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How to Create a Safe Home

如何创建一个安全的家



While keeping a clean home is part of living a healthy lifestyle, did you know that many household cleaners that we use everyday contain chemicals that are harmful to our health? Even common, seemingly harmless substances that we use can damage our health in the long run when we use them every day. It is not the one-time exposure that we are concerned about, but rather the long-term exposure from using these products at home.

As we know, exposure to chemicals or irritants can cause chronic inflammation in the body, and this is one of the most common (and unseen) contributors to chronic and degenerative diseases such as cancer and autoimmune diseases.

In this article, we will cover some of the most common dangerous substances and provide safer, more natural alternatives for your everyday use!

1. Volatile Organic Compounds (VOCs)

VOCs are gases that are emitted from some products when they are used. Breathing them in can irritate the eyes, nose, throat, cause breathing difficulty, and even affect the central nervous system, lungs and other organs. VOCs are commonly emitted from the following products:

- Aerosol spray products such as beauty and cleaning products
- Air fresheners
- Chlorine bleach
- Detergent and dish soap
- Furniture cleaners or polishers
- Oven cleaners

Any products that contain fragrances, irritants, or have “flammable” on the label are likely to contain harmful VOCs and should be avoided. Air fresheners should also be avoided.

2. Chlorine Gas

One of the most dangerous household chemicals is not one product, but actually a combination of when any product with bleach is mixed with any product that contains ammonia. This creates chlorine gas, which is extremely toxic. It is so dangerous that it can even cause chemical pneumonia and death if you are exposed to it in an enclosed space such as a bathroom.

Medical professionals deal with thousands of cases per year of injuries caused by this gas, and they warn that regular exposure can also increase the risk of childhood leukaemia.

The safest way would be to not use any products containing chlorine bleach in the home and instead opt for more natural alternatives for your cleaning needs.

保持家居清洁是健康生活方式的一部分，但是您是否知道我们每日使用的家庭清洁剂大多都含有危害健康的化学物质？即使是那些常见、看似无害的物质，长期每日使用，也有可能对我们的健康造成危害。我们担心的不是一次性接触，而是每日在家使用这些产品的长期接触。

众所周知，长期接触刺激物或化学物品可导致身体的慢性炎症，而这也是导致癌症和自体免疫性疾病等慢性及退化性疾病的最常见（且无形）的原因之一。

通过这篇文章，我们将会涵盖一些最常见的危险物质，并为您的日常所需建议一些更安全、更天然的替代品。

1. 挥发性有机化合物 (VOC)

VOC是一些产品在被使用时所释放出来的气体。吸入它们可刺激眼睛、鼻子、喉咙、导致呼吸困难，甚至是影响中枢神经系统、肺等器官。以下产品通常都会释出VOC：

- 美容和清洁喷雾产品
- 空气清新剂
- 氯漂白剂
- 洗衣剂及洗碗剂
- 家具清洁剂或擦亮剂
- 烤箱清洁剂

任何含有香精、刺激物，或是有“易燃”标签的产品都很可能含有有害的VOC，所以都应该尽可能避免使用。此外，也应该避免使用空气清新剂。

2. 氯气

其中一个最危险的家居化学物质并不是单一产品，而是当我们同时混合使用含有漂白剂的产品和含有氨的产品。这将会产生剧毒的氯气，非常危险。如果您在一个密室如浴室接触氯气，它甚至能导致化学性肺炎和死亡。

医疗专家每年处理数千起由氯气引起的伤亡病例，他们警告说经常接触这种气体会增加儿童患上白血症的风险。

最安全的方法就是不要在家中任何含有氯漂白剂的产品，而是选择更天然的替代品来满足您的清洁需求。



3. Personal care

The other things that we need to be watchful for are the beauty products that we put on our face or the products we use in the bathroom. This includes a long list of toothpastes, soaps, shampoos, deodorants, makeup products, lotions, creams, baby oils, etc.

While it is hard to measure exactly how bad the chemicals found in these products are for our health, we need to remember that daily exposure adds up over time and can lead to some health issues in the long run.

Most store-bought shampoos and soaps contain phthalates, sulphates, fragrances, or a plethora of other harmful chemicals that can be absorbed into the body through our skin. Many of these have similar effects as plastics where they can disrupt the endocrine system and cause inflammation in the body.

Baby powder should be avoided as well, particularly for babies, as inhalation can damage the lungs. Petroleum jelly is another substance that should be avoided as inhalation can cause gradual build-up in the lungs.

3. 个人护理用品

另外，我们需要注意的就是涂在脸上的美容产品，又或是在浴室使用的产品。这包括了牙膏、香皂、洗发水、除臭剂、化妆品、乳液、面霜、婴儿油等等。

虽然很难准确地测量这些产品中发现的化学物质究竟对我们的健康有多大的害处，但我们必须记住，随着每日的接触累积，长期下来它们很可能会造成一些健康问题。

大多数商店售卖的洗发水与香皂都含有邻苯二甲酸盐、硫酸盐、香精，或其他可以通过皮肤被身体吸收的有害物质。其中许多成分都与塑料有着相似的影响，它们能扰乱内分泌系统，同时也会造成体内炎症。

此外，也应该避免使用婴儿爽身粉，特别是婴儿。因为爽身粉若被吸入，将对肺部造成伤害。凡士林是另一个应该避免使用的产品，若长期吸入，它将在肺部逐渐堆积。



 REPLACE THIS 小心这些	 WITH THIS 用这些来取代
Chlorine bleach 氯气漂白剂	NEWLIFE™ HYDROGEN PEROXIDE (H₂O₂) While it may not have the bleaching powers of chemical chlorine bleach, H ₂ O ₂ does have mild bleaching effects and is great for disinfecting around the home without risk. 新生命过氧化氢 (H₂O₂) 虽然它可能没有像化学氯漂白剂一样有很强的漂白作用，但H ₂ O ₂ 仍然有轻微的漂白效果，可以毫无风险地对家庭周围进行消毒。
Petroleum jelly 凡士林	NEWLIFE™ EXTRA VIRGIN COCONUT OIL (EVCO) EVCO can be used instead of petroleum jelly to sooth dryness, sores, or irritation on the skin. Petroleum jelly merely acts as a “barrier” while EVCO offers additional healing benefits. 新生命特级初榨纯鲜椰子油 (EVCO) EVCO可以代替凡士林来缓解皮肤的干燥、疼痛或过敏。凡士林只是作为一个屏障，而EVCO提供了额外的愈合好处。
Toiletries 洗漱用品	NEWLIFE™ ORGANIC CARE NATURAL SHAMPOO, FACE & BODY SCRUB, EL-NATURAL TOOTH PASTE and CASTILE LIQUID CLEANSER are all great natural, safe alternatives for daily use. 新生命有机养护纯天然洗发水、面部和身体磨砂膏、天然牙膏、卡士迪洗洁液 天然又安全，都是很好的替代品。
Floor & toilet cleaners 地板和厕所清洁剂	NEWLIFE™ GREEN CARE FLOORPRO and TOILETPRO make excellent replacements for cleaners that contain dangerous chemicals for your daily housekeeping needs! 新生命环保系列的地板专家和厕所专家 是很优秀的产品，可以取代那些含有危险化学品物质的清洁剂，满足您日常的家务需要！
Laundry detergent & dish soap 洗衣剂和洗碗剂	NEWLIFE™ ASSURE LIQUID LAUNDRY DETERGENT and BIODEGRADABLE DISHWASH CONCENTRATE are safe and economical options for your home. 新生命爱洁浓缩洗衣液和可生物分解洗碗液 是您家庭安全又经济的选择。

Smart Ways to Use HYDROGEN PEROXIDE Around the Home

如何在家巧妙使用过氧化氢

What Is Hydrogen Peroxide?

Hydrogen peroxide is the chemical compound H_2O_2 , made up of two hydrogen atoms and two oxygen atoms. It is a strong oxidizer and mild acid. It is very effective at breaking down protein and plant-based stains including bacteria, fungi and spores.

Hydrogen peroxide (H_2O_2) is a pale blue liquid in its pure form. **NEWLIFE™ HYDROGEN PEROXIDE** is a 3% H_2O_2 solution mixed with pure distilled water. This concentration works best for disinfecting, household cleaning and general use.

Here are some brilliant uses for H_2O_2 :

Sterilising Enema Set

It is important that you keep your enema equipment clean to avoid infection. After each use, clean well, sterilise with H_2O_2 and hang the set to air dry.

First Aid

H_2O_2 is a mild antiseptic that can be used on the skin to prevent infection of minor cuts, scrapes, abrasion and burns. It releases oxygen when it is applied to the affected area. This release of oxygen causes foaming, which helps to remove dead skin and disinfect the area.

Clean the affected area before applying a small amount of H_2O_2 on the skin. Clean 1 to 3 times daily or as directed by your doctor. If you apply a bandage after using H_2O_2 , let the area dry first.

Dental Care

Soak toothbrushes, retainers and sports mouth guards in H_2O_2 for roughly 3-5 minutes. Then rinse thoroughly with hot water. Store upright to air dry.

H_2O_2 can also be used as a mouth rinse to help remove mucus or to relieve minor mouth irritations (such as canker sores, cold sores, gingivitis). Mix H_2O_2 with an equal amount of water, swish the solution in the mouth over the affected area for at least 1 minute, then spit out. Do not swallow.

Ear Drop to Prevent Ear Infection

Earwax can trap water in your ear and cause infection. You can occasionally use H_2O_2 to remove earwax. Lie down on your side and use a 3-5ml syringe or a medicine dropper to fill up the ear with H_2O_2 . Let it bubble and fizz in the ear for up to five minutes. Then turn your head to the side and pull back on the top of your ear to tip solution out onto a tissue and allow it to drain properly. Repeat the process for your other ear.

Breathe Cleaner

Air purifiers, dehumidifiers, humidifiers, diffusers and nebulisers can all be breeding grounds for moulds, yeast, fungus or bacteria. Without proper cleaning and care for your equipment, you may be inhaling harmful organisms. Sanitise them at least once a month by running a solution of half water and half H_2O_2 through them.

Disinfect Toys

To kill germs and bacteria, spray plastic toys with H_2O_2 . Allow it to sit on the surfaces for a few minutes and then rinse with plain water.

Make Your Own Fruit & Veggie Wash

Mix water and H_2O_2 in a 1-to-1 ratio to make your own fruit & veggie wash. Spray or soak the produce in the solution, rinse, dry and enjoy.

什么是过氧化氢?

过氧化氢化学式是 H_2O_2 ，由两个氢原子和两个氧原子组成的化合物。它是一种强氧化剂，具弱酸性。它在分解蛋白质和植物性污渍（包括细菌、真菌和孢子）方面非常有效。

纯过氧化氢 (H_2O_2) 是一种淡蓝色液体。新生命过氧化氢是3%过氧化氢溶液。这种浓度最适合消毒、家庭清洁和一般使用。

以下是 H_2O_2 的一些巧妙用法：

消毒灌肠器具

保持灌肠器具清洁是非常重要的，以避免感染。每次使用后，清洗干净，用 H_2O_2 消毒，挂起晾干。

清洗伤口

H_2O_2 是一种温和的消毒剂，可用于皮肤上，以防止轻微的割伤、擦伤、擦伤和烧伤的感染。当您把 H_2O_2 涂在患处时，它会释放氧气。氧气的释放会产生泡沫，这有助于去除死皮和消毒伤口。

清洗伤口后，涂上少量 H_2O_2 消毒。每天消毒1-3次，或按照医生的指示。如果使用 H_2O_2 后需要包扎伤口，请先让伤口表面变干。

牙齿护理

用 H_2O_2 浸泡牙刷、保持器和防护牙托约3-5分钟。然后用热水彻底冲洗。直立存放晾干。

H_2O_2 可以作为漱口水来帮助去除粘液或缓解轻微的口腔刺激（如口腔溃疡，唇疱疹，牙龈炎）。将 H_2O_2 与等量的水混合稀释后来漱口，至少1分钟，然后吐出来。请勿吞食。

作滴耳剂防止耳朵感染发炎

耳垢会把水困在耳朵里引起感染。您可以偶尔用 H_2O_2 去除耳垢。首先侧躺，用一个3-5毫升的注射器或药物滴管向耳朵中注入 H_2O_2 。让它在耳朵里起泡和冒泡5分钟。然后将头转向一侧，向后拉耳朵顶部，让溶液倒流出来到纸巾上。对另一只耳朵重复这个过程。

净化室内空气

空气净化器、除湿器、加湿器、扩散器和雾化器都可能是霉菌、酵母、真菌或细菌的滋生地。如果没有适当的清洁和护理，您可能会吸入有害的微生物。加入等量的 H_2O_2 与水，让器材运行。至少每月消毒一次。

消毒玩具

可向塑料玩具喷洒 H_2O_2 ，杀灭细菌。让 H_2O_2 在表面停留几分钟，然后用清水冲洗。

自制水果和蔬菜清洗剂

将等份的水和 H_2O_2 混合，自制水果和蔬菜清洗剂。喷洒在农产品上或将农产品浸泡在溶液中，用水冲洗，晾干，然后享用。



Get Rid of Smelly Feet

Smelly feet are caused by odour-causing bacteria and they may cause embarrassment. Make a foot soak with one-part H₂O₂ to three-parts warm water. The same treatment will help protect against spreading athlete's foot fungus and even soften calluses and corns.

Whiten Discoloured Nails

Mix one-part H₂O₂ to two-parts baking soda in a bowl to form a paste. It will foam a bit. When it stops, spread the paste over and under your nails. Let it work for three minutes then rinse with plain water.

Kill Dust Mites

Dust mites thrive on the small bits of skin we shed in our homes, particularly on the mattress. Give your mattress a spray with equal parts H₂O₂ and water to kill the insects. Allow the mattress to dry completely before remaking the bed with clean bedding.

Sanitize Beauty and Manicure Tools

Each time you use tweezers, manicure or pedicure tools and eyelash curlers, they come in contact with bacteria. A dip or rub-down with a bit of H₂O₂ will sanitize the tools.

Freshen and Disinfect Kitchen Sponges and Cutting Boards

Kitchen sponges and cutting boards can harbour bacteria, including E. coli and Salmonella. Disinfecting your kitchen sponges and cutting boards daily with a solution of water and H₂O₂ in a 1-to-1 ratio will keep them safe for use.

Sanitize Your Refrigerator

After you have cleaned out your refrigerator, spray the inside with H₂O₂ to kill any lingering bacteria. Let it work for several minutes and then wipe down with plain water.

Brighten Discoloured Cookware

Mix a few teaspoons of baking soda and some H₂O₂ to make a paste. Spread the paste on the interior of discoloured ceramic-coated cookware. This will help lighten stains and gently clean the surface.

Clean Tile Grout

Grout between the bathroom and kitchen tiles not only gets dirty, but can also get covered with mildew. One of the best ways to kill the fungus is H₂O₂. To whiten grout, mix a paste of baking soda and H₂O₂. Spread it on the tile (it will also help cut through soap scum) and let it work for five minutes. Wipe away with plain water to see the sparkle.

Clean and Sanitize Toilet Bowls

Pour a half-cup of H₂O₂ into the toilet and let it sit for about 30 minutes. Then use a toilet brush to scrub any leftover stains or discoloration. Flush, and you are done!

Put a Shine on Mirrors and Windows

A spray of H₂O₂ and a wipe down with a lint-free microfiber cloth will give you streak-free mirrors and windows.

Safer Substitute for Chlorine Bleach

Instead of using chlorine bleach, add some H₂O₂ to a load of dirty white clothes. Add another cup of H₂O₂ to the machine before washing.

To get rid of sweat stains on white shirts, mix ¼ cup H₂O₂, ¼ cup baking soda and ¼ cup water in a bowl and use a soft-bristled brush to work the solution into the collar and underarm section, allow it to sit for at least 30 minutes. Give it one more final scrub with the brush and then wash as usual.

Give Your Garden a Boost

Fertilise plants: that extra oxygen molecule in H₂O₂ boosts a plant's ability to absorb nutrients from the soil. Mix one-part H₂O₂ with four-parts room-temperature water. Use it right away to fertilize your plants.

Protect plants: insects, fungus, and plant diseases can easily be transferred from plant to plant. Use H₂O₂ to sanitize garden tools after each use. You can also H₂O₂ to mist your plants.

Note: the above suggestions are using **NEWLIFE™ HYDROGEN PEROXIDE**

去除脚臭

脚臭是由引起异味的细菌引起的，可让人很尴尬。用一份H₂O₂和三份温水浸泡脚。同样的治疗方法可以防止脚癣的传播，甚至可以软化老茧和鸡眼。

亮白变色的指甲

将一份H₂O₂和两份小苏打在碗中混合成糊状。它会起一点泡沫。当它停止时，把糊状物涂在指甲上和指甲下面。三分钟后用清水冲洗。

杀灭尘螨

家里有尘螨，因为它们以人类和宠物的死皮为食，尤其在床垫上最常见。将等量的H₂O₂和水混合，然后将溶液喷在床垫上。等到床垫完全干了，再铺上新的床单。

消毒美容和修甲工具

每次使用眉夹、修指甲和修指甲器具或睫毛夹时，它们都会接触到细菌。用一点H₂O₂蘸一下或擦一下就可以给工具消毒了。

清洁和消毒厨房海绵和砧板

厨房海绵和砧板是有害细菌的温床，包括大肠杆菌和沙门氏菌等。每天用等份的水和H₂O₂混合，消毒海绵和砧板，就可以放心使用。

消毒冰箱

清理完冰箱后，向里面喷洒H₂O₂以杀死残留的细菌。让它工作几分钟，然后用清水擦拭。

清洗糊锅

将几茶匙小苏打和一些H₂O₂混合搅匀成糊状。将糊状物涂在变色的陶瓷炊具内部。这将有助于减轻污渍，轻轻地清洁表面。

干净瓷砖填缝

浴室和厨房瓷砖之间的填缝不仅容易变脏，而且还会滋生霉菌。杀死真菌的最好方法之一是H₂O₂。要使瓷砖填缝变白，可以将小苏打和H₂O₂混合成糊状。把它铺在瓷砖上(也可清除皂垢)，让它工作5分钟。再用清水冲洗一遍，就能看到明亮光泽的瓷砖。

清洁马桶

在马桶中导入半杯的H₂O₂，30分钟后用刷子刷，干净卫生。

清洗镜子

将H₂O₂喷在镜面上和玻璃窗上，用无绒超细纤维布轻擦，就能光亮如新，不留条纹。

更安全的衣物漂白剂

不要用氯漂白剂，将肮脏的白色衣服浸泡在H₂O₂。在洗涤前再加一杯H₂O₂到洗衣机中，就能摆脱泛黄啦！

要除白衬衫上的汗渍，可以在碗里混合¼杯H₂O₂，¼杯小苏打和¼杯水。用软毛刷将溶液刷入衣领和腋下部分，静置至少30分钟。接着再用刷子刷一次，最后像平常一样清洗。

加速植物生长

施肥:H₂O₂中多余的氧分子能提高植物从土壤中吸收养分的能力。将一份H₂O₂与四份室温水混合后，马上用来施肥。

保护植物:昆虫、真菌和植物疾病很容易在植物之间传播。每次使用园艺工具后，用H₂O₂消毒。也可以用H₂O₂给植物喷雾。

注:以上建议使用的是
新生命过氧化氢。

