

# Known Toxin In Your Hand Sanitizer

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Health Canada has been promoting the over use of a known toxin.

Hand sanitizers are everywhere and used more often now than ever. Wherever you go, at the entrance of a shop, restaurant, medical office, etc. it's subtly suggested you pump hand sanitizer onto your hands and rub together to let it kill any bacteria or virus that may be on your hands. Seems harmless enough. After all, our government agencies are looking out for our welfare.

This ends up being absorbed by your skin and enters your bloodstream to travel throughout your body.

What they don't tell you is that there's an ingredient that's dangerous to your health in those hand sanitizers.

Triclosan has been found to cause:

- Fertility problems
- Child IQ problems
- Enhancement in the development of cancer
- Endocrine disruption
- Reproductive hormone issues
- Thyroid health problems
- Poor function of your immune system
- Negative impact on muscle health
- Antimicrobial resistance

According to Julie Gosse, a biomedical scientist at the University of Maine, says, "We found that triclosan inhibits mast cell function quite acutely and quite strongly at concentrations that are completely relevant to what people would be exposed to when they're washing their hands with this stuff or using the toothpaste."

Joseph Braun, an environmental epidemiologist at Brown University in Providence, Rhode Island, says, "We have ... found at certain times during pregnancy, particularly around delivery, triclosan exposures are associated with decreases in IQ, in one of our studies,"

He adds, "And then we've also found that triclosan exposures across pregnancy are associated with behavioural disorders in children, particularly ADHD-related behaviours, and those associations may be stronger in boys."

In the 1970s, triclosan was a specialized compound mainly just used in hospital surgical wards. Yet, by the end of the '90s, without many actual toxicology studies done on it, household "antibacterial" soaps and cleansers with triclosan were everywhere.

Health Canada has allowed over 64 marketed drug products with triclosan, while other countries have banned its use.

They tell us:

- triclosan is not a health risk at current levels of exposure
- there's no evidence that products with triclosan cause antimicrobial resistance
- triclosan poses a risk to the environment

While at the same time saying, "Triclosan is found in the environment when products like toothpaste and soap are washed down the drain. The amount of triclosan that's released can pose a risk to living things in the water like plants and fish."

Health Canada also recommends:

"You can take action to minimize your exposure and protect the environment by:

- reading and following the product instructions.
- Follow any safety warnings and directions on product labels and dispose of products responsibly.
- **practicing correct hand washing techniques using regular soap and water.**
- **In most cases, antibacterial or antimicrobial soap *is not necessary* for safe, effective hand hygiene.**
- **reading labels to *avoid buying products with triclosan.***"

"The evidence has increased that triclosan is potentially harmful," said Braun.

While the Government deems triclosan safe for humans, its environmental concerns seem undisturbed by the amount of triclosan that's ending up in the waters and soils around the world. This dangerous chemical then makes its way into our food chain.

As a result of countries like Canada allowing and promoting toxic chemical use in the general public, triclosan permeates the environment and is a source of toxic and carcinogenic compounds including dioxins, chloroform, and chlorinated anilines.

Triclosan, triclocarban, and their transformation products and byproducts bioaccumulate in aquatic plants and animals, and triclosan even partitions into human blood and breast milk.

Humans are exposed through direct contact with personal care products and from other sources including food, drinking water, and dust. Triclosan has been detected in the urine of a majority of humans tested.

The studies are clear that Triclosan is a toxic substance that Health Canada has been approving for its people to use in Canada. It's time for Canadians to be more discerning about what their government recommends.

Being a leader in the participation of your own wellbeing and that of the planet is crucial as you are the main stakeholder.

<https://canadahealthalliance.org/what-happened-to-triclosan-a-lingering-legacy-of-the-hyper-hygiene-era/>

<https://canadahealthalliance.org/hand-sanitizer-triclosan-and-thyroid-health/>

<https://canadahealthalliance.org/the-florence-statement-on-triclosan-and-triclocarban/>

<https://canadahealthalliance.org/triclosan-and-female-reproductive-health-a-preconceptional-cohort-study/>

<https://canadahealthalliance.org/environmental-levels-of-triclosan-and-male-fertility/>

<https://www.canada.ca/en/health-canada/services/chemicals-product-safety/triclosan.html>

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html#tbl1>

About the author:

Lucy Crisetig is a writer, artist and certified Creative Mindfulness Coach who guides women, who've been busy doing for others while forgetting themselves, to creatively pause to look within and remember what makes them light up with purpose and fulfillment for their personal and business lives to flourish.