Fragrance Sensitivity and Everyday Exposure

Fragrances, I used to love my perfumes. I use to loved the smell of cologne on a guy. It used love bath and body works, lotions and candles and the plugins and then the things you put in your car to make your cars smell good.

And again, as I started making all these changes and taking a lot of foods out of my diet that were bad and started to think about what else is affecting me?

What other things am I kind of burdening my body with? These were things that all came up. So now that I've cut all of this out of my life, if I even in a room with a plug-in, I can smell it a mile away and I feel a tickle in my throat and a cough come on almost instantaneously.

Even fabric softener. Fabric softeners are a big one. A certain detergent on the clothing. I could smell right away. And then you're just not even aware of it, right?

You're using these things thinking, oh, they smell so great. But as soon as you start cutting them out and then your exposed to it again, you then realize how strong it actually was.

Hidden Chemicals in Personal Care Products

Yes, and personally my mother has severe asthma so I was never allowed to wear any of that as a child. So I'm even more hypersensitive to that and I realize what people who have asthma go through when somebody walks into the room with fragrance on.

Just something to think about and you'll notice it more and more as you start to cut those products out of your use. So fragrances, just as all the other chemicals that are in the products that we tend to put on our bodies every day, and just think about it, right?

You got a shower, you got shampoo, conditioner, wash your face, soap, then you're putting lotion on your body, deodorant, makeup, perfume, all this stuff.

You just wash it off your bodies and then your loading your system with toxins again. And as Maria had mentioned, it can really affect your endocrine system and some other things, Right?

Right. It affects your hormones, your Endocrin system, our ability to lose weight, to your mood. It just goes right into your bloodstream. So if you're using six products a day with maybe 20 ingredients that are harmful, then you've got, what, 120 harmful ingredients in your body and you haven't even locked out the door yet.

You gotta take a hot shower.