

Chemicals to Avoid – Natural Alternatives

Chemicals You Definitely Want to Avoid

Did you know that if you use conventional cosmetics on a daily basis, you can absorb almost **5 pounds** of chemicals into your body each year! Many of which have been linked to deadly [side effects](#) like [cancer](#).

Below I'll offer a few simple, non-toxic alternatives to help you avoid some of these hazardous chemicals, which can be found in many personal care products: (click on the blue ones to read more)

- **Paraben**, a chemical found in underarm deodorants and other cosmetics that has been shown to mimic the action of the female hormone estrogen, which can drive the growth of human breast tumors.
- **Phthalates**, plasticizing ingredients (present in nearly three-quarters of 72 products tested by the Environmental Working Group), which have been linked to birth defects in the reproductive system of boys and lower sperm-motility in adult men, among other problems.
- **Musks**, used as fragrances, can accumulate in your body, and have been linked to skin irritation, hormone disruption, and cancer in laboratory studies.
- **Artificial fragrances**, which are among the top five known allergens, and can cause asthma and trigger asthma attacks.
- **Methylisothiazolinone (MIT)**, a chemical used in shampoo to prevent bacteria from developing, which may have detrimental effects on your nervous system.
- **Toluene**, made from petroleum or coal tar, and found in most synthetic fragrances. Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage, and may affect a developing fetus.
- **Mineral Oil, Paraffin, and Petrolatum**, these products coat your skin like plastic, clogging pores and creating a build-up of toxins. They also slow cellular development, which can cause you to show earlier signs of aging, and are a suspected cause of cancer and disruption to hormonal activity.

I highly recommend using the [Environmental Working Group's Skin Deep Cosmetic Safety Database](#) where you can look up a wide variety of products and brands to find out what they're really made of, and whether or not they're safe.

Being choosy and only using [products made of real, recognizable, natural and organic ingredients](#) bearing the [USDA Certified Organic seal](#), is your best bet when purchasing products that go into your body, or onto your skin.

Easy-Breezy Home-Made Beauty Products

Like DeJong, I believe the absolute easiest way to ensure that you're not being exposed to potentially hazardous agents is to simply make your own personal care products, using simple all-natural ingredients that many of you may already have in your home.

Here are a few of my recommendations:

All-natural moisturizers -- Pure emu oil is a great alternative to facial- and body moisturizers and lotions, as is [pure coconut oil](#). It's a [fantastic moisturizer](#) and a potent source of the beneficial fat lauric acid.

All-natural acne fighter -- Rubbing just a drop of oregano oil on a breakout can speed up the healing and prevent unsightly scarring without resorting to harsh commercial acne medication (remember to wash your hands thoroughly afterwards).

All-natural deodorant – I advise stopping ALL antiperspirants. [Common soap and water](#) works fine. If you still need further help then try a pinch of baking soda mixed into water as an effective all-day deodorant.

All-natural shampoo and soaps – You can find clean, non-chemical soaps at many health food stores.

Finding recipes for your own homemade beauty products is a breeze when you have access to the internet. Just Google “homemade cosmetics” for more than 400,000 pages of recipes and instructions.

Reference website: <http://articles.mercola.com/sites/articles/archive/2009/11/26/Easy-Economical-Green-Remedies-You-Can-Prepare-at-Home.aspx>