



[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to, tap water, shampoo, sunglasses, food. I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:42] Fatal Convenience

Darin: Hey, everybody. Welcome to the show. Thanks for tuning in. I enjoy your presence out in the ether, in the air, listening and tuning in and supporting the podcast. We're over two million downloads with only 50 episodes. And I am just eternally grateful for all of you that have resonated with what me and the team are putting out there. And this one is another fatal convenience. This is to empower you, not to bum you out. For sure. It's bumming when you realize that most industries somewhere along the line, they have placated themselves to profit center. And we need to create holism in our consumer base. And by me saying this and exposing this to you, this then is forming the consumer so that we make other choices which then will drive a different opportunity to other businesses to thrive that are in your best interest, that are more sustainable, more environmentally friendly, more conscious of their product and not fully profit center. Now, we have to make profit, that's part of sustainability, but not at the detriment of you and me and the world and the environment and the waterways and the animals and all of that stuff that absolutely has this effect. And the next fatal convenience today that I'm going to talk about is chemicals in carpets. Now, this one does suck because, I mean, I know the trend. More and more people are moving to stone floors, wood floors, and I just like the feel of wood floors and everything else, but I even had a throwaway carpet or a part of a carpet here in the yurt. And after I did all of this research, I threw it away and I just got rid of it because it's just a really bad petri dish for a lot of things. Let me get into it. So carpets already account for 70% of the flooring in the United States and in the majority of the carpet, a material is being unsustainable as well as unsuitable to health of the people that live with it. That's a big problem. A carpet is made of nylon, acrylic, polypropylene, that's crazy, or polyester, and is frequently backed by synthetic latex that glues it all together. Polyurethane and polyvinyl chloride, PVC, all of which are petroleum products. Here we go again. More petroleum, more unrefined petroleum products are coming into and then invading us, creating carcinogenic compounds, creating volatile organic compounds, creating all of these chemical soups that we have. And so I know this is a big thing. And if you have carpets all over your house, then start forming a budget, even if it's a few percent of trying to get rid of the carpets and put in another floor, but I'll get into alternatives. And obviously, the natural form of carpets have changed. They all typically are dyed and used chemical colorants and backed by this synthetic rubber or PVC and chemical additives. It is really a toxic soup, these carpets. Since the 1950s, most carpets in the United States have made mostly out of synthetic fibers. Very, very few are natural fibers any more. Synthetic carpets of all kinds are known to off-gas dozens and dozens of chemicals, not only



from the materials themselves but also from the heavy chemical treatments that they go through and all of the staining and the proofing and the fungicides and the anti-static stuff. And then, of course, here comes again, flame retardants. This stuff is crazy. You know how many chemicals? Dozens and dozens and dozens of chemicals on your carpet. And who is running around in that? Your pets, your children are crawling in. And, you know, these are the unseen killers. These things are endocrine-disrupting. These things are carcinogenic. Again, I have all the stuff in the show notes. I'm not making this up. Here's a little bit of history. The history of making carpets were brought to the new world by European settlers. And, you know, there were reasons why carpets were very important part of the early American homes because they didn't really have quality wood. They couldn't make wood floors as nice as they could here. So it was very challenging. So if you could put this carpet over these really-- they didn't have mills to make beautiful planks and stuff. So to have these woven wool carpets was incredible. And of course, mostly the wealthy people could do that, make it very comfortable to live. In 1847, nylon was introduced with most manufacturers agreed that most of the important development in the industry since nylon yarns proved to be luxurious with quality and durable. This is really what made carpets proliferate and expand because they're cheaper to produce now that they could come up with this synthetic nylon. In the 1950s, new manmade fibers, spinning techniques, dye equipment, printing processes, tufting equipment revolutionized the carpet industry. Today, tufted products are more than 90% of the total. Less than two% are woven. So basically, they're glued, they're stitched, they're chemicalized. Over four billion pounds of carpet enter solid waste streams in the United States every year, four billion pounds of carpets, according to the EPA. According to the national survey done by the US Department of Housing and Urban Development, 92% of the houses had carpet or rugs, at least in one of the four rooms. In Dalton, Georgia is the carpet capital of the world, fun fact, with over 150 carpet plants producing over 70% of the total output worldwide in the industry, worth over \$90 billion. Do you think the carpet world was worth well over \$90 billion? I didn't. The convenience of this thing is, of course, it's beautiful, it feels good, it looks good, it's any color you want, just like any paint you want. All this stuff is just off-gassing. So it's decorative, it's patterned, it's vibrant, it's colorful. Obviously, all of that stuff, it's warm when you put your feet on it. Do you know what I do? I have great slippers that I support. These little weavers in Lithuania and because I have a wood floor and it's cold in the yurt sometimes. And I just put on this incredible wool. I buy like four or five at a time. It takes me a few years to kind of go through them all. And that's what I use. I just put wool on my feet so I get all the benefits without having toxic carpet. So that's one to think about. And of course, reduces noise for the elderly. Of course, it's just less kind of jawing on the hips knees as you get super old. These are not good reasons to sacrifice your health through the chemical soups. A recent report by the British Society for Allergies noted that it is likely that an increase in exposure of synthetic pollutant chemicals makes a substantial contribution to an increase in allergic disease. So these things have been studied that if you have any compromise whatsoever from an allergic standpoint or an allergen or a sensitivity standpoint, the carpets play a major role in that. Carpets accumulate dust, dirt, dander, bacteria, even mold, and mildew when wet because they're always getting wet of some kind, spilling things, etc. because these settle into all of the millions of places it can go and you can't vacuum that out. Even if you try to do it regularly, you can vacuum every day, all day, and it's still happening. All these reservoirs or dust mites and some serious viable microorganisms just sit and proliferate and expand. And



then, of course, then now the secondary side, the secondary wave of this whole thing, not only is it's a chemical soup, the secondary wave of this is dirt, dander, bacteria, mites, all of that stuff. And now your kids are being exposed to that in the homes and the schools and the kindergartens and the office spaces and all of that stuff. The chemical pollutants and the allergies living in the carpets can make the allergic symptoms even worse, you know, with the stuffy nose, itchy eyes, sneezing, irritating skin, frequent headaches, fatigue, irritation of the nose and throat, difficulty breathing. It sounds like COVID. Anyway, that can add and to the sensitivities over and over and over again. And then obviously, you're living in it. And we spend 92% to 93% of our day in the house. A study published by the American Journal of Epidemiology finds that exposure to carpets and other materials in the workplace significantly increase adults' risk for developing asthma. Okay, so compromise breathing. So again, this is an inflammatory response to asthma and we don't need more challenges to breathing, especially now. Findings for the Norwegian Institute of Public Health study indicated that age of asthma onset in individuals at high risk of developing the disease may be delayed by avoiding carpet exposure. So they're just finding that people who are and susceptible to these things by avoiding carpets altogether makes their immune system and their inflammatory response go down even more. And then there were more studies in that '80s and '90s found that the staff at schools with carpet floors reported more eye irritation, swollen eyelids, nasal and respiratory irritation, dry nose, throat irritation, coughs, facial rashes, headaches, all that stuff from the carpets, people. EPA researchers warn that the carpets tend to provide a reservoir for tracking in chemicals also into the dust. And so then that dust becomes free, full of chemicals, including pesticides, lead, heavy metals, polynuclear aromatic hydrocarbons, hello. The amount of lead found in dust in carpet where children play has found to be the best single predictor of toddlers blood levels of lead. That's scary. It estimated that children may ingest 100 milligrams of house dust per day. And it's also full of chemicals and lead and heavy metals five times greater than adults as they play and crawl in the carpets. So not only are they more susceptible just by being young, but they're more susceptible because the proximity of the carpets. So please consider that your kids are being exposed to all this stuff. Floor dusts from 12 rooms in two schools were quantified and examined for information promoting properties in the lungs, epithelial cells. Not only were the dust levels significantly higher, the carpet dust also had higher inflammatory inducing capacity. So this is a really big issue. Chemicals introduced into carpets during their manufacturing are applied as topical treatments are not covered by the control of pesticide regulations from the 1986 regulation or the chemical hazard information and packaging for supply regulations from 1994. The EPA, they recommend new carpets are aired outdoors before installation. Who the hell does that? You have a carpet, do you measure it and do all that stuff and have the carpet guys lay it outside for three days? It's ridiculous. So all of those recommendations by the EPA, again, they fail. They fail, fail all the time. And so we have to take this into our hands. The Norwegian researchers, hats off to the Norwegians on this one. They did a lot of work and they found that indoor pollutants such as dust and dirt particles, allergens, biological contaminants, and all of that stuff were found in carpets and also emitted some serious volatile, volatile organic compounds, VOCs, and also semi-volatile compounds and all seem to be gnarly. Some of them called 4CH, phenylcyclohexanes, which is a known chemical found in that new smell. We talked about the new smell in new cars. Well, this is the new smell in the carpets, which also are carcinogenic. And there are also aromatic compounds such as



styrene, benzene, toluene, xylene, and formaldehyde and as well as a lot of fluorinated soil retardants, antimicrobial triclosan. We talked about triclosan and it's a carcinogenic and immune suppressant, as well as endocrine disrupter, as well as with phthalates, which are plasticisers. That is also phthalates we talked about in the plastic episodes. So they're coming back in. And also, there is a chemical called organohalogens and organophosphate flame retardants. The long term exposure to these VOCs have been associated to the sick building syndrome, SBS. It's actually a thing that accounts for symptoms like feeling nauseous, chest pain, headaches when inside these rooms. And so there's a lot of research. Again, I put a lot more in the show notes talking about the VOCs and the link to physiological factors such as hyperactivity and other carcinogenic compounds and also some other research. More than 95% of the US population has what's called PFAS in their bodies according to the Center of Disease Control. So when you're carpet has stain repellent treatments, it's typically this PFAS and that gets into the bodies. These are called forever chemicals and they get caught into the blood, the fat, the cholesterol, and they lead to this toxic exposure of testicular cancer, kidney cancer, high cholesterol, and suppression of vaccine effectiveness in children. So it seriously suppresses the immune system. And the carpet industry uses highly toxic triclosan and formaldehyde known as carcinogens. And the World Health Organization has already called these out as endocrine-disrupting chemicals. Is that a bit of understanding of carpets? So here's the other side. If you can pull up your carpets and make it a project, then pull up, see what's underneath. Sometimes you have nice wood underneath it and then you can sand it and do that. I had a house that was like that and I pulled up the carpet and it was just incredible. Then I paid some sanders guys to come over and we sanded it and varnished it. And it was an incredible wooden floor. So hopefully maybe you have that. Or you can also invest in high-quality HEPA vacuum cleaners. And these can remove a lot of the toxins without throwing everything away right now and gets them out of and out of circulating in the air. Also, if you absolutely want to carpet, buy carpets that are certified as green label plus or green guard by the Carpet and Rug Institute, which evaluates them for low emissions of volatile organic compounds, et cetera. And this is via the Environmental Working Group. So these again are in the show notes and they have tags on them too. So you can be familiar with those. Avoid using wall-to-wall carpets whenever you can, because this definitely increases glues, formaldehyde fibers, toxic fibers, synthetic fibers, all of that stuff. Look for natural rugs, organic hemp, cotton, or even natural latex can be possible, and avoid putting these in bathrooms, laundry rooms, and basements because it's damp all the time and the microbial challenge with that is incredible. And also for cleaning, removing stains, try using vinegar, baking soda and club soda, enzyme-based stain removers, things like that. So you're not just dumping water or whatever weird-ass chemical you're putting to try to get rid of that stuff. There are definitely healthier carpets out there made of wool, organic fibers, all of that stuff. You may pay a little more, but again, this is for your health, or just rip them up. You know, you can have fake wood floors and there are some green-labeled ones that you can use, but there's a lot of great VOC-free biodegradable chemical untreated plant fibers out there. There's like seagrass, jute, abaca, coir, et cetera. So there are some great things. There are some reliable sources, the Carpet and Rug Institute, the Environmental Working Group, Greenpeace, Green Living Ideas, all this stuff is in show notes. So again, protect yourself and your family. It's all about making these small changes over time to mitigate the toxic exposure. Obviously, it's everywhere, and especially from the feet all the way up with these carpets and the amount of



chemicals and unnatural fibers that these have. I really want you to strongly encourage you like I did, I just got rid of mine and had the nice wood floor and just clean it all the time and make it a lot more healthy and then get some HEPA filters, your air filters, you're not circulating all of that bad stuff. So this is about empowering you to be stronger for yourself, for your family, and so you don't get disruptions over time that add up to things that you can't solve when you have endocrine disruption and your estrogen levels are all messed up. When you go to the doctor and they give you a drug, they don't solve the problem. You got to get rid of these toxic chemicals in your life so that you can live a life that's free of this stuff and sovereignty of your health and your health is your ultimate freedom. I love you. Have a great happy new year continued. It's not a resolution. It's a revolution of sovereignty. So this is a revolution of sovereignty, of gaining your power back, us together, arm to arm, hand to hand, eye to eye. You and I all together can make change for a positive, powerful 2021.

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Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:22:39]

I find out these nutrients make up the thing and I'm like this allopathic thinking, pill for every ill. Let me take this supplement, this supplement. Fortunately, I made the transition quickly to like food is where food first because there's an intelligence there. And what I later uncovered and what I'm trying to bring even now, making it into the popular lexicon. There isn't just one vitamin C, there are many types. There's isn't just one magnesium, there are many types. There isn't just one B12. The list goes on, the omega 3s. This is how powerful food is. When you get that isolated synthetic supplement, is that even the one your body needs? Food has the intelligence, and all the cofactors, the bio potentiators, all the things that make your body do the thing. So I start to identify those foods, flooding my tissues with all the raw materials my body needed. I don't use this word lightly, but I think it's appropriate. It was miraculous and how quickly I got better.

[00:23:35] Amplify Plug

Darin: This episode is produced by my team at Must Amplify, an audio marketing company that specializes in giving a voice to a brand and making sure the right people hear it. If you would like or are thinking about doing a podcast or even would like a strategy session to add your

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