

### Ronald\_H

Like with foods, the dangers that lurk for us are hidden and not labeled. It's hard to pick what's safe and when you do your best, you're often surprised years later of other dangers you didn't suspect. I'm drinking out of glass. I even have a glass water bottle on my racing bicycle. I no longer own pillows (fire retardants) and instead use folded blankets that I wash. I like the advantages of the technical insulated breathable clothing that's great for being out in extremes, but I don't know what chemicals lurk. I'm blessed with extraordinary good health and have a sense of duty to keep it. I'm chelating mercury, lead and tin out of my body and got all of my mercury tooth fillings replaced with ceramic composite, so I'm proactive in solving some problems from the past and I'm trying to prevent exposure to toxins and particularly those that accumulate.

Posted On 03/29/2017

#### seg

Ron you may find if you elevate your bed head approx 6 inches you might not even need those folded blankets as pillows...Elevating your bed helps to keep your body on an inclined but LEVEL plane..Continue on your quest to lead a good healthy life...It really is a never ending story we all write ourselves, well, until the very end - write well...

#### **Krofter**

A lot of clothing labeled as being made from bamboo is actually made from bamboo rayon, a synthetic derivative of bamboo - not good. www.consumer.ftc.gov/.../0122-bamboo-fabrics

Even organic cotton requires the destruction of a native ecosystem to accomdate Big Agricutures energy guzzling, CO2 bleching, leviathan machines to plant and harvest it. Most cotton also travels all the way around the world to be made into textiles before we get it. Cotton is also the biggest user of water in Arizona. Nothing good about any of that. My alpacas, on the other hand, are making a very high quality fiber from intact native ecosystems - no irrigation water needed, no destruction of native habitat, no energy greedy, CO2 belching farm equipment needed, Sheep and goats also fall into this very regenerative fiber production category. Wanna wear eco friendly clothing? Go with textiles made with fibers from those animals. erdakroft.com/Erdakroftfarm/Blogs/Entries/2017/3/2\_why\_textiles\_matter..

Posted On 03/29/2017

#### Julia Vassilevskaia

I have learned how to sew for exactly this reason. I buy organic cotton and undyed wool online and I use it to create all basic closing. I even experiment with plant dye like Walnut leaves, which easily colored undyed wool into brown-gold beautiful color. I also buy silk fabrics directly from village in Thailand that is colored with plants and use it for summer closing and as a lining with wool creations. Not only it is rewarding to sew, I love wearing my clothing and I can tailor them perfectly. I also use old fashion Zinger sewing machine without motor to avoid EMF.

#### lb1921

I commend you, Seaweed Lady. I find that washing clothes in cold water and gentle partially drying in the dryer, then hanging to dry allows clothes to last a long time. I am so grateful for all my really old clothes...pre roundup cotton, etc, and I augment my outdoors wardrobe from the thrift shops...easy to fine lovely linen tops. My only constant frustration is socks. They keep adding more poly to the blend, and they are so hot when working outside for several hours. Going to start experimenting with wool or bamboo. Any recommendations are so welcome!

Posted On 05/19/2017

## **Randyfast**

"has promised to phase out PFCs". We've had companies promising this and that for quite a while. WAKE UP! Nothing that's being done on this planet is improving our quality of life. The only 'things' being "Phased Out", are human beings. The poisoning of humanity will continue and once again; the zombie masses will be duped into thinking it's "getting better"!

Posted On 03/29/2017

#### seg

Randy one step forward two steps backwards..if you haven't done so already, time to book yer flight to the red planet..Do so before the mass exodus and imminent implosion:)

Posted On 03/29/2017

# love2garden

Randy, Doesn't it seem that when anything is phased out, it is replaced by something even more toxic? Yes, there is an agenda!

## **Randyfast**

Love2: It seems that there are far too many people who don't even get that simple point! Products will always be manufactured using sub-par workers, ingredients, machinery and materials; because NOTHING is more important in today's climate, than the almighty dollar. Yes; it's that simple!

Posted On 03/29/2017

## margotsis

Randy, by the response you received from seg, he might wonder why you are even a Mercola member, and if all the writing work done by Dr. Mercola is helpful.

I concur with your comment.

Posted On 04/01/2017

## grandmaste

Oh Lord, let's just all go naked. No gluten, no dairy, no sugar, no meat, no clothes! Let's just be free range and forage for nuts and berries if we could find some without Roundup. We would all be slim and trim and the money we would save would pile up in our bank accounts. Then we could go on naked flights (save time in the TSA line) to naked vacations where we would be fed more nuts and berries and maybe a fish or two if the ocean wasn't too polluted. Don't go near the water....or drink it, and be careful where you sit! Geez!

### margotsis

Remain committed against Monsanto and their ilk. That might motivate you.

Posted On 04/01/2017

#### remitrom

A few years back when I started working out again, I discovered such sensitivity to some form fitting workout clothing, particularly those with spandex, rayon and polyester. I happened upon a flash sale online for workout clothing that was organic cotton and while it was still pricey, I decided it was an investment in my health. 3 years later, the clothing is holding up well! I also sucked it up and bought bamboo sheets as well as sheets made from eucalyptus. I have never slept on anything so soft! I truly think it helps give me a better night's sleep and these sheets have also held up quite well too.

Posted On 03/29/2017

#### **Islander**

While picking up staples at one of my local natural food stores, I chose 2 more pair of organic cotton socks, \$11 and \$9. Yes, pricey (which is why I bought only two) but ever so comfy and durable. I know how to darn socks so I take care of toe holes promptly!

Posted On 03/29/2017

# wensleydale

thank you for this very informative and well-documented article, and the references!

### Chimonger

Pretty much all fabrics, unless specifically labeled Organic, are drenched in fabric stabilizers and finishers...in addition to whatever got sprayed on the cotton or other plant crops to grow them...then there are synthetics. This has been common for over 45 years. Then there's the looser rules in countries of origin, which may allow chemicals on crops, or in the manufacturing process, which are not allowed in the US. "Better living through chemistry" was the warning shot across our bows, which few paid attention to. This mentality has reached the point it is killing everything in slo-mo. Monsanto, BASF chemicals, Dupont, et al, as they have been doing business, MUST GO!

Posted On 03/29/2017

#### otis101

Minimalism...If you haven't watched the 2 and half minute minimalist documentary above you are missing a chance to see "zombies" fighting for discounted stuff in stores like Walmart. I have never seen something like this before. Big crowds waiting for the doors to open then like a herd of spooked cattle they rush over fellow humans (zombies?) to grab the stuff.

I have been a minimalist for years but still look around at the stuff I have. Music--45s, LPs, Tapes, CDs and framed photos due to belonging to local photo club and having to frame photos for shows year in and out. At one time I had over 3,000 books but donated most to the local library. But I am done. Over the last ten years I have only purchased a few pair of organic cotton socks and boxer shorts. No more music or books (except Dr. M's Fat for Fuel). No longer active in the photo club (but still active photographer). My "dumb" phone is more than 15 yrs old. Spend my days with a large deck garden, reading on line, exercise, and enjoying weekends with my GF.

Posted On 03/29/2017

#### seg

otis you forgot to mention your puddy pepper and that good award winning red fermented facility 15 miles from your home.. not calling any names, but it does start with the capital letter B:) CHEERS!

#### otis101

seg, thanks for the reminder cause Pepper gives me comfort and advice such as "You Need More Sleep". And Bonterra cab is the one to share with my GF as I sing a fav Canadian Country song to her by "Prairie Oyster". www.youtube.com/watch

Posted On 03/29/2017

#### **Julieanne**

Re the chia article:' Kept in a dry environment, chia seeds can be kept for years'...Hmm, my chia was almost destroyed by meal moths - I got to it just in time. I put it into the freezer for 48 hours, which killed the eggs. I need to remember to do this BEFORE I store grains etc. Nearly lost some expensive wild rice the same way.

Posted On 03/29/2017

#### rrealrose

Julieanne, You may want to consider adding a small bay leaf in each airtight jar or ceramic container you store grains or seeds in. Used to do this when I was eating grains, bay laurel seems to suppress insect growth providing it is airtight. You can easily look this up online.

### **HappyHen**

Excellent article, if scary! Thank you for posting it, I am going to work to be more conscious in my clothing buying habits although real alternatives are far and few between (and most are only casual/sloppy looking, not much help if you want to actually look nice!)

One problem that I must point out is that wool and silk, particularly wool, are NOT good alternatives. Most silk is created the "easy" way by boiling the silkworms alive and are still treated with commercial chemical dyes. In fact, the accidental discovery that silk would turn a beautiful shade of violet when treated with a dye derived from coal tar led to the birth of the monster we now know as Monsanto ( to find out more, read the excellent book IG Farben and the Rise of Hitler's Hell.) As for wool, most is obtained with very little concern for the well being of the sheep, who are eventually shipped all over the world for slaughter for their flesh. Meanwhile, whole ecosystems are steamrolled to make way for sheep pasture, predators are cruelly trapped and exterminated by sheep ranchers, and wild sheep are declining from illnesses and parasites carried by domestic sheep. And wool is often dyed with synthetic chemicals, anyway. Angora rabbit hair is another fabric that seems natural and Eco conscious, but isn't. Rabbits are crowded into mass factory battery farms like chickens, and slaughtered for meat when no longer producing enough hair. Bottom line, avoid animal products in clothing as most are both ecocidal and cruel. Organic plant fibers with organic dyes are currently the only truly good alternatives; the caveat is good luck trying to find everything you need, and better luck trying to afford most of it!

#### **Krofter**

HH - I appreciate your concern. However, some distinctions might help. There are many breeds of sheep. Some are used for wool and some for meat. When the wool breeds become to old they are indeed slaughtered for meat, but that is usually not the meat we buy in the store - its too old and tough. Instead, it often becomes dog or cat food.

Its true that sheep are more like cattle in that they prefer to eat grass over coarser native forage. This is why I support the use of fleece from goats and alpacas over wool. Goats and alpacas are browsers and are not as dependent on lush grass. Having said that, there are some old heritage breeds of sheep that are quite adept at surviving on habitat that modern breeds of sheep would find lacking. See my comment about why I have problems with organic cotton.

As for affordability... Do we think it's more important to have cable to or to wear organic clothing? Do we think it's more important to spend a weekend night at the bar or do we think its more important to eat high quality food and wear safe clothing? I could go on but I think you get my point. I've had to resort to growing much of my own food and had to cut back on all extraneous activities to be able to eat well and wear safe clothing.

#### researchace

Krofter, you've nicely summarized the screwed up values of a capitalistic society--which is why it has to go, at least in its present form. Tell you what, all you people who refuse to care about anything but yourself, and can't see beyond the next dollar bill, I have a solution. We'll BAN this toxic crap, put the executives of the chemical companies in prison for their crimes and save what's left of life on earth. Time is running out: we can't allow capitalism and money worship to destroy us. I don't think the thinking people of society will go down without a fight against the selfish, ignorant, money worshiping, corrupt, uneducated, unthinking, uncaring, moral-less capitalists destroying life for everyone because they care more about money than life itself.

In India, Coca-Cola was stealing all the water to make Coke. The people and the government said get the hell out. In India, it was recently reported that a chicken farm was too big, too noisy, too inhumane, too filthy--so the neighbors destroyed it. End of discussion. In India, Monsanto tried to take over all the crops. One man, backed by Modi's government is blocking this horrific evil from owning every bite of food in the country. If one Indian can stand up to Monsanto, millions of Americans can surely stand up to DuPont and their stretchy toxic garbage.

Posted On 03/29/2017

# jerseyjen2002

I draw the line at getting rid of my workout pants.

Posted On 03/29/2017

# love2garden

I'm so grateful for this article. I have never looked good in yoga pants and I now have a valid reason to never wear them in case a yoga instructor suggests that it would be appropriate for their teaching.

THANK YOU!!! Yes to baggy organic cotton sweat pants!

### **jennifermetz**

Seg, I followed your advice about elevating my bed head and it has made an AMAZING difference in my sleep quality!! Thank You!!!

Posted On 03/29/2017

#### seg

Jen this is the kind of "study" i like to see, the ones with real people displaying real unbiased results..The credit really goes to you and the others here like jmiller for implementing the idea and publishing the results, so others can see and hopefully benefit.. Simple, cheap and effective, my kinda features..A big THANK YOU for your testimony:)

Posted On 03/29/2017

# flyoften

So, what about everyone(all ages) I know, are wearing Lularoe leggings, instead of pants. They are made made from polyester and spandex.

Posted On 03/29/2017

#### taddie

because they are stretchy and forgiving - women always have their skinny pants and their fat pants (I am a woman) and trust me - no one wants to be uncomfortable in their clothes or God forbid have to get a bigger size - so they move to these newer versions of sweat pants....part of how sad our society has become when no one tries to look nice anymore...yes I own them too - and the first thing I do when I get home from work is put them on....but I do not go out with them on unless I am running

#### abe5680

Thanks Dr Mercola - another good reminder for us to be mindful in ALL of our consumption and habits.

Posted On 03/28/2017

#### **zZ2478**

Your skin is porous and absorbs whatever you put on it. Imagine your clothing as a giant nicotine patch that gives you a slow dose of whatever it is made of all day long. Cotton is by far the cleanest choice because once the pesticides are washed out then it is no longer poisoning you. Synthetic clothing will disrupt your hormones all day long because of the estrogen compounds in the fabric. I am a toxic expert. I run the sauna detox with niacin facebook group.

## **Randyfast**

You want to talk about TOXIC? Apparently Twinkies are back with a vengeance! The zombie apocalypse is alive and well! This just shows the STUPIDITY of the masses!

www.theprovince.com/healthy+eating+trend+twinkies+back+with+vengeance+...

The ingredients in this GARBAGE are 101% TOXIC! We're one step closer...The link did not point to this info; so, I just pasted the info. "You're looking at the 37 ingredients that make up a Twinkie, photographed by Dwight Eschliman, who grew up in a vegan home but has since loosened up a bit. Try to match the ingredient list to the individual images!

Enriched Bleached Wheat Flour [Flour, Reduced Iron, B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], Corn Syrup, Sugar, High Fructose Corn Syrup, Water, Partially Hydrogenated Vegetable and/or Animal Shortening (Soybean, Cottonseed and/or Canola Oil, Beef Fat), Whole Eggs, Dextrose. Contains 2% or Less of: Modified Corn Starch, Glucose, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Sweet Dairy Whey, Soy Protein Isolate, Calcium and Sodium Caseinate, Salt, Mono and Diglycerides, Polysorbate 60, Soy Lecithin, Soy Flour, Cornstarch, Cellulose Gum, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Sorbic Acid (to Retain Freshness), Yellow 5, Red 40." In case you still don't "get it"; the lamestream media constantly and continuously pushes and promotes FAKE FOOD!

www.vancouversun.com/life/food/fast+food+week+best+breakfast+items+ord...

Posted On 03/29/2017

# lyndaynya

Deep fried Twinkie anyone? To say they are back with a vengence is an understatement...however, here's an upside...eat these for a few months and I guarantee the yoga pants won't fit!

#### otis101

Randy, watch the above documentary titled "Minimalism". You will see your zombies in action shopping.

Posted On 03/29/2017

## **Randyfast**

Thanks, Otis; but, I just returned home from Safeway; plus, I have to walk past McBarf's on the way home...I think I've already seen too much for one day! ;)

Posted On 03/29/2017

#### Fred677174

It seems that legislation is required from the United States of America government to upgrade waste water treatment plants to capture the microfibers. After the capture of the microfibers the polyester could be broken down to the chemical elements. Any carbon dioxide produced could be converted to ethanol by a process discovered at Oak Ridge National Laboratory. The ethanol could then be burned as fuel when the sun is not shining and the wind is not blowing. Attempt to get the attention of your United States House Representative and United States Senator. Try to get the legislation completed soon. Thanks for your support of this legislative project.

Posted On 03/31/2017

# ireyeshe

I attach knee high hosiery to the drain hose as a filter. Works better than any of the commercial filters at catching lint.

Posted On 03/30/2017

#### **Galvezia**

Bamboo fabrics are no environmental bargain, either. It takes a great deal of water, energy and chemical processing to convert harsh bamboo fibers into wearable cloth.

Posted On 03/30/2017

## pikiverschueren

Can you imagine what cotton tampons do to women, month after month, year after year?

Posted On 03/30/2017

#### researchace

Boycott this junk! Boycott Walmart. Don't support the petroleum industry. Ocean is more important. Sea life, what's left of it, is more important.

Posted On 03/29/2017

## presence1st

Did a search for washing machine filter and found this unique organization: rozaliaproject.org/

#### Guillermou

Cotton earned the title of "most polluting crop" because it is grown with some of the worst pesticides developed by man. These and other toxic chemicals associated with cotton production contaminate water and harm the health of farm workers. They also contaminate the consumer products we regularly buy. GMO cotton is not only used to make clothing, bedding, towels and other textile products. The Environmental Justice Foundation (EJF) has published a summary of "Deadly Chemicals in Cotton" that is both informative and sobering. In it, they list things like: Aldicarb, which can leave residues in the fibers.

It is a dangerous insecticide and has several serious side effects including nausea, excessive sweating, vomiting, and skin rashes. Parathion is an insecticide and pesticide used in cotton production and is extremely toxic. Side effects include vomiting, depression, nausea, blurred vision, seizures, breathing problems, and skin rashes. Malathion can cause skin and scalp irritation; If it comes into contact with the eyes, it can cause conjunctivitis. Another possible side effect is chemical burns if they come into contact with the skin.

Pendimethalin can cause irritation to the eyes, throat, nose, and skin. It must be treated as a possible carcinogen and may cause vomiting, dizziness, skin allergies and headaches. Cottonseed oil and other waste products also end up in hundreds of processed foods. Consumers should be as concerned about using genetically modified cotton (or drying or sleeping on it) as they are about ingesting it. What is the best way to avoid GMO cotton textiles? Buy certified organic products.

#### **Guillermou**

Reasons to choose products made with organic cotton. 1) Protect the oceans from microfiber pollution. The International Union for Conservation of Nature and Natural Resources estimates that around 1.7 million tons of microfibers end up in seas or oceans each year, threatening marine species as well as the most sensitive ecosystems, such as coral reefs. ----- 2) Protect the livelihoods of cotton farmers. GM cotton failed in India. Farmers found that: The yield of Bt cotton decreased. Secondary pests emerged, forcing the use of pesticides to increase.

Farmers lost the option to buy non-GMO cotton seeds---- 3) Conserve global water and energy resources. Organic cotton has a much smaller environmental footprint. Organic cotton production requires 71% less water and 62% less energy than GMO cotton production.---- 4) Reduce your exposure to dangerous toxins. GMO cotton is one of the most toxic crops in the world. It is grown on only 2.5% of the world's agricultural land, yet accounts for up to 25% of global insecticide use.---- 5) Help keep the food supply free of pesticides.

Cottonseed oil is used to produce vitamin E. Cottonseed oil is the main ingredient in Crisco. Cotton flour is used to feed animals for milk and meat production. Leftover cotton cellulose fibers that are too short to be spun into textiles are used as food additives. Cellulose from cotton fibers is added to a wide range of foods to thicken and stabilize products. Some brands of pizza cheese consist of cellulose-coated cheese granules combined with silicone to help melt.----

#### Guillermou

6) Reduce your exposure to toxic products used in the cotton manufacturing process. A wide variety of toxic chemicals are used in the manufacture of conventional cotton clothing, depending on where the garments are made and what characteristics the manufacturer wants to achieve. Other chemicals used in the production of conventional cotton garments include chlorine bleaches, ammonia, heavy metals and phthalates, a known endocrine disruptor. Aniline azo dyes are also commonly used. These dyes can cause mild to severe skin irritations, especially where there is friction between the skin and the fabric.---- 7) Helps provide better working conditions for cotton farmers.

Purchasing products made from organic cotton promotes safer working conditions for cotton farmers by eliminating worker exposure to hazardous chemicals. The cotton industry is also known for its use of sweatshops, child labor, and slavery. There is a reason why cotton is considered the dirtiest crop in the world and the cotton industry one of the dirtiest industries in the world. 8) Support organic farming 9) Increase your peace of mind. By supporting the organic cotton industry, you can influence other brands and manufacturers to consider switching to a more sustainable supply chain.

```
ejfoundation.org/resources/downloads/the_deadly_chemicals_in_cotton.pd.. .----
www.theworldcounts.com/challenges/consumption/clothing/environmental-i..
www.portalfruticola.com/noticias/2018/07/27/algodon-el-cultivo-mas-con..
Other%20products%20which%C3%ADmics%20used%20in,%20azoic%20dyes%20of%20aniline. .----
www.gallantintl.com/blogs/toxic-chemicals-of-conventional-cotton .----
udhara.es/blogs/noticias/que-contamina-mas-el-algodon-organico-o-el-po.. .-----
```

Posted On 02/07/2024

### avk1974

This is totally side but I wonder how much the trends for daily years of wearing super tight leggings had affected people lymph circulation. Every time I have to wear some for a couple hours as a warmth layer, I am reminded upon removing them, wow that can't be good for you long term regular wear. The body seems desperate but you didn't exactly realize it while wearing them.

#### airsurfer

This is not meant as a hijack but a harmful kind of fashion is car fashion (being clear I refer to brainless fashion and not ecomodding). Keeping mechanical objects in good condition and using them appropriately also has a big impact on pollution. Regarding big things like cars, it is even more important to look at efficiency instead of fashion. Big diameter alloys (the total wheel diameter doesn't change as determined by car model) are an insult to efficiency and durability. A lower profile tyre used to be better on race cars because everyday tyres were flabby for circuit use (but appropriate for road use) and back then, they really had a Big lateral profile, so a little lower was beneficial to race.

Today the opposite happens, the too shallow tyre, which is the first in line to absorb any small shocks, results in higher rolling friction (the shallow tyres need reinforcement and runflats are the worst!) and damage. Mostly, big alloys (and the wheel in total as the tyres don't get lighter with shallow profile) are way heavier and the weight is further from the center of rotation. In the emissions test, the big car brands often use their smaller alloys and if they have them, the forged ones. Real forged ones (not 'rotary forging' or 'flow forged'), besides being 3x as expensive (not at the dealership as those sell everything way overprice), they are usually 30 to 50% lighter (yes, so instead of 10kg they weigh 7kg or even 5kg a piece) and stronger (yes).

I'm not going to cite brands, but know most are manufactured in japan and wear a 'forged' mark. It really makes a big difference (0,5L less per 100km or 500L in 100.000km or 60.000miles, which can be multiplied several times if maintained). And that's only the fuel consumption (the lesser unsprung weight makes other items wear less too). So a fashion choice on alloys can cost hundreds of liters of fuel.

### Valleygirl22

Cable stations HSN and QVC continually sell high fashion' and everyday clothingall made of polyester, rayon or other names they have created for these materials. Most, if not all are made in China. China, QVC and HSN are not going to stop these money makers. And China has probably bought sizable amounts of these materials. They are made with attractive colors and designs. While on the air, many sell out. These polyester products are sold as. doesn't wrinkle', washable', holds its shape', soft and comfortable' and at bargain price. But they're not the only ones, just high profile and majorly successful being brought to American TV conveniently in our homes. Greed.comfort and convenience, America's seemingly only values held today..are the only reasons they are able to continue to sell. Rarely, and I mean rarely, do they sell clothing made of 100% cotton. Sickening.

Posted On 02/07/2024

#### airsurfer

The chemical companies (owned by the same globalists anyway) are only in poorer countries, just because the regulations there allow for more abuse and pollution. At the moment the western world is lucky to not have that toxic clothing industry close to them. We already have enough other toxic industries since long time. I mean, let's not give the globalist an excuse to bring that toxic industry over here. The problem is not that it's in asia or anywhere. The problem is that it's toxic for everyone, we should really get rid off it globally.

The poor chinese (and others) really don't love their awful working conditions. The fashion industry sells because our societies don't have that much decent values, consumerism, throwing away without caring where it goes (if only we had to throw everything away in our garden or keep it inside, we would realize the burden we create), believing clothes make the man (wrinkled clothes are a small crime) etc. Ironically, some expensive natural materials like fur can be had for little money now, because of culture that doesn't make a distinction between all kinds available.

Strangely, they don't scream murderer at leather products. We live in a culture of idiots that like to scapegoat, because the govs scapegoat us all and only offer as a 'solution' to scapegoat each other and follow orders. We can try to set a good example, but still, an idiot will never truly appreciate intelligence, so to limit frustration, look for like-minded people.

### p.d7253

Toxic food. Now toxic clothes. Just shoot me now.

Posted On 02/08/2024

#### airsurfer

The microfibers shed all the time, just by natural UV deterioration, but of course you can wear them out quicker, mechanically like any fabric. So to limit their decay, avoid leaving them in sunlight, they dry in the dark too. It's written on the fabric label. The biggest washing effect happens just by the action of water. It dissolves human products like sweat, faeces etc. I first soak in water, then drain the water and then use a little bit of natural soap to finish the job if necessary. It's really mainly the water that cleans, especially on synthetic fibers who do not absorb anything easily (it's basically hydrophobic plastic).

But I might be wrong regarding absorbing/accumulating toxins as mentioned in the microplastics article stating that microplastics bond to lots of environmental toxins? It looks like the clothes would get more toxic from environmental exposure than through human contact. Fragrances, even natural, tend to be more reactive products. Anyway, regarding synthetics, if you can't avoid them (sporty activities with sweating in winter), try just rinsing them, for most synthetics it's probably completely efficient.

The warmest clothing when you are stationary (like sleeping or sitting) and thus not producing the same level like with physical activity, is down. When it's really cold, the extra layers of classic clothing are cooled by the outside, and cool you down more than down, so for passive (and quick) heat down is the way to go. Since it doesn't like getting washed you'll have to wear a thin layer under it and even above it.

Synthetics are not healthy for many reasons. When really cold I sleep with synthetic socks, but after a few hours I always take them off as they really annoy me, it feels like they are blocking my energy flow at my feet. With cotton (not 100% so it's probably not the cotton) I feel way less. Also, a thick organic cotton fabric won't smell quickly. While some synthetics had a reputation for stinking after only a few hours.

#### airsurfer

When I notice some old microfiber clothing sheds plastic dust, I vacuum the clothing. Not ideal to keep as clothing at all really, I know. Also, as I touch lots of things mechanic, vacuum cleaners are one of my pet peeves: many, many people really treat them bad! You need to buy decent quality bags (don't get me started about the nonsense of bagless vacuum cleaners who besides being expensive, vacuum themselves into oblivion fast, by being insufficiently protected from what they 'ingest' in the first place, and a name that makes people think they need less maintenance, while the opposite is true).

And install them correctly, and recheck before real use (do a check run to check everything stays in place). There is also a filter for the air that gets back out, that needs to be cleaned or changed after a while, even though, it should not get dirty in the first place (unless extremely fine dust) if the bag and aspiration/intake filter do their job well. When dust starts coming out of that exhaust filter, you know the inside is really dirty and hurting the durability and efficiency.

Unfortunately, regular vacuum cleaners are not made to have an easy disassembly of the mechanical parts. Think (or read) before use to make sure the use is appropriate. Obviously don't vacuum liquids, but also very fine particles like woodash from the fireplace as this will completely clog up the bag and filters in a matter of minutes. Yes, I like a dust free environment, especially in dryer climates as it fills the air you breathe. I'm not cruel so I don't vacuum insects unless by accident.

Posted On 02/07/2024

#### **bchristine**

In regards to dyes on bottoms, I've noticed whenever I put anything dark on i.e. jeans, leggings, etc. my legs become numb-like and tingle. I've even noticed this after several washings. I am certain it is the dyes in the clothing. I try to stick with lighter or white colors, but I like my black! After months of washing, it seems to be okay ...

## marine8

Hi Dr. MI love yoga pants a wonderful site while getting my morning exercise. Too many things that are enjoyable happen to be not good for the environment/health. I'll keep a sharp eye on the yoga pantsCheers Jeff