

Fragrance Free Clinic Policy

Here at Advanced Naturopathic Wellness we believe in creating a safe and healthy healing environment for all of our patients and staff. This includes being aware of individuals with perfume and chemical sensitivities.

Individuals who are sensitive to perfumes and chemicals may suffer serious health consequences when exposed to artificial fragrances and chemicals. In order to accommodate everyone, Advanced Naturopathic Wellness requests that you refrain from wearing scented products, including but not limited to colognes, after-shave lotions, perfumes, deodorants, body/face lotions, hair sprays, shampoos, conditioners, laundry detergents, fabric softeners or similar products containing synthetic and artificial fragrances.

In truth, is not only the “chemically sensitive” that we worry about. It is, in fact, everyone’s health that we take into consideration when making these recommendations! The National Academy of Sciences points out some vital facts: About 95 percent of chemicals used in synthetic fragrances are derived from petroleum (crude oil). They include benzene derivatives (carcinogenic), aldehydes, toluene and many other known toxic chemicals linked to cancer, birth defects, central nervous system disorders and allergic reactions. (1) Under the Federal Food, Drug, and Cosmetic Act, cosmetics and ingredients do not require FDA approval before they go on the market.

Advanced Naturopathic Wellness also recommends that all of our patients refrain from the use of products in their homes that contain synthetic fragrances and chemicals such as: scented candles, perfume samples from magazines, spray or solid air fresheners, room deodorizers, plug-in wall air fresheners, cleaning compounds or similar products in your homes.

The use of synthetic fragrances and chemicals in our homes and on our bodies, can have extremely negative impacts both our health, and the health of our environment. It is our goal to help advance you to your optimal health and wellness. This starts with creating a clean environment and choosing safe and healthy home and personal care products. We thank you for your cooperation. If you have any questions, please feel free to reach out. Best wishes and be well.

Citations:

- <https://www.fda.gov/AboutFDA/Transparency/Basics/ucm262353.htm>
- <http://www.daidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/>
- <http://www.ewg.org/skindeep/>
- <http://articles.mercola.com/sites/articles/archive/2015/05/13/toxic-chemicals-cosmetics.aspx>
- <https://draxe.com/dangers-synthetic-scents/>
- <https://babel.hathitrust.org/cgi/pt?id=mdp.39015043251746;view=1up;seq=2>