

## **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### **Do antibacterial soaps work?**

By the looks of most bathrooms in this country these days, just about everyone is using antibacterial soaps. In fact, it takes some effort to find soap that isn't antibacterial.

Advertising teaches us to fear germs. You sell more antibacterial soap that way. It's even marketed as a preventive measure against colds and flu. Only problem is colds and flu are viral and antibacterial products have no effect. The truth is, some antibacterial soaps may contain harmful carcinogens, are no more effective in killing germs than regular soap, and are probably responsible for breeding stronger, more resistant strains of bacteria.

The most effective way to reduce the spread of infectious disease is washing our hands. Antibacterial soaps are not necessary. Neither is scalding hot water, since our hands can't withstand the temperatures necessary to kill germs with heat.

Experts recommend that you use a combination of soap and comfortably warm water. Rub all surfaces of the hands for at least 20 seconds, especially under your fingernails. The soap and scrubbing action, along with the slippery surface created by the soap, do the trick.