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PERSONAL HYGIENE

Are Your Beauty Products Making You Sick?

by Veronika Clay

What did you have for breakfast this morning? Did you have a bowl of fruit, a smoothie or other healthy food? Many people today are more health-conscious and are paying attention to what they are putting into their bodies. But, is the same attention being paid to what you are putting on your body?

Did you know that the common beauty products that most of us use everyday have poisonous chemical ingredients that are being absorbed, ingested or inhaled by our bodies before we even eat our healthy breakfast? These chemical ingredients are absorbed into the bloodstream, weakening the immune system and slowly poisoning you!

According to the U.S. Government and product manufacturers, the following is a partial list of chemical poisons found in the common

beauty products. (Reference: The Politics of Poison, by Nina G. Silver, Ph.D. 2000, Government Agencies, Medical Institutions, and Product Manufacturers)

Product (match the numbers to the ingredients to see a list of side effects)

Known Poisonous Ingredients and Side Effects

Acne Medication: 1, 2, 3, 4, 5, 6, 7
Antibacterial Hand Cleanser: 8
Antiperspirant: 1, 3, 4, 6, 7
Bath Soap: 2, 3, 4, 5, 6, 7
Facial Cleanser: 2, 3, 7
Foot Deodorant: 3, 5, 7
Mouthwash: 3, 4, 5, 7
Shaving Cream: 2, 3, 7
Toothpaste: 2, 3, 4, 5

(1) Alcohols: - Acid and Alkali: rashes, muscle weakness, headaches, dizziness, nerve damage, vision problems, insomnia, stomach cramps, depression, respiratory problems, and cancer

(2) Detergents/Emulsifiers: strips skin of protective oils, skin irritation, scalp eruptions, hair loss, allergic reactions, cataract formation, reproductive damage, blindness, and cancer

(3) Synthetic Fragrance and Dyes: allergic reactions, skin rashes, upset stomach, muscular aches and pains, violent coughing and sneezing, hyperactivity, convulsions, Leukemia, Hodgkin's, ADD, dizziness, depression, and cancer

(4) Heavy Metals: abdominal cramps, nausea, muscle weakness, mouth sores, muscle, joint, and bone pain, cancer, brain disorders, ADD, and hyperactivity

(5) Pesticides and Fungicides: flu-like symptoms, stomach cramps, nervous system disorders, insomnia, memory

loss, swelling of body parts, dizziness, birth defects, and gland tumors

(6) Petrochemicals: inhibits skin functions, blemishes, rashes, splitting nails, sensitivity to sun, headaches, allergic reactions, depression, fatigue, intestinal gas, asthma, and respiratory failure

(7) Preservatives (synthetic): headaches, skin rashes, eye damage, asthma, tumors, cancer, digestive problems, mental confusion, organ damage, muscle weakness and cramps, and loss of motor control

(8) Triclosan: Absorption through the skin can be tied to liver damage

Take a moment to look at the ingredient list on your Face Wash, Acne Cleanser, Body Wash, Soap, Shampoo, or other beauty product. Although these toxic chemical ingredients will produce the desired results, they will also be absorbed into your bloodstream and cause undesired side effects.

Even Toothpaste has a Warning Label! What are the Alternatives?

Companies are beginning to recognize the high consumer demand for natural, organic, botanical beauty products (without toxic chemicals) and as a result, independent distributors, health food stores and some grocery stores now sell these products. Be careful though because sometimes the natural, organic, botanical ingredients are promoted to appeal to the health conscious consumer yet the product still has many toxic chemical ingredients. Read the packaging and ingredient list carefully to protect you and your family!

Natural, organic, botanical beauty products will achieve the same results (or even better results) without risking the health of you or your family!

Find out more about how to obtain a truly natural, organic, botanical cleanser that will replace many of your beauty products and is Ultra Safe for your immune system! Veronika Clay, (916) 366-3898, rawfood@comcast.net. HF

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A Satisfied Customer writes: "I am a swimmer and the chlorine just dries my skin out horribly, and then my face will break out. The minute after I used this I could tell a difference. I never could seem to find a soap that would balance my skin until this. My skin feels nice and soft and just after 2 days of using it, it really cleared up my breakouts and they went away. Thanks so much!"
 Amy Cook, Carrollton, Texas

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