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Christina's Considerations

Exploring and sharing knowledge on functional limitations, the healthcare delivery system, digital health, safety and the patient experience. The online shop includes innovative tools for living an active life in spite of functional challenges caused by injury or chronic illness.

July 24, 2018

Review of Products for Health with Natural Ingredients

As a blogger, I increasingly receive offers of sample products to review and find the number promoting their "natural" ingredients to be striking. I don't request samples unless it is really something that is interesting or useful to me. Today I'm sharing a few of these with all of my blog readers. There is really no conflict of interest here, because I'm not paid. I only receive samples of the product and do let promoters know when I wasn't impressed.



Next is Clean Well's Natural Foaming Hand Sanitizer and Botanical Disinfecting Wipes with a lemon scent. I get intravenous treatments every couple of weeks for a few days and the wipes make it easy for me to clean the table where my nurse sits and around the sink she uses to wash her hands-on arrival. I've used the regular disinfecting wipes on the market and they do have a chemical smell. The CleanWell wipes actually do smell really natural and fresh. I don't really know how I can test the claim of the active ingredient (Thymol) killing 99.9% of household germs, but do see some research including it in a National Institute of Health publication. As for the hand sanitizer, I know from personal experience, healthcare professionals are tired of the alcohol based sanitizers and think this is a much better option. I'm wondering how many infection control nurses are already looking into making this switch.