

The Facts about Chlorine

DID YOU KNOW you absorb as much chlorine through your shower water as your drinking water? Every time you step into a shower, your skin and lungs soak up chlorine like a sponge. Chlorine is a poison that attacks your hair, skin, eyes, nose, mouth and lungs, oxidizing the outer layers. This causes dry brittle hair, dandruff, itchy dry skin, and red eyes. Chlorine is especially harsh on children's sensitive skin and hair. In addition, scientific studies link chlorine to cancer and birth defects.

What Experts Say About Showering with Chlorinated Water

"Taking showers is a health risk, according to research presented last week in a meeting of the American Chemical Society. Showers - and to a lesser extent baths - lead to a greater exposure to toxic chemicals contained in water supplies than does drinking water. The chemicals evaporate out of the water and are inhaled. They can also spread through the house and be inhaled by others." - New Scientist -18 September 1986, Ian Anderson

"The cause of atherosclerosis and resulting heart attacks and strokes is none other than the ubiquitous chlorine in our drinking water." - Coronaries/Cholesterol/Chlorine - Dr. J. M. Price, M. D.

"Skin absorption of contaminant has been underestimated and ingestion may not constitute the sole or even primary route of exposure." - American Journal of Public Health - Dr. Halina Brown

"Showering is suspected as the primary cause of elevated levels of chloroform in nearly every home because of the chlorine in the water." - Environmental Protection Agency - Dr. Lance Wallace

"A Professor of Water Chemistry at the University of Pittsburgh claims that exposure to vaporized chemicals in the water supplied through showering, bathing, and inhalation is 100 greater than through drinking the water." - The Nader Report, Troubled Waters on Tap - Center for Study of Responsive Law

"The National Academy of Sciences estimate that 200 to 1000 people die in the United States each year from cancers caused by ingesting the contaminants in water. The major health threat posed by these pollutants is far more likely to be from their inhalation as air pollutants. The reason that emissions are high is because water droplets dispersed by the shower head have a larger surface-to-volume ratio than water streaming into the bath." - Science News-Vol. 130, Janet Raloff

"People who shower frequently could be exposed through ingestion, inhalation and/or dermal absorption. Volatile organics can evaporate from water in a shower or bath. Conservative calculations indicate that the inhalation exposures can be as significant as exposure from drinking; that is, one can be exposed to just as much by inhalation during a shower as by drinking 2 liters of water a day." - Is your Water Safe to Drink? - Consumer Reports Books

"A long, hot shower can be dangerous. The toxic chemicals are inhaled in high concentrations." - Bottom Line - August 1987, Dr. John Andelman, Ph. D.

"Ironically, even the Chlorine widely used to disinfect water produces Carcinogenic traces. Studies indicate the suspect chemicals can also be inhaled and absorbed through the skin during showering and bathing." - U. S. News & World Report - 29 July 1991, Is your Water Safe - The Dangerous State of Your Water