

Guillermou

This study aimed to evaluate the effectiveness of alternative methods for toothbrush disinfection.

Methods. Toothbrushes were divided into 7 groups and were contaminated with *S. mutans*, *S. aureus* and *E. coli*. The following disinfectants were tested: 1% sodium hypochlorite (NaOCl), 100% and 50% white vinegar, microwave oven (MW), ultraviolet (UV) disinfectant, and propolis-containing mouthwash (MCP). This study showed that 100% white vinegar was considered effective for the microorganisms tested. Similarly, 1% NaOCl is cost-effective, easily accessible, and comparatively effective for toothbrush disinfection. www.hindawi.com/.../726190 (2014).--- In a study published in Antimicrobial Resistance and Infection Control, researchers found that hydrogen peroxide was more effective at killing some forms of bacteria than quaternary ammonium compounds, which are typically found in chemical disinfectants.

Hydrogen peroxide should be stored in a dark container to keep it stable and effective as a disinfectant. aricjournal.biomedcentral.com/articles/10.1186/s13756-018-0447-5#Sec13 (2018).--- The vinegar-hydrogen peroxide mixture effectively eliminated *C. albicans* and *S. aureus* from acrylic resin. Dilutions equal or below 102 of this mixture presented strong cytotoxic effects.

www.sciencedirect.com/science/article/abs/pii/S0022391319302148 (2019) A study published in the Journal of the American Society for Microbiology found a 10% solution effective in killing bacteria that cause tuberculosis. journals.asm.org/.../mbio.00013-14 (2014).---- Vinegar can inhibit the growth and kill some foodborne pathogenic bacteria. The bactericidal activity of vinegar increased with heat and salt. "The combined use of vinegar and sodium chloride, with the use of an appropriate treatment temperature, was found to be remarkably effective for the prevention of bacterial food poisoning." pubmed.ncbi.nlm.nih.gov/9713753

Posted On 01/31/2024

juststeve

Gui, right along with our physical, mental bodies our immune system needs regular stimulation, pushed from different directions to build and maintain their best potential. Already the states was a germaphobe nation. The massive propaganda C-19 pushed this into Hyperdrive. So many chemicals to sell and so little time to sell to a declining market. Dis-ease sells, but it also reduces markets. Big Pharma - What me worry, nope, just rise prices. People convinced to chase Bug Bears. As a little fella distinctly remember the male adults in discussions about hygiene, underarm deodorants in particular and why would a man want or need to wear perfume?

We know who won that debate. Not only that, but, in so many places so many have been indoctrinated to smell stink where none even exists or should be considered normal, the use of room deodorizers can be overwhelming. The fog can be so dense as to burn the eyes and nose, affecting breathing. How can this be remotely healthy? The simple hygiene Doc offers here and in other articles about such things affords doable, inexpensive health building alternatives. Bad enough we are basically force fed multiple chemical toxins on the regular through to many sources to list yet so many are convinced to make direct deposits on their bodies.

Posted On 01/31/2024

jsmccord7

Years ago I saw a video with a retired dentist and he said the best thing you can do is to add a couple drops of iodine into the water tank of your water-pick to get rid of he bad mouth bacteria and blast it away.

Posted On 01/31/2024

Guillermou

Very true Just, Also a study, conducted by a team from the San Diego School of Medicine of the University of California, USA, suggests that triclosan, an antibacterial agent generally used in bathroom and kitchen products, promotes the growth of liver tumors in mice According to research, the agent is harmful to the liver, interfering with a protein called 'constitutive androstane receptor' (CAR), which helps detoxify the blood. To compensate for this interference, the liver overproduces cells, causing fibrosis and cancer. This is a chemical that eradicates microbes and among its harmful effects are skin irritation and its interference with the normal functioning of thyroid and reproductive hormones.

The accumulation of estrogenic compounds and other carcinogens in normal breast tissues contributes to an incidence unpredictable risk of breast cancer during adolescence and throughout life. Some breast cancer risk factors were stimulated by parabens in adjacent malignant normal breast tissues among young and middle-aged women with breast cancer. We observed a significant association for the dose-response pattern of methyl-paraben (MePB) (OR = 98.34), for ER+ and PR+ women, and MePB (OR = 164.3) for HER2+ women than for women with negative receptors.

The risk of a 95-fold increase in the dose of MePB and a 164-fold increase in the dose of PB (methyl paraben (MePB), ethyl paraben (EtPB), propyl paraben (PrPB) and butyl paraben (BuPB) , was significant for women with hereditary breast cancer in first-degree relatives.

www.sciencedirect.com/.../S0895398820300568 (2019) .----- www.pnas.org/.../pnas.1419119111

Posted On 01/31/2024

Guillermou

Yes jsmccord7, in a study of 568 patients with COVID-19, periodontitis was found to be associated with an increased risk of serious complications of SARS-CoV-2 virus infection (death, ICU admission, and need for ventilation assisted). Significant associations were found between COVID-19 and (OR, 7.01), gingivitis (OR, 17.65), and severe periodontitis (OR, 11.75). COVID-19 patients are more prone to oral dysbiosis due to altered immune response, medications, and dietary changes. Additionally, in critically ill patients due to weakness and hospitalization, oral hygiene is impaired, exacerbating dysbiosis. Several systematic reviews indicated a positive association between poor oral hygiene and oral care interventions in nursing home and hospital patients.

Brush your teeth and clean your tongue at least twice a day and rinse your mouth with antiseptic solutions (such as 0.5-1.5% hydrogen peroxide, 0.1-1.5% cetylpyridinium chloride, or 0.1-1.5% povidone-iodine). 0.23-1%, 1.5% hydrogen peroxide, mixture of cetylpyridinium chloride and povidone-iodine) effectively reduce the oral bacterial load. Studies have shown that these products effectively inactivate SARS, MERS and H1N1 within 1 minute. Oral hygiene needs to be greatly improved, especially in ICU and patients over 70 years of age, if anyone seeks to reduce the risk of aspiration pneumonia and COVID complications. www.hindawi.com/.../3918980 (2022)

Posted On 01/31/2024

Guillermou

Iodine has been postulated as an immunomodulator. It is widely accepted that iodine exerts important actions on the immune system. The thymus, as well as many immune cells, have the ability to capture and metabolize iodine. This element can act as an inhibitor or activator of the immune response depending on the cellular context. Iodine promoted the inhibition of ROS production and inhibited human complement, mast cell degranulation, and TNF- production by human macrophages. Lugol oral solution supplementation (2 mg/week) for 8 months restored the normal immune response.

Iodine acts in the following ways: 1) as an ancient antioxidant by combining or competing with free radicals for membrane lipids, proteins and DNA, increasing the expression or activity of antioxidant enzymes or inactivating proinflammatory pathways that they stabilize the cellular redox state; 2) as an inducer of antiproliferative, differentiation or apoptotic mechanisms by modulating mitochondrial potential. 3) as an immune modulator that acts directly on specific immune cells; and 3) as a constituent part of thyroid hormones. www.mdpi.com/.../htm (2021)

Posted On 01/31/2024

bpm4539

jsmccord7, I have heard Dr Thomas Levy (Dr Mercola has interviewed him too) say : dropping a few drops of H₂O₂ in the dental irrigation water is a cure for periodontitis, receding gum etc.

Posted On 01/31/2024

Ronald_H

I have zero concern regarding pathogens since my immune system functions flawlessly and with 100% effectiveness. I've even had dental implants without antibiotics. I don't get infections, so I see no need to sterilize a toothbrush. I wash my hands with low frequency and only with pure soap with no additives and never antibacterial chemicals. At work, they see me soaping up apples and jalapeno peppers and putting them down on a dirty shelf before rinsing off the soap. I'll get comments that there are germs on the dirty shelf. I say I don't care about germs as they are harmless to me and my focus is washing off insecticides.

Posted On 01/31/2024

dev5922

juststeve. Right on about the room deodorizers. I've never smelled a "summer breeze" or "mountain fresh" (what?) that smells anything like what comes out of that canister. Cleaning agents -typical household ones- caused my parent's asthmatic cat to have a reaction. My FIL ended up in the hosp when his new lady friend put plug-ins at his place (he had COPD). Not too long ago, I read an article about hygiene of the anal region. The bottom line was you should never use water to clean your anus as "water can be irritating". One should use wipes only. You've got to be kidding me. People have all been willingly sold and they're a bunch of lemmings running gleefully off the cliff.

Posted On 02/01/2024

jsmccord7

Yesterday I drove a friend to the hospital for a procedure and every door to every room had a hand sanitizer on the outside and inside of the room. I wonder how many gallons of that was just on that lower level floor...! Did you know when this corona scare started in March 2020 many people were poisoned from the sanitizers.....some were just about bathing in the stuff. I never used the stuff and did not wear a mask.....I myself know about half a dozen people that wore masks and got the shots and are dead now....!!!! Many people have died from this phony plandemic....the real bio-weapon was in some of the shots.My buddy in Wyoming has a cleaning business and he cleans the funeral homes.....after the shots were given.....the bodies started stacking up like cord wood.....the owners of the funeral parlor never saw such an increase. I also know a friend in Naperville Illinois that said the one funeral home had 4 times above the average amount of bodies that they usually receive.

Posted On 01/31/2024

ssh18810

I remember reading an article in the Awake magazine in 2001, bringing out this very same information about the harm in using antibacterial soaps. The magazine referenced a quote from an article in the newspaper USA Today. After reading it I stopped using any antibacterial soap or hand sanitizer. This article confirms my decision was the correct one. I will definitely try the recipes provided in this article. Here is the information from the Awake magazine in 2001: "American consumers are waging a misguided war on microbes in the home," reports USA Today. According to the paper, Tufts University physician and microbiologist Stuart Levy says that "the proliferation of antibacterial products threatens to foster the emergence of bacteria that are resistant not only to the antibacterial soaps, but also to antibiotics." Using antibacterial products to sterilize the home environment is like taking "a mallet to a fly," says Levy.

On the other hand, household cleaners such as bleach, hydrogen peroxide, and hot water and soap remove dirt but don't induce bacteria to mutate into other forms that resist the products. "Bacteria are our allies," says Levy. "We need to make peace." This information proved to be ahead of its time and so beneficial.

Posted On 01/31/2024

Stephanie360

I love Awake! magazine. I remember one of November 1990 that was on our amazing immune system. When the COVID scare came I got online and read it again! Really helped me have a balanced view and not panic, increasing my appreciation of the wonderful way we are made to begin with.

Posted On 01/31/2024

ter94711

I wouldn't quote from a magazine that is published by real estate company that disguises itself as a religion, but is really a Cult.

Posted On 01/31/2024

52oldtired

They must have changed their stance because before COVID I tried to talk to them about this. They had hand sanitizer on the back counters and in the bathrooms. Within reach of children.

Posted On 01/31/2024

dev5922

I love the quote by Levi. Exactly. At work once I noticed something funky about the antibacterial soap in the dispenser. I looked at it under the microscope and could have not been more mortified when I saw an uncountable amount of bacteria gleefully running amuck in it. I rarely use soap when I shower- we need the protective oils on our skin- and only use shampoo a few times a month. (I use African black soap liquified) I often wonder about the shampoo/soap makers and the ungodly ingredients in their products. Who was the genius who thought, hmmm what else would make out product better? How about some tetra sodium hydroxide? Maybe some hexane? How about some guar hydroxypropyltrimonium?

And of course water (aqua). It's WATER. And fragrance (parfum) . Why these translations? The rest of the ingredients aren't written in Spanish or French. The industry treats us like the gullible fools we have so dutifully presented ourselves to be. How about the new(ish) "plant based" trend? It never ceases to amaze me the new bait the industry throws out there for us to willingly glom onto. Just saw a new cereal brand at the grocery store in a place of high traffic. It's tag line is "its plant based" cereal. I have a bunch of trees in my yard. They're all plant based! Who knew I was such a trend setter! We are doomed.

Posted On 02/01/2024

Segstar

Even though Oregano Oil is very effective , it is also VERY costly to be used as a cleaner..For me a simpler, healthier and more cost effective way to clean your home is to use Vinegar, baking soda, Hydrogen Peroxide and of course Ozone if you have access to it...These simple products do not create those pesky Antibiotic resistant bugs... And of course are also good for the environment..In terms of doing dishes i have been using plain old hot water from the tap for many, many years now with NO downsides or concerns..The exception would be dishes that are very "oily" i would use just a wee bit of a Natural product to get rid of the heavy oil ..And for those pesky caked on grimy dishes i soak em overnight and just use steel wool to do the rest .. Way back we used to have a plaque in the kitchen that says " thank God for dirty dishes, they have a tale to tell..While others may go hungry we're eating very well." Oh how time flies when you're having fun :)

Posted On 01/31/2024

Guillermou

Good cleansing and humor ingredients for a healthy and happy mind. It will be more difficult for those who eat synthetic meat and insects. Then we can clean the stainless steel sink with white vinegar diluted in water to clean the stainless steel quickly. Mix one part vinegar to three parts water and then dry the entire surface well with a cloth. This combination is very effective, especially for removing limescale, water stains, and finger and hand marks on refrigerators, extractor hoods, taps, or countertops. White cleaning vinegar is not the same as white wine vinegar. They should not be confused. The first is made with acetic acid, derived from grain or cereal alcohol.

The second is made from the fermentation of Italian white wine. White vinegar is a powerful natural disinfectant. You can use it on any surface in your house: floors, tiles, glass,..., and even to remove pesticides from fruits and vegetables. White vinegar is capable of eliminating bacteria, fungi, mold and other types of organisms that can cause dirt and bad odors. For example, it is very useful for disinfecting and cleaning food cutting boards, especially if they are made of wood. The one that is used to clean is white vinegar (alcohol). In supermarkets it is called "cleaning vinegar." The perfect combination to unclog pipes (if they are in good condition) in an ecological and economical way is the following: white vinegar, baking soda and boiling tap water to increase the unclogging power of the product generated by the mixture.

Do not mix the components, since the aim is to generate the gas reaction in the pipe itself. The steps you have to take to unclog a pipe with vinegar as effectively as possible. 1) Fill half a cup of coffee with baking soda and pour it directly into the drain. 2) Put the vinegar in a coffee cup, filling it halfway. Pour the content directly into the pipe to start the reaction, which is not immediate. 3) Wait about 20 minutes to pour the hot water slowly.

Posted On 01/31/2024

Segstar

Gui yes i do use the ingredients as you suggest , one a time because vinegar will neutralize the baking soda...SO far these are very cheap and effective..And oh those folks eating the synthetic meats and bugs well they need to stay very far away from us lol..

Posted On 01/31/2024

dev5922

That plaque is awesome!!! If I eat a sandwich or eat a bowl of cereal, I don't typically scrub and degermify it, I just clean it with water. For goodness sake, I didn't take a poop in it! I just don't think my bread or my broccoli, sitting on a plate qualifies that plate as contaminated and needing to be scrubbed with antibacterial blahblah or the need for the scrub with "powerful cleaning agents" of a product and high heat sterilization in the dishwasher. I prefer that in a restaurant setting but my house is just 2 people and 4 cats. It's all good.

Posted On 02/01/2024

Segstar

Dev yes I use the same plate and other dishes all day..The next day I rinse them out and place to dry and the cycle continues...All dishes are washed by hand, no exceptions...

Posted On 02/01/2024

grulla

I'd like to hear comments on dish detergent. For over 15 years now, I've been using a half pea sized drop of Dawn dish detergent to wash ONLY my hands, some of the least porous skin on one's body. Why? Because I avoid those crappy and feeble commercial bars of adulterated (toxic) soaps, and simply and efficiently dispense the 1/2 pea sized drop of detergent frugally from a pump bottle, and also because it's very thorough, especially on cooking fats. Unless I have an exceptional amount of automotive grease on my hands, I limit that detergent to that 1/2 pea sized drop, and am usually able to wash and rinse my hands thoroughly within 10 seconds. In this unique example, time exposure, as well as the substance itself, could be adverse if over used/exposed. The adage, "The poison is in the dose" could apply here. Approach with caution.

Posted On 01/31/2024

Guillermou

Very necessary GRULLA. HARMFUL DISHWASHING LIQUIDS When have you looked at the label of your dishwashing liquid? Read anything you understand? Complicated sounding chemical names, chances are you can't even pronounce half of them. Worse still, many dishwashing liquids do not even mention all their ingredients. We have seen all those advertisements that promise the cleaning power of 100 lemons, fragrances, and grease-fighting power - but none of them talk about the toxic ingredients. 6 chemicals you must watch out for koparoclean.com/blogs/koparoclean-blog/is-your-dishwashing-liquid-toxi..

Posted On 01/31/2024

Guillermou

Washing the dishes. It's something you probably haven't spent much time thinking about, but it's a chore performed daily in almost every home. It starts with a squeeze of dish soap, a few swishes of the sponge, followed by a water rinse. But that conventional dish soap you've been using? It doesn't all wash off. In fact, it leaves toxic chemical residues behind on your dishes and glasses that pose significant health hazards over the long-term. Failing Grades for Conventional Dish Soaps The Environmental Working Group (EWG) evaluated 326 dish soaps and assigned each one a hazard rating ranging from A to F, A being the safest, F being the most toxic. About 65% got a D or an F, including many of the big conventional dish soap brands you might be familiar with.

Unfortunately, there are no national requirements to list ingredients on cleaning product labels. Cleaning product manufacturers can use almost any ingredient they want in their formulations, including those that are known to cause harm. If ingredients ARE listed, they can often be vague and misleading. So, how do you identify harmful, toxic chemicals if you don't have a team of staff scientists to help? Read on for a primer. Know Your Clean Smarter dishwashing starts with recognizing the harmful toxic ingredients that can be left behind on your dishes and/or ingested or absorbed by your skin. Here's what to avoid: in the link www.ecos.com/live-cleaner/detox-your-home-5-common-toxins-found-in-dis..

Posted On 01/31/2024

52oldtired

We have started using DR Bonners for everything. Makes life a lot simpler.

Posted On 01/31/2024

Maritt

Soapnut soap for hands, face, body and also laundry www.soapnuts.co.uk/collections/soapnut-soap-and-shampoo/products/fragr.. - www.soapnuts.co.uk/collections/soapnut-soap-and-shampoo/products/soapn..

Posted On 01/31/2024

Stephjask

Is there no end to the poisons that they assault us with? A rhetorical question, of course.

Posted On 01/31/2024

juststeve

You got that right. If they can't get you coming, they will get you going.

Posted On 01/31/2024

epi-cure

Re, coming and going, disrupt those disruptors with some laughter. Punchline @ 1:50
www.youtube.com/watch

Posted On 01/31/2024

brianallen1

No. There is no end to it. Now go take a walk in the great outdoors and breathe in the toxic odor from all those clothes dryer softener sheets!

Posted On 01/31/2024

Guillermou

The facts about air pollution are flabbergasting. It's linked to lung cancer, heart disease, asthma and diabetes. Read on for more facts that could well surprise you. 1. Air pollution is one of the UK's (and the world's) biggest killers 2. Children are most vulnerable to air pollution but we're all affected 3. A child born today might not breathe clean air until they're 8 4. Air pollution causes up to 36,000 early deaths a year in the UK 5. Air pollution was bad then 6. And air quality is still bad now Invisible pollution claims more than 9,000 early deaths each year in London.

London's air is some of the dirtiest in Europe. In 2016 the government was ordered by the High Court to come up with a plan to clean up air across the UK in the shortest possible time. 7. Five days into 2017 annual air pollution limits in London were breached 8. Sitting inside a car can be more dangerous for your health 9. Two thirds of all UK car journeys are under 5 miles 10. About 11 million cars were designed to cheat air pollution tests 11. There's been a 22-fold increase in electric cars in the UK in the past 7 years 12.

There are around 11.5 million diesel cars on UK roads 13. Air pollution costs the UK 20 billion a year 14. The global cost of air pollution is staggering 15. Air pollution makes climate change worse 16. The smallest particles are the most dangerous 17. That orange haze is nitrogen dioxide and it's toxic 18. Diesel exhaust causes cancer 19. Time of day matte 20. Plants can filter pollution

friendsoftheearth.uk/climate/20-shocking-facts-about-air-pollution

Posted On 01/31/2024

Segstar

End lol, no, these swines are just getting warmed up.. Soon everything will be tainted beyond belief, so eat up drink up while we still can folks.. youtu.be/zFFtyczUWIE youtu.be/xltk859iHcE

Posted On 01/31/2024

epi-cure

The following is a verbatim from the CHD website responding to Doc's essay, submitted by someone as follows: Britt Lind; 2 hours agoI remember as a kid in a small town in Norway making mudpies in the back yard, wandering through my father's garden and breaking off stalks of rhubarb with our dirty hands and eating that fruit (veggie?) - so tart and so good! We climbed the hills and ate berries that weren't washed. We took baths once a week whether we needed them or not. We never worried about germs or dirt or anything else. We lived as a part of nature and jumped into a mountain lake to clean off sweat. And we were so healthy and strong! Toxic disinfectants were many years and thousands of miles away. The petrochemical/pharmaceutical industry that is killing us was not on our radar back then. Now it is. Fearmongering works and they are really good at it.

Posted On 01/31/2024

GoldCoaster

I don't bother with mixing up or using sprays of any kind. Sometimes I use vinegar. Microfibre lifts dirt, grease and bacteria from surfaces as stated by textile scientists. Just put them in the washing machine where the detergent will break up any viruses and bacteria. Also rinse in water as you go along and you'll see lots of collected dirt coming out and going down the drain. I do the same for toilet seats. We get sick maybe once every two years, so what I'm doing is obviously fine. I clean houses as a job, and my customers don't get sick. I pour bleach in their toilets so they have the feeling I've done an antibacterial clean. I don't do it in my home as there's no point, it just gets flushed away.

Posted On 01/31/2024

sunflowerjanis

Just checked the ingredient list for the Lysol laundry sanitizer that i use on certain of my loads. Lo and behold, the last ingredient listed reads 97.6% of other ingredients. i can just about bet that these toxic chemicals are some of these, and the company is hiding them! So, here we are thinking that we are doing something good for our environment when in fact i've been contributing to the toxic over-load. i'm good otherwise with just using regular soap and water; white vinegar and hydrogen peroxide, free and clear laundry detergent in my household. Looks like my and Lysol are going to have to part ways.

Posted On 01/31/2024

Den6328

the 97.6 other ingredients is always water. You can make your own products, understanding this and what you are paying for.

Posted On 01/31/2024

Ronald_H

My concern is skin absorption of laundry detergent chemicals, so I want an alternative and tried ammonia soaks and got a stinky microbial growth. My thinking is pure ammonia evaporates without a trace. I dried out that batch which is clean yet still stinks which is of particular importance because it's high priced hunting clothing. I've been thinking of trying enzymes from Amazon, but don't know about it. Ideas?

Posted On 02/01/2024

nothingsound

In 9th grade biology class, we learned using anything that strips away the good bacteria on our hands and bodies was not good thing. Granted I never knew how bad it was for you until all this anti-bacteria stuff came on the market. What I learned in 9th grade stuck with me I hardly used it. During the whole crazy covid lies, I travel with my own hand spray made with essential oils. Then when one thinks on the stuff we use on our faces, I also shudder because of the microbes that live around our eyes. They clean and take care of things for us but we in our better thinking, just destroy all that God has placed to keep us healthy.

What is ongoing in China is a result of China's jail policy for most of the country during covid. Now they are paying a price for poor immunity systems. If you have kids, my best advice is to get a dog, and let that dog romp, play with your kids. Children raised with dog(s) will less likely develop allergies and will be healthier. Oh, well, we never seem to learn that the experts are not experts on anything but selling snake oil (for the most part).

Posted On 01/31/2024

dev5922

I remember a quote that really stuck with me from a very long time ago. The interviewer was talking to a telephone linesman about the lack of prevalence of skin cancer in them. The linesman said, we don't use soap as that washes away the protective oils on our skin.

Posted On 02/01/2024

Truther4trump

Walking through the grocery store or drugstore feels like walking through a mine field.

Posted On 01/31/2024

bchristine

To "freshen" up linens between washings, I use vodka mixed with lavender essential oil. It dries quickly. I use white vinegar for mirrors and glass, and use isopropyl alcohol diluted with some distilled water for cleaning other surfaces. I also use a homemade spray with distilled water, lemon-orange essential oil, along with Oil of oregano and Dr. Bronner's castile soap.

Posted On 01/31/2024

Stephanie360

Recently my workplace has become toxic, my workmates (2 of them) like to spray the air, tables, work surface's and fabric of the chairs with these products. One in particular I am highly allergic to, Lysol brand products, and will react immediately, to the point of having to leave. I convinced my supervisor to buy a product that did not give me that reaction, however the workmate continues to spray it in my area! The product that has replaced it makes the surfaces "soapy". It suds up when I try to wipe it off with water and paper towels, and I wash my hands after or it will interfere with my ability to taste. Sigh! She asked defiantly "how else can you clean the air?" My answer, "same way the Creator makes fresh air, spray water into the air."

Posted On 01/31/2024

bchristine

I feel for you Stephanie. The majority of people just don't realize how toxic and unbearable these products can be. Yes, Lysol is very toxic. I had a plumber install a faucet for me a few weeks ago ... I had put a large sheet down in front of the sink in the work area. I noticed the second he came into my house that he was either wearing cologne and/or remnant odors from laundry products. I tolerated it as best as I could ... but even after he left, the odor lingered for the next 12+ hours. AND I washed the sheet twice and could still smell whatever it was he was wearing on that sheet! I ended up throwing it away (it was an older sheet anyway). I notice more and more how contractors wear cologne WHY?? SUCH A TURN-OFF.

Posted On 01/31/2024

GoldCoaster

Open windows clean the air. You can't open them? I couldn't stand working with those people spraying chemicals on everything! They have no clue that what they are doing is causing more harm than good to their health. I'd have to leave.

Posted On 01/31/2024

pjucla

Clean your devices , like your cell phone too and key boards .

Posted On 01/31/2024

Ronald_H

Foodborne pathogens in water, juices, fruit and other that doesn't need stomach acidity for digestion can bypass the acidity that would have otherwise killed them had they been taken with a meal that has meat. But, those items are best taken with an empty stomach since they don't need the stomach acidity and digest quickly. On rare occasions, I might suspect pathogens after I swallow, so I might take a supplemental dose of betaine hydrochloride to add stomach acidity to kill pathogens.

Posted On 02/01/2024

mlynwoody

need info on tetanus booster after a dog bite.

Posted On 01/31/2024

brianallen1

Let's see. Here's what authorities insisted: poison yourself with toxic sanitizer, restrict your oxygen with material containing graphene oxide, stand 6 feet apart as in pagan, satanic rituals.

Posted On 01/31/2024

brodiebrock12

Oh and don't forget to take 15 days as a good citizen to flatten the curve Bri!

Posted On 01/31/2024
