

No Scented Products Policy

Scented products contain VOCs (Volatile Organic Compounds) which are documented to cause health problems such as headaches, breathing problems or nausea. Many of our patients and employees are highly sensitive to fragrances. We ask that you **DO NOT WEAR SCENTED PRODUCTS TO OUR OFFICE**. To clarify, we provide the following details, so there will be no misunderstanding.

Scented products include: hand soap, lotions, body washes, hairspray, deodorants, perfumes, colognes and aftershave lotions. This also includes: scented laundry products. The worst offenders are: Tide, Gain, but any laundry brand or fabric softener or fabric toss is offensive.

The scents in these products are actually chemicals, most of which are very toxic. If you wash your clothes in a scented product, you are walking around in a toxic cloud. If you use any type of fabric softeners or dryer sheet, we ask that you rinse the clothes that you plan to wear to the office in clear water with ¼ cup of vinegar added three times. Air dry, so that any scent in your dryer from fabric tosses or softeners will not get on the clothes.

YOU WILL BE ASKED TO RESCHEDULE YOUR APPOINTMENT if we detect a scent that may bother the doctor or any of our patients or staff.

Thank you for understanding the importance of avoiding wearing scented products and complying with our request.

To learn more about how damaging scented products are to everyone's health, please click on the links below:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018511/>

<http://www.thedowningclinic.com/wp-content/uploads/sites/681/2018/04/No-Scented-Products-Policy-4-9-18.pdf>