



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Forever Ban Formaldehyde

Most people would not knowingly bring formaldehyde into their home but do so inadvertently. Formaldehyde may leach into your indoor air from Formica®, particle board, processed wood, furniture glue, mattresses, bed linens, clothing, curtains, shower curtains, and many plastic items. Some types of insulation (prior to 1982) were laden with formaldehyde.

If your shampoo contains quaternium-15, you are massaging formaldehyde into your scalp and tresses regularly. This may explain headaches for some people. Avoiding formaldehyde in its many forms and combinations is essential to detoxification and health improvement. Opening and airing out your home daily, or at least every few days, will help eliminate persistent formaldehyde buildup.

Strategically placing formaldehyde-filtering plants in your home, especially in your bedroom, is a pleasant and effective way to improve air quality in your home, and will help you in your quest for detoxification and cleaner living. For the cleansing of formaldehyde residue in room air, easily available plants such as: bamboo palm, Janet Craig, mother-in-law's tongue, and marginata are the best choices. These and other plants can remove chemicals such as benzene and trichloroethylene (TCE) from your air as well.

*Taken from Pages 110-111 of **Your AGING Body Can Talk**.*