



The Boise Natural Health Fragrance Free Policy

What is the policy?

To protect the health of our chemically sensitive patients and staff, we ask that while visiting Boise Natural Health you do not wear any fragrance that is perceptible to others.

What is fragrance?

The terms fragrance, scent, and perfume are synonymous; they are chemical compounds which have odor. Unfortunately, when you read the term “fragrance” on labels, there is no clear labeling of what chemicals are actually in the product. Thousands of chemicals can be included in a fragrance, but are not required to be listed on the label.

Why do we have the policy?

As a health care facility, we care about our patients and want to provide a safe environment for everyone to enjoy. Approximately 15-30% of the general population is sensitive to some chemicals and 12% is sensitive to multiple chemicals¹. This percentage may be higher for the people who come into our clinic. By not wearing fragranced products into our clinic, you may help promote the health of the person sitting next to you in the waiting room, or the person who visits our treatment room after you leave.

Fragrance can be found in:

Lotions
Perfume
Soap
Shampoos
Deodorants
Laundry detergent
Hair products
Cologne
Cleaning products
Candles
Some food
Deodorizers
Aftershave

Some symptoms of fragrance exposure:

Skin rashes
Shortness of breath
Asthma attack
Nausea
Dizziness
Brain fog
Confusion
Headache
Itchy eyes/nose
Runny nose
Wheezing
Coughing
Eczema & dermatitis
Sore throat
Fainting
Blood pressure changes
Immune system damage

Even if fragrances don't seem to bother you, you may want to be concerned for yourself and your family.

If you are a fragrance wearer, you might want to consider that you are not a good judge of being able to detect fragrance; the longer you smell any one odor, the less your nose can detect it. Unfortunately, what is nice smelling to some people is toxic to others. Many fragrances are potential allergens. In fact, the American Contact Dermatitis Society voted fragrance the *Allergen of the Year* in 2007. Some fragrant compounds are carcinogenic at high doses and some are listed as hazardous waste by the EPA. Some perfume ingredients, such as phthalates which are used in a wide variety of synthetic personal care products and plastics, are highly suspected of causing reduced genital development in new born boys².

Alternatives to fragrance for you and your home:

- Look up your personal care products at www.cosmeticsdatabase.com to see what science is behind the different ingredients.
- Many stores in the Treasure Valley carry fragrance free detergents, soaps, and personal care products. Be sure to read ingredient labels carefully for hidden fragrance and perfumes (even if it states “fragrance free” or “scent free”).
- Natural perfumes made from essential oils. We don't promote these to be worn while at Boise Natural Health, but they are a great alternative to synthetic perfume.

**We thank all our patients for their help in supporting our fragrance free policy.
We love to see you, just not smell you!**

¹ Caress, S. and A. Steinemann A Review of a Two-Phase Population Study of Multiple Chemical Sensitivities *Environmental Health Perspectives* 111(12), September 2003.

² Boy Genital Development *Environmental Health Perspectives* Volume 113, (8) pp1056-1061. August 2005.