



## 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 chemicals<sup>1</sup>. 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 boys<sup>2</sup>.

### **Alternatives to fragrance for you and your home:**

- Look up your personal care products at [www.cosmeticsdatabase.com](http://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!**

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

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