



## **Candles and You**

**Article from Wise123.com**

Candles are used in religious ceremonies, and many people who meditate also like to burn candles. Candles' occasional use in rituals is not a problem, but their use in homes can be a significant problem.

The primary offender is paraffin. Paraffin is the predominant wax used in the candle industry.

Paraffin is the final byproduct in the petroleum refining chain.

David Krause, an air quality engineer and former employee of the Florida Department of Health, says that the soot given off from the burning of paraffin candles is the same as that given off by burning diesel fuel. Some of the air contaminants in paraffin fumes include toluene, benzene, methyl ethyl ketone (MEK), and naphthalene--substances found in paint, lacquer, and varnish removers.

Under its Proposition 65 Safe Drinking Water and Toxic Enforcement Act of 1986, the state of California has identified at least seven major toxins in paraffin wax, including the carcinogen benzene.

Burning scented candles produces more contamination than unscented paraffin candles alone. University of Michigan Scientists state that chemicals used in the paraffin, particularly the heavily scented ones, emit known toxins, allergens, and even carcinogens, like benzene, acetone, mercury, toluene, and a host of other much harder to pronounce. These chemicals can damage the cardiovascular, neurological, and immune systems.

Since 1976, the Consumer Products Safety Commission has warned the candle industry about the dangers of lead-based wicks. Presently, 30 percent of the candles on the market have leadcore wicks. Lead and zinc are metals commonly used in the core of the wicks. The metal makes the wicks stand up straight, making candle manufacturing easier.

If you want the scent in the house, use pure essential oils with a diffuser (use a beeswax votive in the warmer) and avoid cheap air fresheners and even incense, which also release harmful soot.

Please ensure that the wicks are cotton without a metallic core; your health depends on it.

Feel free to distribute this article as long as it contains the copyright statement below:

Copyright 2022, by Geoffrey Lefavi