



MOTHERS & OTHERS FOR CLEAN AIR

**HEALTHY
INDOORBREATHING
TOOLKIT**

CANDLES



For more information about this research, visit
WWW.MOTHERSANDOTHERSFORCLEANAIR.ORG

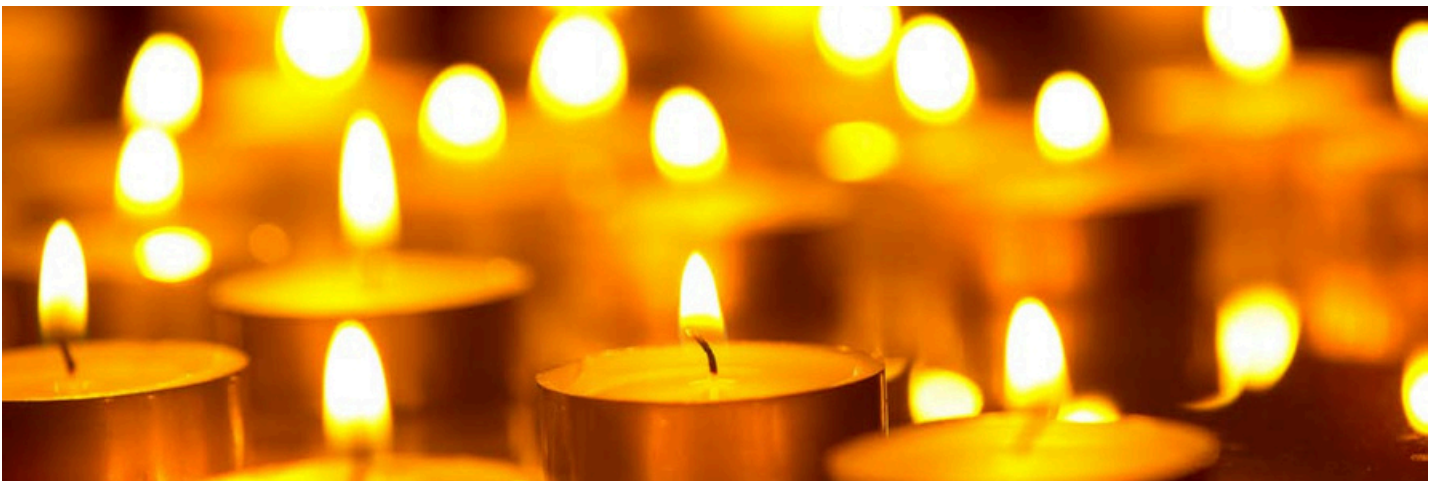
THE PROBLEM



Burning candles indoors can create indoor air pollution that is risky for your health. Because candles burn wax, they make soot and particulate matter and can trigger allergic reactions. Petroleum-based and paraffin candles are the most dangerous.

Many candles are made from a blend of paraffin wax. Paraffin is derived from petroleum gas. When we burn paraffin candles, we are also burning carcinogenic chemicals that are part of petroleum products, such as benzene, toluene, formaldehyde, acetaldehyde, and soot. These are similar to the chemicals released from a diesel-burning car! They are associated with heart, lung, and even brain diseases.

Candles are not good for indoor air quality. Scented candles can release unidentified chemical fragrances into the air, just like air fresheners. Scented candles can trigger allergic reactions in people (including children) who are allergic to the scents. Scented candles do not clean the air, they just create indoor air pollution with a fragrance added. People with asthma or other lung conditions can experience severe reactions to candle smoke.



WHY IS THIS IMPORTANT TO MY OR MY CHILD'S HEALTH?

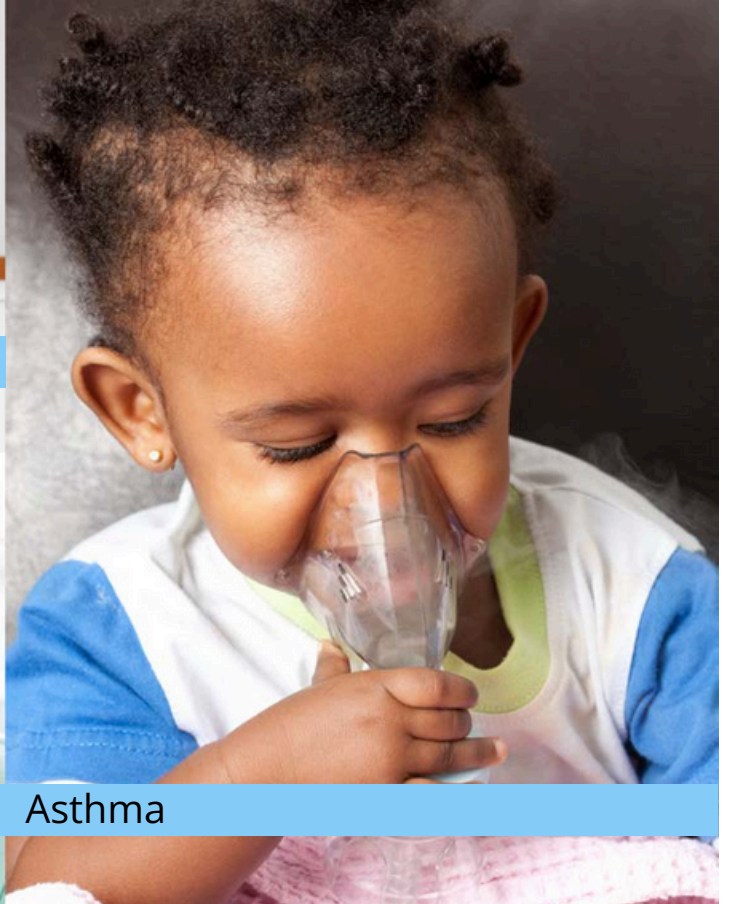
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Allergy



Allergy



Asthma

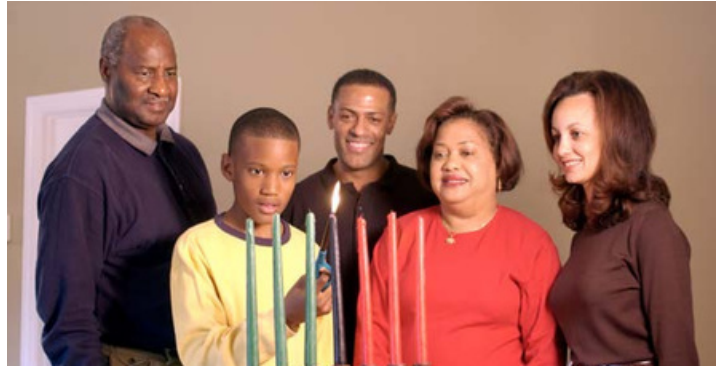
HEALTH RISKS:

- Itchy Eyes, Nose, and Throat
- Allergies
- Asthma
- Hormone Disruption
- Birth Defects of Male Reproductive System
- Damage to DNA
- Cancer Risk

WHAT TO AVOID

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It is best to avoid any candles. No candles are subject to environmental review and they all release particles and chemicals into the air.



WHAT TO BUY

There are no candles which are completely safe. All candles make indoor air pollution with soot, particles, and unnecessary chemicals which you can breathe into your lungs. The least harmful candles are unscented beeswax candles. Buying candles at small markets allows you to talk about the ingredients with the candle maker and provides you with the best chance that your candle will be safe.

