

# 30 Ways You Can Poison Yourself Before Breakfast

*or... Why Some People Feel Bad, Get Sick, Even Die!*

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

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 **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?"

Product	KNOWN Poisonous Ingredients	Negative Health Effects (partial list)
MATTRESS & PILLOW	.....4.....7...	<b>1. Alcohols--Acid &amp; Alkali:</b> rashes, muscle weakness, headaches, dizziness, nerve damage, vision problems, sleeping problems, stomach cramps, disorientation, depression, coughing, respiratory problems, anemia, organ damage, fatigue, heart damage, cancer, death.
♦ AIR FRESHENER	1.....4.....7..8	<b>2. Chlorines:</b> headaches, mental function difficulties, pulmonary edemas and heart disease, anemia, diabetes, gastrointestinal and urinary tract cancer, organ and gland cancer, severe eye problems, immune system breakdown, child development problems and more.
♦ BATH SOAP * OR BODY WASH	.....3..4..5..6..7..8	<b>3. Detergents/Emulsifiers:</b> strip skin of protective oils, skin irritation, scalp eruptions, interference with nutrient absorption, hair loss, allergic reaction, cataract formation, organ damage, reproductive damage, blindness, cancer.
♦ HAIR SHAMPOO	1.....3..4.....8	<b>4. Synthetic Fragrance &amp; Dyes:</b> allergic reactions, skin rashes, stomach upsets, muscular aches and pains, violent coughing and sneezing, irritability, vertigo, hyperactivity, convulsions, emotional and behavioral problems. Leukemia, Hodgkin's, ADD, multiple tumors, reproductive damage, headaches, dizziness, organ damage, depression, cancer.
♦ HAIR CONDITIONER	1.....4.....8	<b>5. Heavy Metals:</b> Abdominal cramps, nausea, muscle weakness, mouth sores; muscle, joint, and bone pain; cancer, motor difficulties, reduced intelligence, brain disorders, short attention span, hyperactivity, emotional disorders, immune disorders, genetic damage, aging.
♦ SKIN CREAM OR LOTION	1.....3..4..5..6..7..8	<b>6. Pesticides &amp; Fungicides:</b> Flu-like symptoms (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.
♦ SHAVING CREAM	.....3..4.....8	<b>7. Petrochemicals:</b> 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,
♦ AFTERSHAVE LOTION	1.....4.....8	<b>8. Preservatives (synthetic):</b> 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.
♦ SKIN RASH/ACNE MEDICATION	1.....3..4..5..6..7..8	
MOISTURIZERS	1.....4..5.....7..8	
ANTIPERSPIRANT	1.....4..5.....7..8	
COLOGNE	1.....4.....7..8	
♦ UNDERARM DEODORANT	1.....4.....6..7..8	
♦ HAIR SPRAY	.....4.....7...	
♦ TOOTHPASTE	.....3..4..5..6.....	
♦ MOUTHWASH	.....4..5..6.....8	
♦ FOOT DEODORANT POWDER	.....4.....6.....8	
PLASTIC GLASS TO RINSE MOUTH	.....4.....8	
<b>Laundry</b>		
♦ DETERGENT *	1.....3..4..5..6..7...	
♦ FABRIC SOFTENER	.....3..4..5.....7...	
♦ Chlorine BLEACH	1..2.....	
DRY CLEANED CLOTHES	1.....7...	
<b>Feminine Products:</b>		
Cosmetics (lipstick, eye shadow, face powder, rouge/blush, etc.)	1.....3..4..5.....7..8	
♦ FEMININE DEODORANT	.....4.....7...	
SANITARY NAPKINS	.....4.....7...	
PERFUMES	1.....4.....7..8	
♦ FACIAL CLEANSER	.....3..4.....8	
NAIL POLISH	.....4..5.....7..8	

(\*) Anti-bacterial products contain poisonous pesticides and fungicides as ingredients that create more serious health risks.

**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.**



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