

# **An Introduction to Daily Life Chemicals**

**(Usages and Hidden Hazards)**



**Paul Anastas**  
(Father of Green Chemistry)

*"Green chemistry is the chemistry of the future. It is the chemistry of innovation, the chemistry of sustainability, and the chemistry of progress."*

# **An Introduction to Daily Life Chemicals**

**(Usages and Hidden Hazards)**



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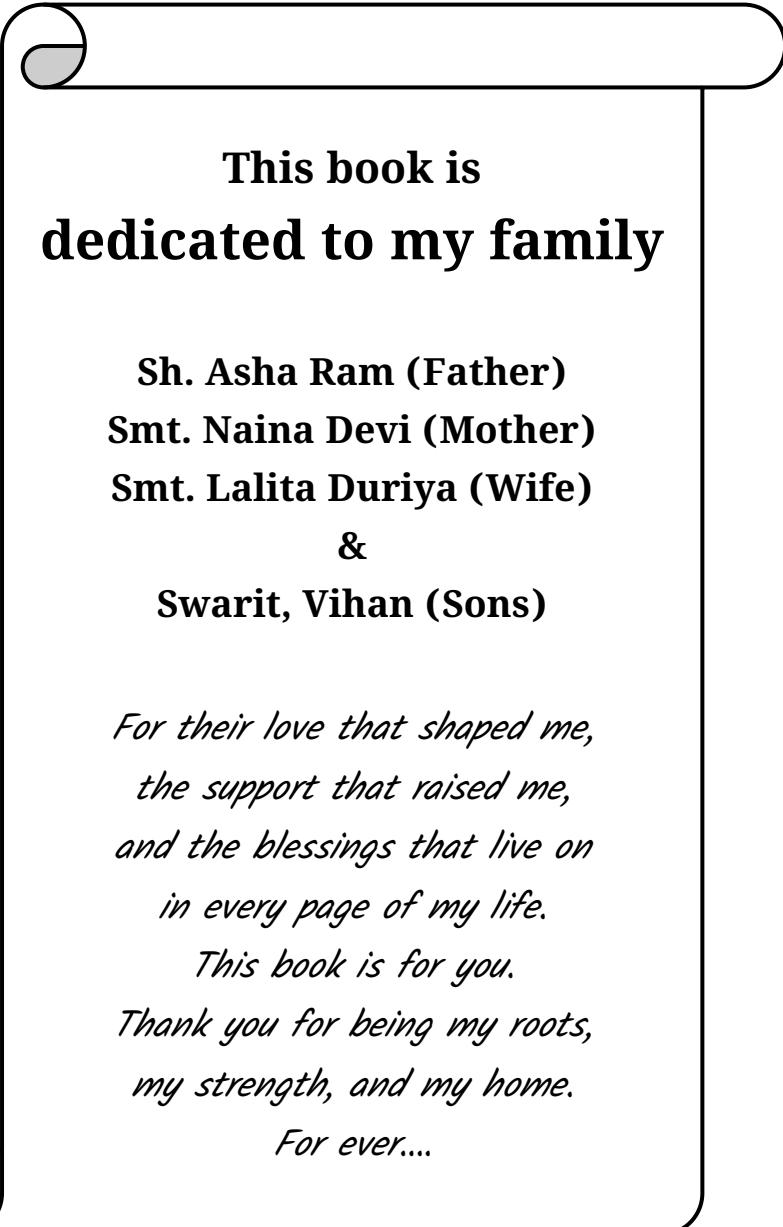
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My brother and Executive Editor of this book,  
who has encouraged and motivated me for book writing.

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# **This book is dedicated to my family**

**Sh. Asha Ram (Father)**

**Smt. Naina Devi (Mother)**

**Smt. Lalita Duriya (Wife)**

**&**

**Swarit, Vihan (Sons)**

*For their love that shaped me,  
the support that raised me,  
and the blessings that live on  
in every page of my life.*

*This book is for you.*

*Thank you for being my roots,  
my strength, and my home.*

*For ever....*



**John C. Warner**

(Co-founder of Green Chemistry Principles)

*"Green chemistry is not a particular discipline of chemistry. It is the way all chemistry should be practiced."*

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## **PREFACE**

In our modern world, chemicals are everywhere—from the food we eat and the air we breathe, to the products we use to clean, beautify, and protect our homes and bodies. While many of these substances have improved our quality of life, others come with hidden risks that often go unnoticed.

This book, An Introduction to Daily Life Chemical (Usages and Hidden Hazards), seeks to provide a balanced understanding of the chemicals we encounter every day. It offers insights into their practical uses—how they help preserve food, clean surfaces, kill germs, or enhance personal care—and also examines the potential health and environmental risks associated with prolonged or improper use.

Our goal is not to create fear, but awareness. By understanding what is in the products we use and how these substances interact with our bodies and environment, readers can make more informed decisions. Topics covered include household cleaners, cosmetics, packaged foods, plastics, over-the-counter medicines, and even indoor air pollutants.

Written in clear, accessible language, this book is designed for students, educators, and general readers with an interest in chemistry, health, and sustainability. Scientific concepts are explained in simple terms, and real-world examples are used to connect theory to everyday life.

I hope this book empowers readers to ask questions, seek answers, and engage more thoughtfully with the chemical world around them.

Neem Ka Thana

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Dr. Sanjay Kumar