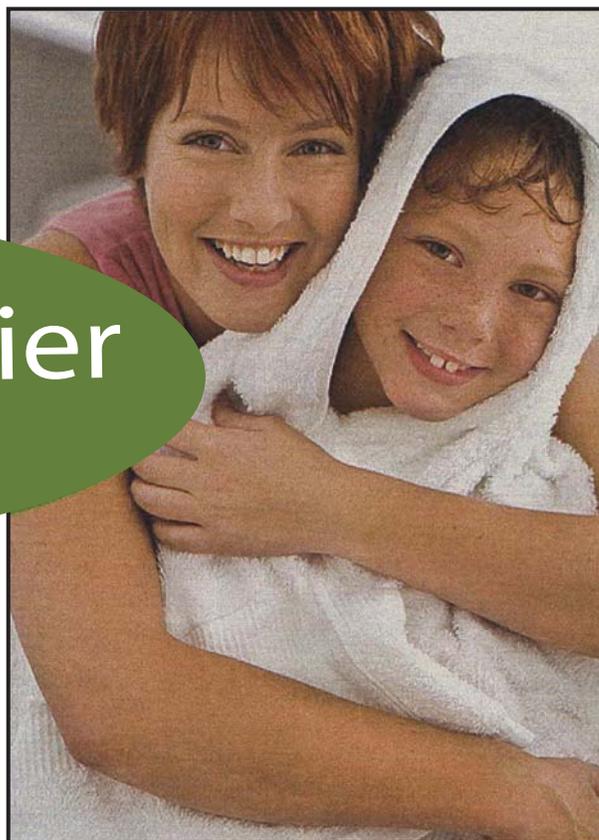


FOUND!

A healthier CLEAN



All-natural ways to keep them from getting grimy this summer

The average child is exposed to 27 potentially hazardous chemicals every day, many in bath products.

But not to worry: "Once children's exposure is minimized, their DNA can repair itself eliminating the risk of long-term damage," explains Devra Lee Davis Ph.D., director of the Center for Environmental Oncology at the University of Pittsburgh Cancer Institute. Here the top three offenders, plus cleansers that work *without* chemicals.

Toxin 1,4-dioxane in BUBBLE BATH

This chemical by-product found in liquid soaps is a known eye and lung irritant. Testing shows that many kids' soaps contain twice the levels of 1,4 dioxane deemed safe by the FDA.

Simple save: Since 1,4-dioxane is not listed on labels, consider switching to liquid castile soap, a plant-based chemical-free cleanser. One to try: Vermont Soap Organics Castile Bath & Shower Gel (\$9 for 8 oz., at VermontSoap.com), which comes in fun scents.

Toxin Triclosan in TOOTHPASTE

Triclosan, a toothpaste preservative, may do more than extend shelf life. "Studies have linked triclosan to thyroid and fertility problems," reports Christopher Gavigan, author of *Healthy Child Healthy World* (Dutton Adult, 2008).

Simple save: Triclosan is on labels, so it's easy to choose a toothpaste that doesn't contain it (like Tom's of Maine, \$4 and up, at drugstores). Or make your own: "A baking-soda solution effectively cleans children's teeth," notes **Elisa Mello, D.D.S.**, a dentist in New York City. Combine 4 tsp. of baking soda, 1 tsp. of water and three drops of peppermint oil. Note: Since the mixture lacks fluoride, have kids drink tap water or a fluoridated bottled brand like Dannon Spring! (79 cents per liter, at grocery stores).

Toxin Propylene glycol in DEODORANT

Many deodorants contain high levels of propylene glycol, which keeps the products moist. But research suggests that even traces of this compound can irritate skin and compromise immunity. **Simple save:** Offer your teen a deodorant made from natural ingredients, which are unlikely to irritate and won't cause long-term harm, advises Kris G. McGrath, M.D., a clinical associate professor of allergy-immunology at Northwest University in Chicago. One to try: Nature's Gate Organics Lemongrass & Clary Sage Deodorant stick (\$6 for 1.7 oz., at health-food stores), a unisex product that's free of propylene glycol.

For more information visit www.nycsmiledesign.com

Surprise! Lullabies aren't just for bedtime

That's the conclusion of Raymond W. Liu, M.D. His study revealed that instrumental lullabies (soft background melodies) can eliminate daytime anxiety in as little as two minutes. The reason: Gentle music has a calming effect on a child's central nervous system, easing stress responses like a racing heart and elevated blood pressure perfect for relieving jitters on the first day of camp.

SOURCE: Raymond W Liu, M.D., orthopedist, Rainbow Babies & Children's Hospital, Cleveland

Smile File

"It is amazing how quickly the kids learn to drive a car yet are unable to understand the lawn mower"

-Ben Berger

New hope for kids with allergies

Italian researchers found that when children with severe allergies to milk or eggs were administered increasingly larger doses of the problem fare, 36 percent saw their food allergies disappear. While the findings are considered preliminary, the scientists say this approach, called desensitization, shows promise as a treatment for food allergies.

SOURCE: Burlo Garofolo Pediatric Institute, Italy .4416,

