

“Natural Beauty”

Most of us go through our daily grooming regimens without giving a single thought to what we're putting on our bodies and how it may affect our health. The truth is that many personal care products we use daily on our skin, hair and teeth contain dangerous chemicals—some of them toxins or carcinogens. They're easily absorbed by the body, transported into the bloodstream and can wreak havoc on the immune system, the nervous system and our internal organs.

What may be worse is that major loopholes in federal law allow the cosmetics industry to put unlimited amounts of chemicals into personal care products with no pre-market testing, no monitoring of health effects and inadequate labeling requirements.

Many shampoos, conditioners, soaps, lotions and creams, for example, contain ingredients generally contaminated with a chemical called 1,4-Dioxane. Interestingly, OSHA (Occupational Safety & Health Administration, U.S. Department of Labor) says 1,4-Dioxane is a suspected human carcinogen that can cause drowsiness, headaches, nausea, vomiting; eyes, nose, and throat irritation; liver damage, kidney failure and skin irritation.

Some toothpastes can leave a bad taste in your mouth when it comes to your health due to artificial colorings, added sugars and fluoride. Dr. John Yiamouyiannis, an international authority on the biological effects of fluoride, says: "Fluoride is more poisonous than lead and just slightly less poisonous than arsenic. It has been used as a pesticide for the control of mice, rats and other small pests." Studies indicate that fluoride—in amounts that most people are exposed to daily via drinking water and fluoridated toothpaste—is a neurotoxin that can damage the brain.

Even perfume doesn't come off smelling like a rose. A high percentage of chemicals used in fragrances are synthetic compounds derived from petroleum. They include benzene (a known carcinogen) derivatives, aldehydes and other known toxins capable of causing cancer, birth defects, central nervous system disorders and allergic reactions. Studies have found up to 23 identifiable carcinogenic compounds in over-the-counter perfumes.

Why risk repeatedly putting unwanted chemicals on your body? You can choose to be a natural beauty instead, and here are a few personal recipes to get you started.

Perfumes has its high % of chemical, include benzene (a known carcinogen) which is capable of causing cancer, birth defects, central nervous system disorders, and allergic reactions. Studies found up to 23 identifiable carcinogenic compounds in over the counter perfumes

Sodium Laureth Sulfate: Unfortunately, sodium laureth sulfate are very dangerous, highly irritating chemicals. Far from giving "healthy shining hair" and "beautiful skin", soaps and shampoos containing sodium laureth sulfate can lead to direct damage to the hair follicle, skin damage, permanent eye damage in children and even liver toxicity.

Phthalates. A recent report warned that pregnant women's exposure to **phthalates**, a chemical widely used in cosmetics, [fragrances](#), plastics and paints, may cause damage to the reproductive organs of their unborn baby boys.

Lead: According to the Campaign for Safe Cosmetics, lead in [lipstick](#) is just as directly ingested into the body as [lead](#) in candy. Lead is a potent neurotoxin that has been shown to cause mental damage including learning disabilities, increased aggression and language problems. It is particularly dangerous to a developing organism and can cross the placenta, placing children and pregnant women at particularly high risk.

Toxins such as lead, mercury, and phthalates from makeup can be absorbed in the bloodstream in just 90 seconds. Occlusive ingredients in cosmetics can also prevent the [skin](#) from performing its natural detoxification function, trapping hazardous substances in your body

Parabens: can mimic the hormone estrogen, which is known to play a role in the development of breast cancers

Alcohol: There are several types of **alcohol** that appear in **cosmetics** and skin care products, and most of them are extremely irritating and drying to the skin.

Petroleum-Based Ingredients: Petroleum products such as mineral oil are commonly found in many products such as lip balms and nearly all products for dry skin. Petroleum based products are bad for your skin because it tricks the body into thinking that the skin is moisturized. This in turn stops the body from producing natural body oils. After the product has worn off the skin becomes dryer and more irritable. Your skin will cease to moisturize itself naturally and depend on external products to keep it hydrated. Petroleum products are popular with manufacturers because they are cheap. So, beware of this ingredient in selecting the right moisturizer for your skin.

If You Wouldn't Eat It, Don't Put It On Your Skin

Basic Shampoo

Ingredients

½ cup distilled water
½ cup liquid, pure castile soap—preferably from organic olive oil or coconut oil
1 teaspoon of organic grapeseed oil

Directions: Thoroughly mix together the ingredients and then pour into a bottle. Store in a cool, dry place. Shampoo's shelf life is about six months.

Variations:

Add ¼ teaspoon organic tea tree oil
Add ¼ teaspoon organic peppermint oil
Add ¼ teaspoon organic lavender oil
Add ¼ teaspoon organic sandalwood oil or whatever your favorite fragrance is

Face and Body Lotion

These are pretty simple. A few drops of organic extra virgin olive oil, almond oil or even a dab of extra virgin coconut oil can serve as an amazing face or body oil. For your face, the key is to rub the oil in your hands first so you don't overdo it. Use the oil on your face when it's still just a little damp; then lightly pat dry. The same holds true when you use these oils as body lotion--although you can be a little more generous with your amounts.

Give these a try, and bring out your beauty...naturally!

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This is why I am now a distributor for Lemongrass Spa Products, All natural, organic and pure.

Lemongrassspa.com Please use my # 1638 if you place an order or I can do it for you, just email me your requests.