start wearing my glasses full time.

You can imagine my delight when I noticed after day three of when I noticed after day three of the Wonderfully Made seminar that my vision was sharper! I'm very excited about the change. I'm going to put off purchasing new glasses!

I wasn't looking for this or expecting it. The people that worked on me were going by the pulses! They weren't treating symptoms.

I am very thankful!

Blessings to all, Andrea

My Breakthrough

I want to share a fantastic breakthrough. My husband Mark and I work like the engineers we are, so I've been staring at my TKM pages asking why does my sacrum still hurt? Why does my Hip Level feel very heavy?

So, we worked the E.S. #8s from every point imaginable, and they now constantly have a “glowing feeling” now. I'm conscious of them, but I can't call it pain.

This is good, along with my eyebrows growing back in (I've had sparsely haired eyebrows over a decade).

Sunday night, we did the Left

Regeneration Sequence, which had very little affect on me before. Well, now with the E.S. #8s and the Hip #2 Sequence path open--shazam! It was like white, hot/icy pain where Mark's hands were. Each step I felt all sorts of energetic flows going up each leg. We repeated it Monday night with the same unbelievable sensations.

The process we went through demonstrated the interconnectedness and dependencies within the body that you teach in classes. And of course, my sacrum pain was addressed and my hip heaviness was gone!

Part of my excitement is just the fact that I'm able to put all these things together. Mark made the comment that the Regeneration Sequence is like a whole different sequence now, and it actually seemed like he was enjoying the process Monday night.

This comes after five months of what seems like slave labor. Sitting still for 1 to 2 hours can be torture, and to commit to doing it everyday has been an unimaginable commitment of faith for him, but such sweet rewards for him to be the one to “heal” his wife. What an awesome husband!!!

Our relationship is closer because of TKM, even though it has caused much heated discussion by pushing it into our schedule.

I can't thank you enough for tirelessly sharing your ministry to people. I can't imagine a doctor in the whole earth who would have understood the root cause for my complex chronic, specific, peculiar illness to the degree and accuracy that you have, which astounds me and brings tears to my eyes knowing only God's hand could have brought me to you. Thank you for your fanatical pursuit and for developing TKM into medicine of, by, and for the people!

Many thanks. As Kayla says, “TKM Rocks!”

God bless you both,

Lynn