

Natural Products

Toxic chemicals are found in everywhere from our food to the environment. We cannot control all the chemicals we are exposed to in the environment, but we do have control over the food we consume and what we are exposed to in our homes. For example, we can choose to buy food that is free of hormones and chemicals such as food dyes and artificial flavourings and preservatives. In our home, we have control over what we use to clean our house and we also have control over what types of cosmetics and skin care products we use.

Most household cleaners and cosmetics have toxic chemicals. These chemicals may result in respiratory problems, eye irritation, cancer, asthma, skin irritation, etc...They also disrupt the endocrine system, which causes many hormonal disorders such as Thyroid problems, Prostate issues, Breast Cancer, and other problems with the reproductive organs. Most studies performed on these chemicals only look at the individual chemical and not on how they interact when they are in the body together. It is possible that they could be even more toxic to us than the studies suggest because we are exposed to so many at once rather than each individually. Thus it is important to try to minimize these chemicals in our everyday life.

For more information on this, click [here](#) to view various articles you can read. Our “[Top 20 List](#)” also has some basic information about the effects of chemicals from our food and the environment. Scroll down to number 20 to learn more.

Nature's Sunshine manufactures the following products that are good alternatives to toxic chemical products:

[Crystal Clear Deodorant & Body Spray – Fact Sheet](#)

[Natria Irish Moss Hand & Body Lotion](#)

[Natria Moisture Full Body Wash](#)

[Natria Restoring Shampoo](#)

[Natria Restructuring Conditioner](#)

[Nature's Fresh Enzyme Spray – Fact Sheet – Multi-Purpose Uses – Other Information](#)

[Nature's Spring RO](#) – Click [here](#) to read about it

[NSP Concentrate – Fact Sheet](#)

Click [here](#) for ordering instructions.