

Reduce your chemical exposures — Make your own toiletries :) Recipes on how to make home made toiletries and other reasons to get the chemicals out of our life.

Part 1 of 2

"The human cell is an antenna for the outside world. It takes the signals from the environment and turns it into biology. It turns it into life. The cell is responding to environmental signals." saying from Dr. Jeffrey Bland.

Here is my google experience when I googled:

Question: What Is a Chemical?

Short answer: Everything is a chemical.

Long answer: A chemical is any substance consisting of matter. This includes any liquid, solid, or gas. A chemical is any pure substance or any mixture. It doesn't matter whether it occurs naturally or is made artificially.

EXAMPLES OF CHEMICALS

Water is a chemical. The artificial flavoring vanillin is a chemical, but so is real vanilla extract. Salt is a chemical. Technically speaking, so is a chunk of your computer. A chemical can often be broken down into components, as is true with your computer. However, people generally use the term 'chemical' to refer to a substance that appears homogeneous or the same throughout its structure.

WHAT IS NOT A CHEMICAL?

If anything made of matter is a chemical, then phenomena that aren't made of matter are not chemicals. Energy is not a chemical. So, light, heat, and sound are not chemicals. Thoughts, dreams, and gravity are not chemicals.

My definition of a chemical? Xenobiotic. A substance that is changed by man to a non-natural state that is foreign to our bodies or an ecological system.

Manmade Chemicals are more prevalent than they ever have been in our history. We are all literally like the test mice that are subject to all our scientific tests — chemicals are being used without adequate testing — WE ARE THEIR TEST SUBJECTS . . . we are not faring well looking at our rates of cancer and auto-immune diseases; first they doubled, then they tripled, now they are quadrupling.

Toxicity & Key Definitions

- **Toxic:** A physical, emotional, or mental effect or substance capable of causing injury or death, especially by chemical means; poisonous to life
- **Toxicant:** A type of poison that is typically made by humans or introduced into the environment by human activity
- **Toxin:** An organic or inorganic harmful substance
 - **Endotoxin:** An internally-generated toxin
 - **Exotoxin:** An externally-generated toxin
- **Xenobiotic:** A chemical or organic compound that is foreign to the human body
- **Xenohormesis:** Stress compound from a plant having benefit in human health





Autoimmune disease is described as an immune dysfunction or as the immune system attacking the body.

It's not attacking your own body. What it's attacking is misshapen, or changed, or damaged human cells that our body does not recognize as us.

A lot of the diseases — and suffering that are occurring these days isn't because there's something genetically wrong with folks. It's because the environmental signals have changed the shape of our own cells, the behavior of our own cells; which in turn confuses the immune system. What is damaging our cells so the body can not even recognize them? Manufactured chemicals.

Chemicals are driving our disease rates much higher!

Our air quality is so polluted it is the equivalent of smoking ... we all know smoking increases the risk of pretty much every disease; well pretty much everyone now is “smoking” due to our air quality.

<http://www.greenmedinfo.com/article/provides-evidence-environmental-chemical-exposures-contribute-oxidative-stress>

We are the detox-ers for the chemical industry as well as their test subjects. These chemicals need detoxed from the environment; as they pass from our foods and environmental exposures to our body, we stress our liver and kidneys — among other body systems — detoxing; we are also like the trees and the plants having to deal with toxic burden and clean it up through our body. I guess its only fair.

The poor animals and insects are more exposed than we are — at least we can filter our drinking water, they cannot.

Since 1970 the World Wildlife Federation has noted at 57% decrease in all wildlife — both land and sea!

Yes that's less than half of the fireflies, fish, butterflies and bees, birds — our pollinators ... they are dwindling! More than half of every animal has died off . . .

What do you think is killing off the animals?

Don't blame all the growing waistlines in the world to overeating ... Do you know our body will store fat to tuck these harmful chemicals away in where they do less damage? Some of the chemicals are so harmful our body does not even want to be exposed to it so our body will store it in our bones and fat! Yes FAT your body will make fat to store toxins tucked away, isolating them from the rest of your body.

ॐ When you start to lose fat these toxins get into your blood stream where you have to detox them and you don't feel good — which many times interferes with the process of trying to lose weight.

Maybe a sign of our growing waist lines is not only due to our SAD (Standard American Diet) food problems but also the isolated storage of chemicals in fat tissue. Maybe the chemical companies should be paying us rent!



Since WWII we have approved 85,000 chemicals — that's a lot of toxic substances. About 3000 of these are manufactured in high volume. The American Academy of Pediatrics article showed us that in the year 2010 we had imported or produced 74 billion pounds of chemicals in the U.S. per day!! When you do the math, that's 250 pounds per person per day of chemicals. We've drastically increased the production and distribution of synthetic chemical compounds on planet Earth.

<https://www.epa.gov/tsca-inventory/about-tsca-chemical-substance-inventory>

I will start with just a few reasons as to why you want to avoid sources of these chemicals and make as many of your own toiletries as possible — motivation to act!

Our testing base for chemicals is based on an antiquated NOEL based risk assessment for synthetic chemicals — this system needs to be updated:

NOEL = No Observable Effect Level, basically a chemical is put in a petri dish with some cells . . . when the cells die then it was too much of a particular chemical and the recommended dosage is calculated from there. The testing does not look at mixing chemicals for testing or how quickly one is able to detox them or fluctuating levels of tolerance.

ॐ It is based on short term observations only!

ॐ Tests only one chemical at a time (like you will only ever be exposed to one at a time!)

- o The body burden of these toxins act synergistically to cause physiological dysfunction — this means when several toxins are mixed in our body at the same time they react differently than one at a time and have a higher likelihood of causing harm and leading to chronic illness.

- ❑ Combining chemicals does make them more dangerous. There was an assessment by the National Food Institute at the Technical University of Denmark found that even small amounts of chemicals can amplify each other's adverse effects when combined. As reported by the Institute:
- ❑ "A recently completed, four-year research project on cocktail effects in foods... has established that when two or more chemicals appear together, they often have an additive effects. This means ... small amounts of chemicals when present together can have significant negative effects. [National Food Institute March 19, 2015](#)
- ❑ Research published in the journal Carcinogenesis also found that chemicals deemed "safe" on their own can cause cancer when combined, even at low doses, with researchers noting, "Our analysis suggests that the cumulative effects of individual (non-carcinogenic) chemicals acting on different pathways, and a variety of related systems, organs, tissues

Toxicology

- The study of poisons or the adverse effects of chemical and physical agents on living organisms
- Historically, toxicology has been concerned with the amount of a poisonous substance that would be lethal (LD50), not subtle or long-term effects on health.





and cells could plausibly conspire to produce carcinogenic synergies." [Carcinogenesis 2015 Jun;36 Suppl 1:S254-96](#)

- ❑ We would agree that chemicals need to be tested with each other before they are released as safe; however the U.S. National Toxicology Program data suggests testing the interactions between just 25 chemicals for 13 weeks would require 33 million experiments and cost \$3 trillion.
- ❑ Jonathan Latham, Ph.D., co-founder and executive director of the Bioscience Resource Project, pointed out that even if such experiments were possible, it's likely that no chemical would be deemed truly "safe."
[Independent Science News May 16, 2016](#)
<http://www.greenmedinfo.com/article/study-suggests-cumulative-effects-individual-non-carcinogenic-chemicals-acting>

ॐ Assumes linear dose-effects of toxins (ex. more = more harm)

- o Smaller amounts of chemicals are more harmful than large exposures. The body will recognize large amounts and mount some protection. Small amounts go untreated by the body and build up over time in the tissues where they lead to chronic diseases.

ॐ Assumes everyone has similar sensitivity, metabolism and elimination of the chemicals

- o Everyone is different in how they metabolize and excrete these toxins. Some people do it efficiently and some will struggle keeping their toxic burden higher leading to more health problems.
- o Ignore when there are windows of vulnerability (for ex. puberty, gestation, infants, etc.)

Did you catch the part — If we could test the effects of chemical cocktails — like we are all being currently exposed to — no chemical would be deemed safe.

Chemicals companies do NOT have to prove that chemical is harmful before it gets released — we are the ones who have to mount the complaints after years of suffering or many deaths occur from the chemicals. What typically happens is smart chemists will develop a new product, see that it has useful properties, put it into consumer goods, and then the chemical gets disseminated into the marketplace where it gets used. Typically (according to history) 10, 15, or 20 years later (or more) we realize the chemical is quite harmful and has caused much suffering of our population.

<http://www.greenmedinfo.com/article/endocrine-disrupting-chemicals-contribute-development-type-2-diabetes-mellitus>

All these products and all these chemicals are innocent until proven guilty. We are all test experiments for the chemical industry. We are also their detox-ers ... and worse yet we pay for the tainted products we use while we dispose of their chemicals for them.



What we do know is that exposure to synthetic environmental toxins is widespread, increasing and lifelong at this point.

- ॐ **Lifestyle, diet and nutraceuticals can enhance detoxification to prevent disease and restore health.**

Three things you can do right now to detox or avoid exposures:

- ॐ Avoid exposures ... This is the main focus of this big topic, read on! Making your own toiletries and household cleaning products is a good start.

Most common areas of chemical exposures:

- o Industrial chemicals and air pollution
 - o Pharmaceuticals
 - o Food preparation byproducts — from herbicides and pesticides all the way through the manufacturing process of foods.
 - o Personal care products
 - o Metals (lead, mercury, etc.)
 - o Electro-Magnetic fields
 - o Stress and emotional trauma
- ॐ Drink Water! Half your body weight in ounces each day. This will help your kidneys detox chemicals. Or a quick no math option: fill 2 one quart mason jars with water and drink them each day. Drink half of one when you wake up, one full quart during your work day, and the final half quart in the evening.
 - ॐ Exercise, sweat, and get sun exposure ... And love your liver! These are all ways your body detoxes.

Other tips:

- ॐ Eat Cabbage foods. Cabbage foods provide us with glutathione, a major detoxer! When you eat cabbage food you detox through your urine much better reducing your chemical load and disease risk
- ॐ Fermented foods — those little bugs help us detox plastics and herbicides and pharmaceuticals.
- ॐ Nutraceuticals :) Medical definition of a Nutraceutical: *A food or part of a food that allegedly provides medicinal or health benefits, including the [prevention](#) and treatment of disease. A nutraceutical may be a naturally nutrient-rich or medicinally active food, such as [garlic](#) or soybeans, or it may be a specific component of a food, such as the omega-3 fish oil that can be derived from salmon and other cold-water fish.* Nutraceuticals in my world look like:
 - o Turmeric Tea & black pepper, with shilajit, maca powder, black seeds, seaweed and echinacea ... or any combination of the above.



**Your Liver is
your Friend!**



- o Fresh aloe from my aloe plant, chia seeds, hemp seeds, 1-2 oz. pomegranate juice, and some brine from something I fermented or a little kombucha :)

Why do some people retain more toxins than others or are more sensitive? **Total toxic load minus ability to bio-transform and excrete toxins due to:**

- ॐ Poor elimination. We have to take out the trash
- ॐ Genetic predisposition to not detoxing well. You can find this out from the 23&me genetic testing. If you are positive for a genetic snip that predisposes you to being a poor detoxer there are steps you can take to mitigate this.
- ॐ Chronic inflammation — which could be from any of the following factors — and maybe if you catch these factors early enough they will not lead to chronic inflammation:
 - ॐ Intestinal dysbiosis
 - ॐ Nutrient deficiencies
 - o High sugar diets, low in nutrients and protein
- ॐ **Oxidative stress!** What exactly is oxidative stress? Examples are; high sugar diets, fried foods, natural and artificial radiation, toxins in air, food and water; and miscellaneous sources of oxidizing activity, such as car exhaust, pollution, chemical perfumes used in dryer sheets, etc.
 - o 1:1 hand combat! – Anti-oxidants from foods will combat these free radicals. Anti-oxidants vs. free radicals = your level of oxidative stress!
 - o You want more anti-oxidants than free radicals. If it is the other way around you will age sooner (first shows in your skin!) and have higher risk of all diseases.
 - o Studies showing the harmful effects of frying meat are countered by adding a slice of avocado. EAT VEGGIES! Keep in mind this slice of avocado's anti-oxidants will go toward combatting the frying of meat and will not counter any free radicals already in your body ... so along with that slice of avo add some onion, lettuce, tomato, red pepper

Example of oxidative stress



Each person's risk factor is individual

- ॐ How much of the toxin are/were you exposed to?
- ॐ Is it Over a period of time?



ॐ Does your lifestyle make you more susceptible? processed foods, stress, lack of physical exercise.

ॐ Do you detox well?

Here are some simple tips to AVOID exposures. This is a form of preventative medicine:

We don't have to live in a chemical environment! One of our biggest chemical exposures is in toiletries! And they are easy to avoid with a few home made recipes :)

It is easy to make your own toiletries; and learning and using Essential oils make it fun and pleasant.

Toiletries, chemicals, and personal care products

This is an area where we can greatly reduce our chemical load. Personal care products are some of the most toxic. Do you know that the average woman who uses cosmetics, lotions, lip stick, fingernail polish, hair gel, etc. walks out the house in the morning with over 60 known carcinogenic chemicals on her body (!) And over 515 chemicals in general. These chemicals interfere with our bodily processes — especially our hormones and are linked to increased risks of cancer and auto-immunity. With the rise in our populations with these diseases we clearly need to reduce our chemical exposures. Here is a nice starting point and a relatively easy way to reduce your chemical exposure.

I am going to share a few recipes for making your own toiletries; more can be found [here](#) by scrolling down to “Homemade Toiletries”

Lets start with an easy one; deodorant. Most commercial deodorants contain parabens (known carcinogenic) and aluminum (anti-perspirants) which are connected to Alzheimers, Aluminum Chlorohydrate collects in soft tissues!

If you google deodorant and cancer you will find “front groups” posting that studies show no link, if you keep digging and actually read the studies you come across this one:

<https://www.ncbi.nlm.nih.gov/pubmed/14639125>

The final conclusion from this study reads: In conclusion, underarm shaving with antiperspirant/deodorant use may play a role in breast cancer. It is not clear which of these components are involved. Reviewed literature insinuates absorption of aluminium salts facilitated by dermal barrier disruption. Case-controlled investigations are needed before alternative underarm hygiene habits are suggested.

If you want to save yourself those exposures just try this:



Homemade Deodorant

1/2 cup coconut oil – not liquid not completely solid -- “stir-able”
1/4 cup bicarbonate (baking soda)
1/4 cup arrowroot powder (or ORGANIC cornstarch)
20–30 drops of your favorite essential oil – I like tea tree oil or lavender oil or eucalyptus or lemon.
Optional add in: Epsom Salt. Stir together and put in a jar.

Most Commercial toothpastes contain:

- ॐ Fluoride – fluoride when ingested actually causes more harm than good, it leads to bone weakness, Lower IQ, (and some studies have found a link between fluoridated water and arthritis) and tooth decay!
- ॐ Many toothpastes contain plastic micro-beads that get stuck under your gums and cause infections.
- ॐ Artificial sugars -- Most toothpastes have artificial sugars.
- ॐ Sodium Lauryl Sulfate (SLS) – is a foaming and degreasing agent that is made from coconut oil—it is highly processed. There is much debate about its safety; this is what I have learned “The real problem with SLS is that it is too strong a cleansing agent which too easily strips oils from skin and hair. Because SLS is so cheap and makes such great bubbles, manufacturers tend to use a lot of it in anything that foams or bubbles, the results could be skin irritation.
- ॐ Most toothpastes also destroy your mouth micro-biota — those good bugs in our gut we are learning about are also in our mouth and on our skin. Most dental products kill them off. And we now know that mouth infections are directly linked to heart health. Good reasons to make your own toothpaste that supports the mouth micro biome and does not contain any harmful effects.

Homemade Toothpaste

1 cup coconut oil – not liquid not completely solid, “stir-able”
1/4 cup bicarbonate (baking soda)
20–30 drops of your favorite essential oil – I like cinnamon oil, or allspice, or peppermint

Stir together, put in a jar.

Optional add ins: You can add

1 TBSP white cosmetic clay, this helps to whiten teeth and pull toxins out of the mouth.
1 teaspoon cinnamon powder

I also put a powdering of turmeric powder on my brush — after dipping it in the toothpaste I dip my brush in turmeric powder – this helps to whiten teeth although it momentarily makes your mouth quite orange.



Homemade Lotions and body scrubs :)

For body care ... I will share a little secret ... I don't use soap. Nor do I make my own with lye. I am not so sure about lye, even though "they" say it is safe, I am leery since when handling it you can't touch it or inhale it as it will burn

So I use:

1 quart coconut or sesame oil to 30 drops lavender oil and just rub rub rub it in under the shower.

Geranium oil is also good for your skin, reducing wrinkles, nourishing it, and it stimulates your lymphatic system all the while repelling insects :) And it has a pleasant scent. You can combine both oils in your oil soap if you like, or alternate.

For my face "soap" I use Kukui nut oil, it is a nice light oil. 1/2 pint of kukui nut oil with 8 drops geranium oil or in the winter I sometimes use lime essential oil.

Many times in the shower or bath I feel like I need to scrub, I make several body scrubs; 3 of which I have made up and ready to use at any time; one is coffee based (used coffee grounds), one is Dead Sea salt based with rose and cinnamon, and the other is sugar, honey, peppermint oil and vanilla bean based.

My Favorite Homemade Body Scrub

I came across this on the "back side" of Maui in an isolated little town called Kipahulu . . . a wonderful beautiful place filled with waterfalls. This little stand used to also make smoothies for the few tourists that wandered around the back side, there was not any electricity (at one time –then ...) so you had to pedal a bike for them to run the blender . . . Even though the bike is no longer there, if you ever get to Kipahulu it is a great little spot.



Coffee Body Scrub:

About 4 coffee scoops
of USED coffee
grounds

1 Tablespoon or so of
cardamom

1 Tablespoon or so of
cacao beans

A sprinkle of sea salt

And top it off with coconut oil

*Bobbi's addition is to add a few drops of Ginger
Essential Oil

And don't forget the Love.



Another Sweet Body Scrub I Enjoy

Ingredients:

- 1 cup organic sugar
- 1/2 cup sweet almond oil
- 1/4 cup raw organic honey
- 1 organic vanilla bean, split and scraped
- 10 drops Peppermint Essential oil
- 1 tsp vanilla extract (optional)

Mix it all together, add more or less sugar to desired consistency. I decorate it with the left over split vanilla bean on the bottom of the jar.

Cinnamon and Ylang Ylang Salt scrub (adapted from floracopeia.com)

Combine:

- 1 cup Sea Salt
- 1/2 cup jojoba oil
- 1/2 teaspoon true Cinnamon powder (cinnamon can burn so do not use more!)
- 1/4 teaspoon of finely ground Rose Petals (or dried flowers — you can powder in a coffee grinder)
- 4–8 drops of ylang-ylang essential oil.



This easy-to-make salt scrub restores smooth, glowing skin, while nourishing the heart and mind. The mood enhancing plant aromas envelop your senses as you effectively stimulate circulation and detoxification with the purifying power of sea salt and herbs.

Mix well. During showering, apply to body by gently scrubbing towards the heart. Rinse thoroughly. Enjoy this lovely body-mind ritual to nourish inner and outer glow.

Lotions are filled with toxins, pure oils are filled with medicinals. Why choose oils over lotions? Lotions are filled with petroleum based oils which disrupt hormone function leading to breast, prostate, and other cancers. Oils nourish our skin, and massaging the skin is very good for us too:

- ॐ Massaging oils onto your skin calms your nervous system, the skin has over 20 million sensory neurons.
- ॐ Massaging your skin releases oxytocin in to our blood stream . . . this is the LOVE hormone responsible for bonding, loving, caring, and sharing attitudes improving our behaviors and moods :)
- ॐ Rubbing oils into your skin, known as abhyanga in Ayurveda is good for the lymphatic system helping our body move toxins out while transporting fats and other nutrients.



In addition massaging oils on our skin even improves the benefits by nourishing our skin microbes, they feed on oils and fatty acids, so oiling our skin feeds our good microbes . . . we want our skin microbes to hang out with us longer! Here is why:

- ॐ Skin Microbes reduce skin infections — this is why dry skin is more prone to infection.
- ॐ The good microbes block bad bacteria from getting into our skin protecting us.
- ॐ ANTI-AGING!! Both carrier oils and especially essential oils heal our skin and keep us looking younger, part of this is because the essential oils also heal us from the inside out. If you want beautiful external skin, then focus on your internal skin lining your gut and other vessels — the health of the internal skin determines the health of our external skin.
- ॐ And we have evidence showing that our skin microbes can communicate with our gut microbes improving over all immunity.

Here are some great skin lotion recipes:

For a quick morning wake up facial moisturizer I use 100% organic kukui nut oil with a few drops of spearmint essential oil. For night time for my face I like 1/2 cup hemp seed oil with 10–12 drops chamomile essential oil.

For night time light body moisturizer: I mix 1/2 cup each of almond and coconut oils with 10–15 drops each of Frankincense and Thyme essential oils

For a night time heavier moisturizer: I mix 1/2 cup each avocado oil and shea nut butter with 30 drops of patchouli OR frankincense OR marjoram.

For daytime pick me up moisturizer: I mix 1/4 cup each of Mango butter, shea butter, and almond oil with some wild orange essential oil. In the winter I use cocoa butter instead of shea butter.

(Wild Orange is good for anxiety, depression, and fear.)

How about a tropical paradise body butter?

Ingredients

1/4 cup shea butter (best for moisturizing skin) or coconut oil

1/2 cup mango butter

1/4 cup sweet almond oil or avocado oil

2 TBSP organic pomegranate seed oil

50 drops organic sandalwood essential oil

Directions

Melt shea butter and mango butter by placing the containers in hot water. Mix together all ingredients and place in a jar.

Exotic Spice Oil



16 drops lemongrass

20 drops sandalwood

4 drop ginger

In a half pint of carrier oil of your choice; I like to mix hemp, jojoba, and sweet almond in a half pint then add the essential oils.

A nice morning invigorating oil

20 drops rosemary

12 drops Pine

8 drops eucalyptus

In a half pint of carrier oils; I like jojoba, sweet almond, and apricot

How about a sun block that is an anti-aging lotion instead of toxic while blocking vitamin D absorption:

1 cup coconut oil

2 TBSP pomegranate seed oil

2 TBSP Raspberry seed oil (optional)

20 drops lavender essential oil

If you do get a sunburn, a nice sunburn spray is to fill a spray bottle with water and add Lavender, frankincense, and peppermint. You could also put a little aloe vera juice in with the water.

Best for skin, reducing wrinkles and scars while benefitting your lymph:

Geranium

Frankincense

Myrrh

Lavender

helichrysum

sandalwood

wild carrot

Mix and blend any of these In a base of jojoba (which is also good for reducing scars) or coconut or almond or any base oil you prefer.

Skin Care Facial Oil: 7 drops Cistus, 4 drops helichrysum essential oil, 4 drops frankincense-myrrh co-distillation and 2 drops chamomile essential oil in 2 oz rosehip seed oil.

Nourishing Skin Care Facial Oil #2:

1 oz jojoba oil

1 oz Pomegranate

2 oz Rose Hip Oil

10 drops each: Sandalwood, wild carrot and helichrysum



Yoga

717/443-1119 b

A nice "**band aid**" if you get a little cut on your hands is plain Myrrh Oil. Myrrh oil has wound healing properties, helps stop bleeding, helps to prevent infections; and is also great for moisturizing your hands.

Still want to use some of the manufactured toiletries? Here are a few harmful chemicals to avoid to help you make buying choices that support your health and well being; check your labels of what you are using — if you see any of these chemicals I recommend trying one of the recipes above — save your skin and your body:

Toxic chemicals to avoid:

🧴 fragrance – used in body care hair care, perfumes — see box to the right from Dr. Axe. Fragrance chemicals are very harmful in your body — try to avoid all fragrances.

🧴 hydroquinone

🧴 1,4 dioxane

🧴 formaldehyde or formalin – in nail products

🧴 Toluene – in nail products

🧴 DBP Dibutyl phthalate – in nail polish

🧴 nitrosamines

🧴 ethylene dioxide

🧴 acrylamide

🧴 polycyclic aromatic hydrocarbons

🧴 Parabens – propyl, isopropyl, butyl and isobutyl— are used in a variety of personal care products; antiperspirants and deodorants, lotions, sunscreens, moisturizers. Tests have found esters of parabens in the underarm area close to the breast.

This region of the breast has the highest incidence of cancer.

🧴 Retinal Palmitate – or other retinoids in daytime skin care products

🧴 Triclosan – in liquid soaps — banned in 2016 by the FDA!

🧴 Triclocarban – in bar soaps

🧴 DMDM hydantoin in hair products

🧴 PEG – cetareth, polyethylene in hair products

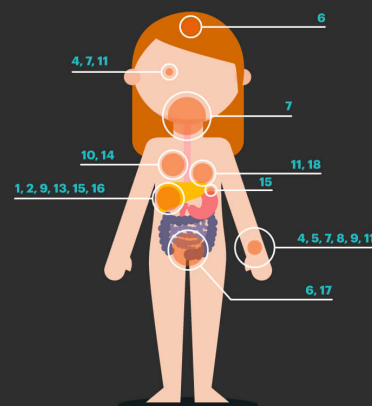
🧴 Aluminum – in Deodorants

A great resource that evaluates body care products: <http://>

How Fragrance Chemicals DAMAGE THE BODY

Here are just a few of the toxic chemicals allowed to hide out behind the "Fragrance" ingredient

Many are also hormone disruptors



- 1 ACETALDEHYDE**
"Potentially carcinogenic to humans"
Adversely impacts the kidneys, nervous & respiratory system
- 2 BENZOPHENONE**
Endocrine disruptor linked to liver tumors
- 3 BUTYLATED HYDROXYANISOLE (BHA)**
Listed as a carcinogen under California's Prop 65
Endocrine disruptor listed as European Commission's "category 1 priority substance"
- 4 BUTYLATED HYDROXYTOLUENE (BHT)**
Skin & eye irritant
- 5 BENZYL SALICYLATE**
Allergen
- 6 BENZYL BENZOATE**
Exposure can burn and irritate the genitalia and scalp
- 7 BUTOXYETHANOL**
Skin, eye, nose and throat irritant
Exposure can lead:
• to blood in the urine
• vomiting and nausea
• long-term damage to the kidneys, liver, lymphoid system, nervous system, respiratory system and blood cells
- 8 BUTYLPHENYL METHYLPROPIONAL**
Skin inflammation & itchiness trigger
Can set off skin sensitization, leading to even more intense irritation with each exposure
- 9 CHLOROMETHANE (METHYL CHLORIDE)**
Causes acute and chronic effects on the nervous system
Also adversely impacts the liver, kidneys and skin
- 10 DICHLOROMETHANE (METHYLENE CHLORIDE)**
Linked to mammary gland tumors
- 11 DIETHYL PHTHALATE (DEP)**
Eye, skin & respiratory tract irritant
Potential hormone disruptor
Linked to nervous system damage
- 12 FORMALDEHYDE**
A known human carcinogen
Banned in cosmetics and toiletries in Japan and Sweden
MEA, DEA, TEA - ethanolamines
Often mixed with other ingredients to form nitrosamines
Some nitrosamines are possible and known carcinogens
- 13 OXYBENZONE (BP-3)**
UV-filter accumulates in the blood, kidneys and liver and may be toxic to liver cells
- 14 PROPYL PARABEN (PROPYL P-HYDROXYBENZOATE)**
Linked to breast cancer
Banned in Denmark in cosmetic products for children up to 3 years old
- 15 RESORCINOL**
Changes liver, kidney & spleen functioning
Adversely affects the cardiovascular and nervous systems
In Japan, the form Resorcinol is banned in cosmetics
- 16 STYRENE**
Toxic to red blood cells and the liver
Toxic to the central nervous system when inhaled
Reasonably anticipated to be a human carcinogen & endocrine disruptor
- 17 SYNTHETIC MUSKS (TONALIDE, GALAXOLIDE, MUSK KETONE, MUSK XYLENE)**
Build up in breast milk, body fat and newborns' cord blood
Linked to hormone disruption and reproductive, development and organ damage
- 18 TITANIUM DIOXIDE (TiO2)**
Lung & respiratory system damage
The International Agency for Research on Cancer also calls it a possible human carcinogen
- 19 DIOXANE**
Common "possibly carcinogenic to humans" by-product

Dr. Tom O'Bryan in this excellent 41 minute interview with him talks about how the chemicals in our environment attach to our hormone receptor sites and cause problems in our bodies leading to auto-immunity. Especially for women. He gives some good take away tips as well.

[https://www.youtube.com/watch?](https://www.youtube.com/watch?feature=youtu.be&v=kaJt-5CaOZ0&inf_contact_key=74e46162467375d57fccdc7bd0506f2e64565043dbfffb52f6e95f7a0af7abd1&app=desktop)

[feature=youtu.be&v=kaJt-5CaOZ0&inf_contact_key=74e46162467375d57fccdc7bd0506f2e64565043dbfffb52f6e95f7a0af7abd1&app=desktop](https://www.youtube.com/watch?feature=youtu.be&v=kaJt-5CaOZ0&inf_contact_key=74e46162467375d57fccdc7bd0506f2e64565043dbfffb52f6e95f7a0af7abd1&app=desktop)

Bobbi Misiti, FMCHC is founder of **BeFit Body & Mind**, she has worked independently since 1990 educating and motivating folks in the world of



movement of body, fresh whole foods, plants and herbs, and lifestyle/foods as medicine.

In 2001 I opened BeFit Body & Mind YOGA, in 2009 I started traveling and teaching **workshops worldwide** spreading the joy of food and movement.