



## Perfumes

Fragrances are something we use on a daily basis but did you know that there are health risks for using them? 95% of the chemicals used in perfumes come from petroleum, which is capable of causing cancer, birth defects and nervous system disorders.

Fragrances can also cause asthma, skin reactions or nausea. Another issue people seem to have is a deadened sense of smell. Sense of smell gives you feedback about possibly dangerous chemicals or conditions. Have you ever been around someone who smelled strongly of perfume?

People enjoy being around others who don't smell strongly of perfume. If you prefer to have fragrance on, try a natural oil such as rose hip oil or coconut oil as they have many benefits.

Yours for health naturally,

**Dr B**

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