

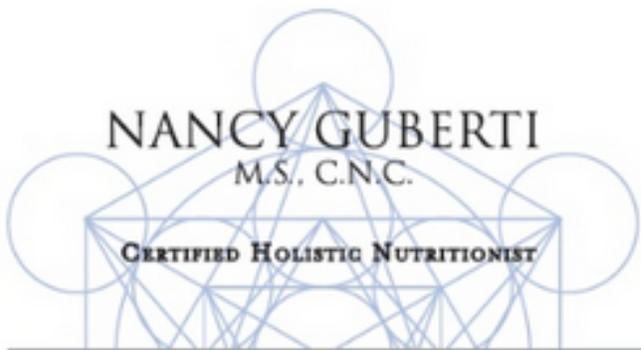
# Nine Steps To Healthy Lifestyle

## Step 8: Buyer Beware & Natural Remedies

### *Checklist for Your Environment*

#### KITCHEN

- Do you cook with non-stick cookware?** Replace with cast-iron, stainless steel, or glass when possible. Why? Because when overheated it, releases toxic fumes. Before purchasing new cookware, please call manufacturer and inquire what is really in it.
- Do you use plastic food containers?** Recommendation of using glass over plastic. It's best never to use the microwave but if you do then never microwave food in plastic containers. For baby, use glass or BPA-free plastic bottles.
- Do you filter your tap water?** Check your tap water with a water test kit for contaminants, then choose a filter that removes them, if needed.
- Do you drink bottled water?** For water on-the-go, get a reusable water bottle, like stainless steel (not plastic or aluminum lined with plastic). Never allow water bottles to get hot or stay in your car that will get hot.
- Any canned food in the pantry?** Cook with fresh or frozen whenever possible; most food cans (including liquid infant formula) are lined with bisphenol-A (BPA), a toxic chemical that leaches into the food and linked to endocrine, thyroid, hormonal and degenerative disease. Checkout Whole Foods brand 365 which offers organic. I also check the place of origin on the bag to make sure it is from the United States.
- Do you eat conventionally grown produce?** Just remember that pesticide residues are highest in conventional produce and can definitely accumulate in your body and cause inflammation. Stay away from GMO as the foods are sprayed with the pesticide glyphosate (RoundUp).
- Do you eat high-mercury fish?** Ask yourself before eating and head for the lower-mercury types (especially for pregnant women and young children). Remember to check the mercury calculator at: <https://seaturtles.org/programs/mercury/>



## BATHROOM

 **Do you use air fresheners?** Don't! Most contain a number of toxic chemicals that contaminate the air you breathe.

 **Is there fragrance in your personal care products?** We don't know what's in "fragrance," so it's safer to choose all fragrance-free personal-care products. Always check ingredient lists to be sure and call manufacturer and inquire.

 **What kind of toothpaste do you use?** Choose fluoride-free for kids under 2 and teach older kids to rinse and spit; fluoride is toxic if swallowed. Also, pick a paste without triclosan - you'll see it on the ingredient list.

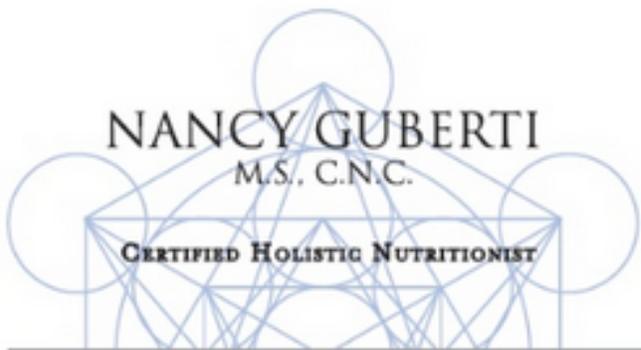
There are some great toothpastes available:

Product Code: SILVERSOL TOOTH GEL 4 OZ (A02440) SilverSol Tooth Gel combines the unique benefits of our patented SilverSol Technology with Xylitol to create a powerful new tooth gel designed to help clean your teeth like no tooth gel has done before. Use: For best results, brush teeth with SilverSol Tooth Gel after every meal or at least twice a day.

Product Code: NEEM & POMEGRANATE TOOTHPASTE 150GM (H20007)  
A trusted formula that helps fight plaque. Contains time-tested herbs including NEEM, Pomegranate, and Triphala. Plus Xylitol from Himalayan birch, a remarkable natural sweetener known to enhance your oral care experience and sparkling smile.

 **Do you use liquid hand soap?** If so, avoid anti-bacterials – the American Medical Association recommends against using them at home.

 **What material is your shower curtain?** Avoid vinyl shower curtains. If you get a new curtain (whatever the material), leave it outside for several days before using. Better yet, look for the eco friendly, low to no-voc brands.



**Do you have extra products?** Less is more. Skipping cosmetics like hair spray and detangler, body sprays and powder is less toxic – and cheaper!

Right now, cosmetics companies can put almost any ingredient they want into personal care products without having to prove that the ingredients are safe. It's way past time for Congress to step up and start looking out for us.

Opt for organic makeups. Why to find them? At your local health food stores is a good start.

**Check your shampoos and conditioners: What is in them?** Are they organic or containing lots of ingredients that you do not know what they are.

**Do you use candles...are they toxic?** Check to see if you can find out any information about the derivative of the candles.

## LAUNDRY & CLEANING CLOSET

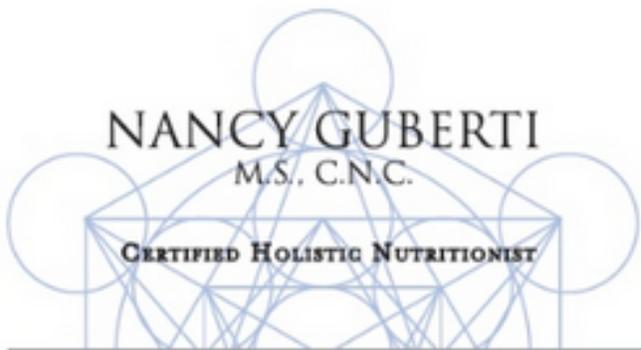
**Are your cleaners green?** It's hard to know without a full ingredient list, which most products don't have. Find out the ingredients by calling the manufacturer, avoid the toxic ones, and choose green-certified products whenever possible. Call the company or look on their website.

**Do your product labels list all ingredients?** Most don't, but they should. Support companies that disclose all ingredients by buying their products – you have a right to know.

**Do you need all those products?** Most homes can be safely cleaned with a few nontoxic ingredients: vinegar (it's anti-bacterial), baking soda, water! Refer to the homemade list of ingredients to clean your home.

Skip laundry products you don't need, like dryer sheets, fabric softener, and chlorine bleach.

**Are your dry-cleaners green?** Many conventional dry-cleaners use toxins so opt for organic.



## ALL AROUND THE HOUSE

☑ **Was your home built before 1978?** If so, it probably contains lead paint. When repainting, use a wet sanding technique to reduce dust, choose very low VOC paints and always paint with the windows open for good ventilation. Keep kids and elderly away from rehab dust and loose chips.

☑ **Got foam furniture?** Foam products (like stuffed furniture and mattresses) are often treated with toxic fire retardants, so keep them well-covered. Ask whether a product is treated before you buy and choose naturally fire-resistant materials like cotton and wool, when possible. Don't "protect" your fabrics and carpets with sprayed on chemical coatings – simply clean spills quickly. You must ask the furniture company and most of the time, the salesperson and manager may not know. Instead, do your own research and get the name of the fabric company and google them online to gain some clarity on the toxic level.

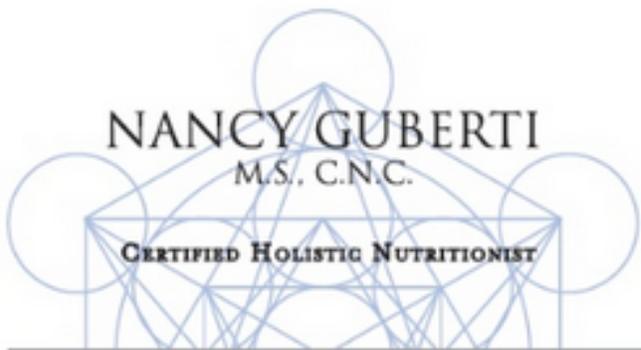
☑ **Do you use compact fluorescent light bulbs (CFLs)?** They contain mercury and should be handled and disposed of with care. Use them where there's no danger of breaking near children; clean up broken bulbs quickly and safely.

☑ **Do you use pesticides or insecticides?** Try non-toxic alternatives first; pesticides are a last resort. If you choose to use them, store them out of reach of children. Organic gardening is healthier for kids, pets, and your environment. Stay away from the pesticide glyphosate (RoundUp). My favorite brand is EcoSmart: <http://www.ecosmart.com/> They create the world's safest, most effective pesticides based on natural ingredients and have 15 years of scientific research and a wealth of patents behind them. They make the only 100% safe insecticides that are proven to work. and offer the only complete line of EPA exempt pesticides sold in the United States.

☑ **Do you have a wood deck, picnic table or playground set?** Those made before 2005 likely contain arsenic. Test to confirm and either replace with safer wood or reduce your exposure by sealing it, replacing high-use areas and washing hands after touching, especially before eating.

☑ **What materials are your kids' toys made from?** Top contaminants to avoid are: lead paint, mercury, play make-up, cadmium and lead in play jewelry, and phthalates in soft plastics (like teething rings and rubber duckies). Choosing non-toxic toys for young kids is especially important because so many end up in their mouths

☑ **What materials are you using for paint, wood stain, tile sealants, grout, wood finishers?** Every product can contain toxins and there are green alternatives. It is worth the time to do research on all products and choose the healthier alternative.



## PERSONAL CARE PRODUCTS:

Checkout my page: <https://www.pinterest.com/nancyguberti/healthy-makeup-skin-products/>

 **Makeup:** read the ingredients and opt for healthy alternatives. The cosmetics industry uses thousands of synthetic chemicals as ingredients, even those linked to cancer, infertility and birth defects. Carcinogens have no place in cosmetics and personal care products. Yet the United States government does not systematically assess the safety of personal care products. In fact, we lag behind other countries in cosmetic safety, allowing [hazardous chemicals](#) that are banned in Canada, Japan and Europe.

That's why U.S Representative Jan Schakowsky (D-III.) introduced the Safe Cosmetics and Personal Care Products Act of 2013 (H.R. 1385) in March 2013.

The Safe Cosmetics Act would be groundbreaking, written to:

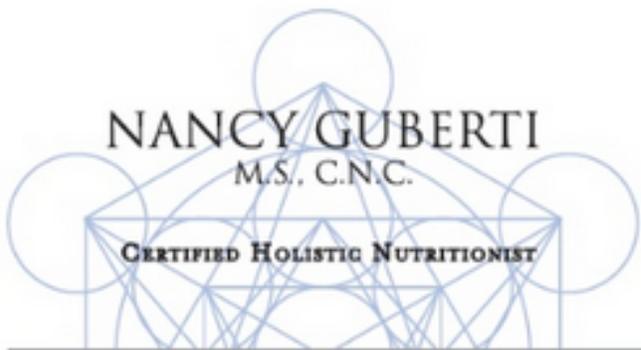
- Strengthen FDA oversight and regulation of the \$50 billion cosmetics industry
- Phase out ingredients linked to cancer, infertility and developmental problems
- Create a safety standard that protects workers, babies and other vulnerable populations
- Require full disclosure of ingredients so consumers can make informed choices
- Give the FDA authority to recall dangerous products

Which chemicals in cosmetics are linked to cancer and degenerative diseases?

Following are some of the chemicals commonly found in cosmetics and what they do to us:

Phthalates are a group of [endocrine-disrupting chemicals](#) that are found in cosmetics like nail polish and in synthetic fragrance—both perfumes and fragrance ingredients in other cosmetic products. Phthalate exposure has been linked to early puberty in girls, a risk factor for later-life breast cancer. Some phthalates also act as weak [estrogens](#) in cell culture systems.

Triclosan used in antibacterial soaps, deodorants and toothpastes to limit the growth of bacteria and mold. The chemical, which is classified as a pesticide, can affect the body's [hormone systems](#)—especially thyroid hormones, which regulate metabolism—and may disrupt normal breast development. Widespread use of triclosan may also contribute to bacterial resistance to antimicrobial agents.



1,4-dioxane is not listed on ingredient labels. It is a petroleum-derived contaminant formed in the manufacture of shampoos, body wash, children's bath products and other sudsing cosmetics. The International Agency for Research on Cancer (IARC) has ranked it as a possible carcinogen, and the National Toxicology Program (NTP) has identified it as a reasonably anticipated carcinogen.

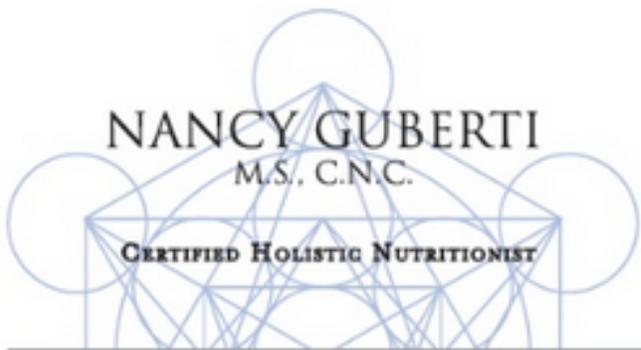
Parabens are a group of compounds widely used as an antifungal agent, preservative and antimicrobial in creams, lotions, ointments and other cosmetics, including underarm deodorants. They are absorbed through the skin and have been identified in biopsy samples from breast tumors.

Ethylene Oxide is used to sterilize surgical instruments. It can also be a contaminant of personal care products such as shampoos and body washes, because it is used to buffer the harshness of some sudsing agents, and trace amounts can be left behind. It is classified as a known human carcinogen and is one of 51 chemicals that the National Toxicology Program (NTP) identifies as mammary carcinogens in animals.

1,3-butadiene found in shaving creams, spray sunscreens and foundations, and anti-fungal treatments that contain the propellant isobutene may be contaminated with the carcinogen [1,3-butadiene](#). Exposure occurs mainly through inhalation. This chemical has been found to increase mammary tumors in rodents.

Polycyclic Aromatic Hydrocarbons (PAHs) are a group of chemicals that occur naturally in coal, crude oil and gasoline. One of the more common PAHs is naphthalene. Some cosmetics and shampoos are made with coal tar and therefore may contain PAHs. They have been shown to increase risk for breast cancer.

Placental Extract is derived from human or animal placentas and is used in hair conditioners, shampoos and other grooming aids, particularly those marketed to women of color. The National Toxicology Program (NTP) has identified progesterone, the major hormonal contaminant in placental extracts, as a reasonably anticipated carcinogen.



Lead may be a contaminant in over 650 cosmetic products, including sunscreens, foundation, nail colors, lipsticks and whitening toothpaste. Lead is a proven neurotoxin, linked to learning, language and behavioral problems. It has also been linked to miscarriage, reduced fertility in men and women, and delays in puberty onset in girls.

Sunscreen: Many [sunscreens](#) contain chemicals that exert significant estrogenic activity, as measured by the increase in [proliferation](#) rates of human breast cancer cells in vitro. Studies show these chemicals are accumulating in wildlife and humans.

### ***Knowledge is power.***

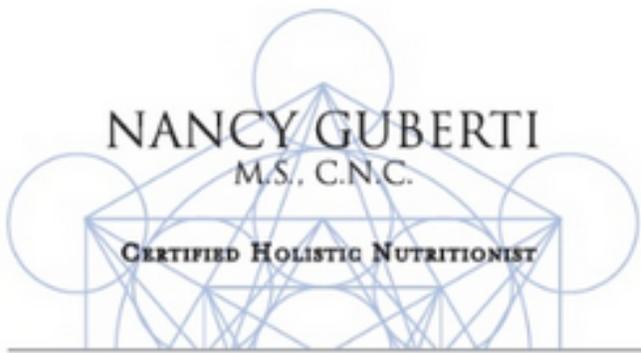
Learn how to avoid the nasty chemicals in personal care products.

### Avoid These Top Offenders

Individual brands aside, some products are just bad news.

Things to avoid:

- Anti-aging creams with BHA on the label
- Hair dyes, which can contain hormone disruptors like resorcinol
- Liquid hand soaps with [triclosan](#)/triclocarban
- Nail polish and removers with formaldehyde, [DBP](#) or toluene (which can be contaminated with [benzene](#))
- Skin lighteners with hydroquinone
- Heavily scented products
- Moisturizers, ointments and skin creams with petrolatum (which can be contaminated with [PAHs](#))
- Fungicides, shaving creams, hair gels and hair coloring containing [nonylphenol](#)
- Hair spray, gel, mousse or shaving cream that contains isobutane, a propellant that can be contaminated with [1,3-butadiene](#)
- Sunscreens with [UV filters that mimic estrogen](#)



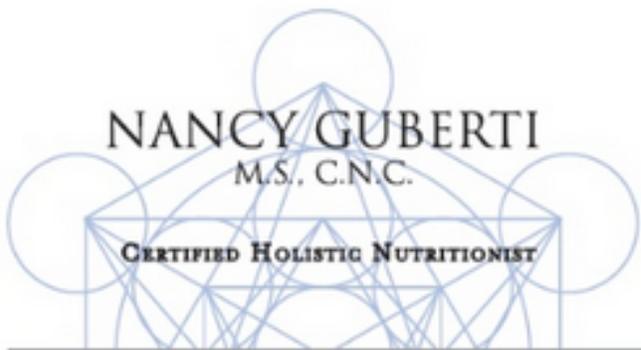
Here are some brand names to checkout:

Dr. Hauschka  
ZuZu  
Gabriel Color  
Physicians Formula  
Ecco Bella  
Pure & True  
Gabriel  
Bare Minerals  
AfterGlow Cosmetics  
Sephora-Natural & Organic Makeup  
Zuii Organic  
RMS Beauty  
Ilia  
Tarte Cosmetics  
Josie Maran  
Alima Pure  
Living Nature  
Naturisimo

**Hair Dye:** NaturTint, HerbaTint are DIY healthy alternatives and OrganicSalonSystems is professional grade alternative.

**Cologne or Perfumes:** ones made with pure 100% essential oils are healthy alternative

**Talc Powder:** Redmond Clay powder is a healthy alternative



☒ **Nail Polish:** There are lots of brands out there that say they are all-natural or non-toxic, but there are three ingredients you are looking to avoid:

1. Dibutyl phthalate (DBP)
2. Formaldehyde (yes, seriously. In your nail polish.)
3. Toluene

Polishes that exclude all three of the above-listed chemicals:

1. Piggy Paint, non-toxic, odorless, kid-friendly, kid-colored, water-based formula.
2. Honeybee Gardens, an alternative to solvent-based nail polish, water-based, odorless, removes with rubbing alcohol.
3. No-Miss, does not contain the three-to-avoid above, and also does not contain camphor.
4. Acquarella, water-based system of nail polish, conditioner, remover and moisturizer.
5. Suncoat, water-based nail polish that has been recognized and honored from the Canadian Health Food Association Expo.
6. Gaiam, Created by New York City's first organic spa, our non toxic nail polish is free of known carcinogens.
7. Peacekeeper Cause-Metics, created by the Environmental Working Group as the safest paint-based natural nail polish.
8. Sante, created without the use of formaldehydes, toluene, and colophony rosin.
9. Nubar, carcinogen-free nail care products.
10. Safe Nail Polish, non-toxic, odorless, made in the USA.
11. Priti, non-toxic, made without the evil-three and all known carcinogenic ingredients.
12. Spa Ritual, vegan nail lacquers.

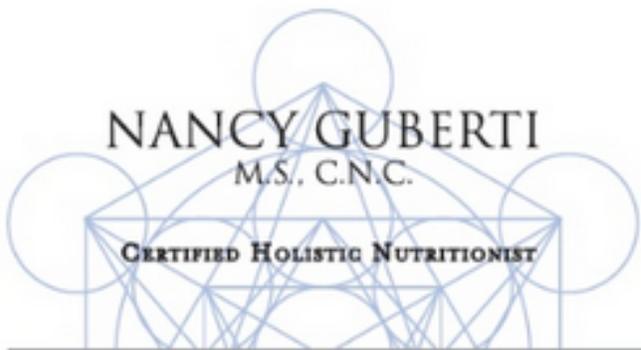
*You can check to see if your local health food store carries a healthy brand of nail polish as well.*

☒ **Deodorant:** Toms Maine, NutriBiotic are healthy alternatives

☒ **Lotions:** Avoid: Retinyl palmitate, retinyl acetate, retinoic acid and retinol in daytime products. Read ingredients and look for organic alternatives.

☒ **Sunscreen:** Checkout the product ratings here: <http://www.ewg.org/2015sunscreen/>

☒ **Bug Spray:** EcoSmart offers an essential oil product



Some of the ingredients to avoid in your personal care products:

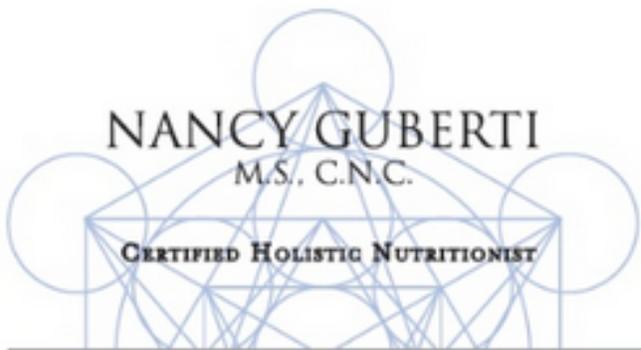
Phthalates are plasticizers that stabilize scent in perfume and color in cosmetics; they also keep nail polish from chipping. You won't find them listed on most labels, though they can be present in almost every conceivable personal-care item hidden in the ingredient "fragrance." (Company formulas are legally protected as proprietary information.) Multiple studies have linked phthalates to depression of normal thyroid function and birth defects, mostly affecting the genital development of young boys and sperm counts in adult men.

Two kinds of phthalates commonly found in cosmetics were banned in the EU with its recent cosmetic safety directive, forcing international companies to reformulate their products for the European market. A number of nail polish manufacturers have removed the "toxic trio" — dibutyl phthalate, toluene (a solvent and neurotoxin) and formaldehyde — from their nail polish formulas. Still, it's smart to view nail polish and products with caution, especially if you're pregnant. Water-based polishes are the most benign option.

Nanoparticles consist of ultra-tiny particles of common ingredients and are used in everything from sports clothing to car tires. They're often found in sunscreen, to make it transparent instead of white, and in anti-aging products to help them penetrate deeper skin layers; they can be listed on labels as "microfine particles." These "penetration enhancers" are worrisome in the company of phthalates and parabens. And, because they're a new and quite powerful technology, environmental-health experts are also concerned about their impact on the environment once they're washed into rivers and lakes. While the particles alone have not been implicated in health issues, many experts recommend waiting to use them until more studies have been completed.

Sodium Lauryl/Laureth Sulfate (SLS) is a synthetic detergent and foaming agent connected to skin and eye irritation. It's also linked to the byproduct 1-4 dioxane, a suspected carcinogenic contaminant produced by the ethoxylation process, used to make some ingredients less harsh. (Sodium lauryl sulfate is converted to sodium laureth sulfate, for example.) Ethoxylation is one reason why so many "gentler" products — those with a natural slant or made especially for kids — have turned up surprisingly high levels of toxins.

According to researchers at the Organic Consumers Association, who conducted tests for 1-4 dioxane on hundreds of products from 16 major brands in 2008, only 23 products



were found to be free of 1-4 dioxane contamination. Many companies have quit using ethoxylated ingredients like sodium lauryl sulfate to avoid 1-4 dioxane contamination as well as allergic reactions, and the standard for the Whole Foods Premium Body Care Seal doesn't allow it. Look for "-eth" at the end of other ingredient names to detect this process.

Synthetic fragrances can contain as many as 200 ingredients that manufacturers are not required to disclose. A common allergen, "fragrance" on an ingredient label is a reliable indicator that the product contains phthalates, unless it's clearly indicated that the fragrance contains no synthetics. Higher-potency fragrances are the likeliest suspects for high concentrations of phthalates. Sophie Uliano, natural-beauty expert and author of *Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life* (HarperCollins, 2008), points out that "fragrance-free" or "unscented" products aren't always a dependable alternative, since manufacturers sometimes use masking fragrances in place of identifiable scents. Look for products that explicitly say "no synthetic fragrances" or "natural essential oil fragrance only," or try to buy from companies that have signed the Compact for Safe Cosmetics.

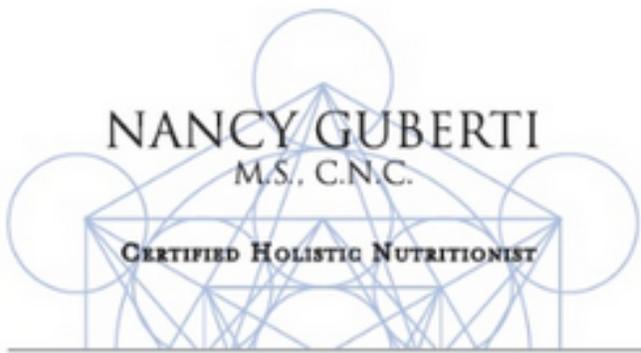
Diethanolamine (DEA) and Triethanolamine (TEA) are emulsifiers and foaming agents typically found in shampoo and body wash. They can produce allergic reaction as well as, ironically enough, hair and skin dryness. They belong to the category of "nitrosamines" that Uliano cautions against, which studies have shown can be carcinogenic.

Diazolidinyl and Imidazolidinyl Urea are frequently used synthetic preservatives that can cause contact dermatitis and are suspected formaldehyde releasers. They appear in sunscreen, lotion, shampoo — the same places you'll find parabens.

Triclosan is essentially an antibiotic. Although it's being phased out, it still appears in some hand sanitizers. Yes, triclosan does kill bacteria and fungus. Yes, it's even been shown to be better at that than soap and water. But that comes at a big cost.

A recent French paper put it nicely: triclosan is a resilient chemical, making it off our bodies, down our drains, and into our lakes, rivers, oceans, and even drinking water. Fish and people alike have it in their bodies, and triclosan also reacts with chlorine and ozone to form toxic dioxins. Most importantly, like any antibiotic that's used flagrantly, there's evidence that it contributes to antibiotic resistance in bacteria. The fact that people tend to use it to ward off disease-causing bacteria means that those disease-causing bacteria are developing resistance. Triclosan trains them.

This is pretty clear cut. Just use soap and water, or alcohol-based hand sanitizers.



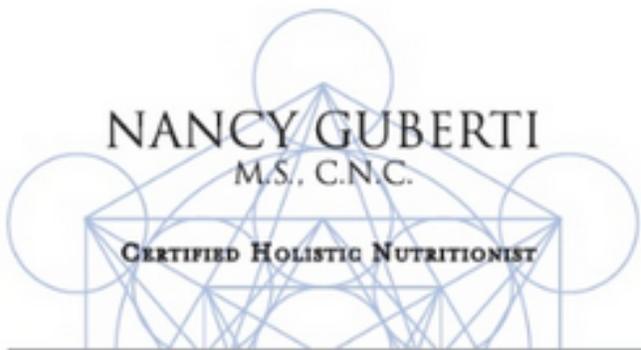
***Added Bonus:***

If you want me to review your completed checklist assignment then send it over and I will review and offer feedback.

**CONGRATULATIONS for completing Step #8!**

**Next is Step Nine:**

**Positive Mindset**



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