



# Go Green

## The Essential Alternatives

Every Body Wellness

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BECAUSE WELLNESS IS FOR EVERYONE

# Go Green Event



Mom of 3, writer, AFAA-certified fitness instructor, chemical awareness advocate and educator, and secondary language arts teacher.

Pullen Out the **St**ops

*and giving God the glory*

# DISCLAIMER

*I am not a doctor.*

This information is for educational purposes only and is not intended to prescribe, treat, prevent, or diagnose any disease or condition. This information is simply the educational opinion of Every Body Wellness.

*One blind man  
telling the other  
blind men where  
the door is...*



First:  
The Bad News



Average woman puts  
over **475** chemicals  
onto her body  
**EVERY DAY**

## SHAMPOO

AVERAGE NUMBER OF CHEMICALS: 15  
MOST WORRYING: Sodium Lauryl Sulphate; Tetrasodium and Propylene Glycol.  
POSSIBLE SIDE-EFFECTS: Irritation; possible eye damage.

## EYE SHADOW

CHEMICALS: 26  
MOST WORRYING: Polyethylene terephthalate.  
POSSIBLE SIDE-EFFECTS: Linked to cancer; infertility; hormonal disruptions and damage to the body's organs.

## LIPSTICK

CHEMICALS: 33  
MOST WORRYING: Polymethyl methacrylate.  
POSSIBLE SIDE-EFFECTS: Allergies; links to cancer.

## NAIL VARNISH

CHEMICALS: 31  
MOST WORRYING: Phthalates.  
POSSIBLE SIDE-EFFECTS: Linked to fertility issues and problems in developing babies.

## PERFUME:

CHEMICALS: 250  
MOST WORRYING: Benzaldehyde.  
POSSIBLE SIDE-EFFECTS: Irritation to mouth, throat and eyes; nausea; linked to kidney damage

## FAKE TAN

CHEMICALS: 22  
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben.  
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

## HAIRSPRAY

AVERAGE NUMBER OF CHEMICALS: 11  
MOST WORRYING: Octinoxate, Isophthalates.  
POSSIBLE SIDE-EFFECTS: Allergies; irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

## BLUSHER:

CHEMICALS: 16  
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben.  
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruptions.

## FOUNDATION

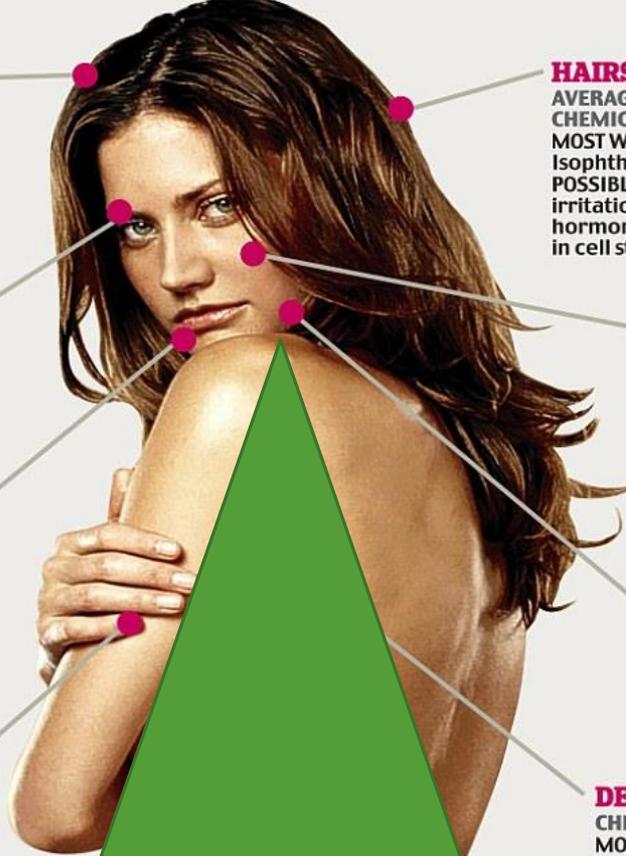
CHEMICALS: 24  
MOST WORRYING: Polymethyl methacrylate.  
POSSIBLE SIDE-EFFECTS: Allergies; disrupts immune system; links to cancer.

## DEODORANT:

CHEMICALS: 15  
MOST WORRYING: Isopropyl Myristate, 'Parfum'.  
POSSIBLE SIDE-EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

## BODY LOTION

CHEMICALS: 32  
MOST WORRYING: Methylparaben, Propylparaben, Polyethylene Glycol, which is also found in oven cleaners.  
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.





# Top 20 Lethal Products in your Toiletries:

- **Alcohol, isopropyl (SD-40)** - A very drying and irritating solvent and dehydrator that strips your skin's natural acid mantle, making us more vulnerable to bacteria, moulds and viruses. It is made from propylene, a petroleum derivative.
- **Ammonium ingredients** - Toxic, carcinogenic
- **Benzoates** - Implicated in wide variety of health problems including testicular cancer, cell mutation and other cancers.
- **Benzoyl peroxide** - Produces tremendously dangerous free radical in the skin increasing the chances of cancer. It also causes over-drying of the skin. FDA has now changed the safety rating of benzoyl peroxide from category I to category III.
- **BHA and BHT** - Encourages the breakdown of vitamins such as vitamin D, can cause lipid and cholesterol levels to increase, endocrine disruptor, toxic



# Top 20 Lethal Products in your Toiletries (2):

- **DEA ingredients** - All ingredients with DEA after the first word such as concamid-dea, cause cancer. These chemicals are already restricted in Europe due to known carcinogenic effects.
- **Fragrances** - Fragrance on a label can indicate the presence of up to four thousand separate ingredients, many toxic or carcinogenic. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, and irritability.
- **Hydroquinone** - Toxic, irritants, hydroquinone has been shown to cause leukemia in mice and other animals. The European Union banned it from cosmetics in 2001. Can cause hyper-pigmentation
- **Lanolin** - Any chemicals used on sheep will contaminate the lanolin obtained from the wool. The majority of lanolin used in cosmetics is highly contaminated with chlorinated organo pesticides like DDT.
- **Laureth family** - (sodium lauryl sulfate, most ingredients with laureth or lauryl in the name) Carcinogenic, skin irritants may be contaminated with large amounts of toxins in manufacturing process contains ammonium salts, mutagen, acne and dermatitis producing and hair loss.



# Top 20 Lethal Products in your Toiletries (3):

- **PEG, polyethylene, polyethylene glycol, polyoxyethylene** - Potentially carcinogenic petroleum ingredient that can alter and reduce the skin's natural moisture factor. Used in cleansers to dissolve oil and grease. It adjusts the melting point and thickens products. Also used in caustic spray-on oven cleaners.
- **Parabens** – (methyl, propyl, etc, paraben family) Implicated in a multitude of health problems, estrogenic, cancer causing, allergenic, found in breast tissue, replicates in dna, stored in fat cells
- **Petrochemicals** (paraffin, mineral oil, petroleum, petrolatum, vaseline) Coats the skin like plastic, clogging the pores, slows down skin function and cell development, resulting in premature aging, acne producing, may be carcinogenic, causes dry skin, respiratory toxin, may cause dizziness, any mineral oil derivative can be contaminated with cancer causing PAH ( polycyclic aromatic hydrocarbons)
- **Phenol Carbolic Acid** - Can cause circulatory collapse, paralysis, convulsions, coma, and even death.
- **Pythalates** - (look for your plastics - squeeze bottles, soft plastics) carcinogens, mutation agents, stored fat cells



# Top 20 Lethal Products in your Toiletries (4):

- **Propylene/butylene glycol** - Is a petroleum derivative, penetrates the skin very quickly and causes contact dermatitis, skin irritations, acne, allergies, the EPA considers PG so toxic that it warns against skin contact to prevent consequences such as brain, liver and kidney abnormalities, and can also weaken protein & cellular structure
- **Octyl stearate** - Acne producing, contact dermatitis, allergic reactions
- **Silicone derived emollients** – dimethicone copolyol, cyclomethicone etc. Coat the skin, trapping anything beneath it, and do not allow the skin to breathe.
- **TEA ingredients** (not tea, but rather ingredients with TEA in front such as Tea lauryl sulfate) - Severe irritants, can contain ammonium salts, eye irritant, sensitizers, highly acidic. Over 40% of cosmetics containing Triethanolamine (TEA), have been found to be contaminated with nitrosamines, which are potent carcinogens.
- **Toluene** - May appear on ingredients labels as phenylmethane, methylbenzene, or toluol and is found in nail products.

# What can we do about this?



Can't completely stop using everything in our medicine chest or on our bathroom counter.

- First, be aware! Read labels. Know what you are using.
- Educate yourself.  
<http://tinyurl.com/dirtydozentoxins>
- Make educated choices for your health.
- Fight back.

# How can we fight back?

- Go back to what God gave us before industrialization and manufacturing compromised the purity of our products-- use essential oils and herbs.



***Lemon Oil  
Demo***

# What are Essential Oils?

The volatile liquids that are distilled from plants (including their respective parts such as seeds, bark, leaves etc.)



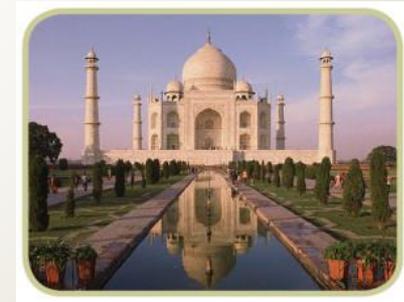


# Benefits of EO's

- Contain the regenerating, oxygenating, and immune defense properties of plants.
- Are lipid soluble and capable of penetrating cell walls. Takes about 20 min to penetrate every cell in the body.
- EO's contain oxygen molecules which help to transport nutrients and boost the immune system.
- Powerful antioxidants that create an unfriendly environment for free radicals
- Have been shown to destroy bacteria and viruses.

# History of Essential Oils

Essential oils were mankind's first medicine. The Chinese, Egyptians, Greeks, Indians, and Romans used essential oils and herbal remedies for centuries before they were introduced in Europe.



# History of Essential Oils

Numerous texts have been written reporting the benefits of essential oils including the Bible which contains dozens of references to both the medicinal uses and spiritual benefits of essential oils.



See *A Brief History of Essential Oils* worksheet for more information.

# What Factors Determine the Quality of EOs?

Purity and therapeutic value is determine by the chemical constituents, growing conditions, plant species, extraction techniques, storage, and even type of soil and temperature.



# Ways to Use EO'S

- Aromatically
- Topically
- Internally



# Aromatically

(Cold-Air Diffusion)



- Olfactory senses are directly connected to the limbic system in the brain that controls heart rate, blood pressure, breathing, memory, stress and emotions.
- Diffused oils don't mask odors; they alter the structure of the molecules that create odors.

# Aromatically

(Cold-Air Diffusion)



# Topically



Applying directly to the body or area of concern. Standard: 1-3 drops for adults.

Oils are absorbed the quickest from the bottoms of the feet, behind the ears, and inside of the wrist.

Some oils need to be diluted with a carrier oil due to their potency and to prevent irritation.

# Internally



*There is controversy over whether EOs should be used internally.*

FDA has approved some essential oils for internal use and given them the designation of GRAS (Generally Recognized As Safe for human consumption)

Only therapeutic-grade essential oils should be used for internal consumption.

# Which Oils to Use?

## The Top Three:

- Lavender
- Lemon
- Peppermint



# Lavender

Various Species of Lavender

Strong medicinal properties:

- Analgesic
- Anti-depressant
- Anti-microbial
- Anti-septic
- Anti-toxic
- Anti-parasitic

Body Systems Affected: Cardiovascular, Nervous, Skin; promotes emotional balance.



# Lavender

Also acts as a:

- Deodorant
- Insecticide
- Sedative
- Tonic
- De-wormer
- Diuretic
- Carminative (to relieve flatulence)
- Vulnerary (for cleaning wounds)



# Lavender

## *Practical Uses*

- To calm or promote sleep.
- To relieve itching, reduce swelling, decrease pain, kill bacteria and/or stop bleeding.
- For relief of eczema, dermatitis, rash, or dry, chapped or sunburned skin or lips.
- To reduce or minimize scar tissue.
- Mix with distilled water to reduce sunburn pain.



# Lemon



Historically recognized as a cleanser. Also,

- Anti-carcinogenic
- Anti-depressent
- Antibacterial
- Anti-fungal
- Antioxidant
- Antiviral
- Astringent

Body Systems Affected: Digestive, Immune, and Respiratory

# Lemon

## *Practical Uses*



- To keep personal water bottles free from mold
- To degrease stains in laundry.
- To remove residue like glues, adhesives, and candle wax.
- For polishing furniture
- To alleviate odors in trash, diaper pail, and bathroom
- For spot-free dishes in dishwasher.

# Peppermint



## Benefits:

- Analgesic
- Antibacterial
- Anti-carcinogenic
- Anti-inflammatory (prostate, nerves)
- Antiseptic
- Antiviral

Body Systems Affected: Digestive, nervous, and respiratory, muscles, bones, and skin.

# Peppermint

## *Practical Uses*



- To relieve nausea, indigestion, flatulence, diarrhea, sinus congestion, or travel sickness.
- To aid in digestion and relieve indigestion and heartburn.
- To reduce fever.
- To reduce fatigue and improve alertness and concentration
- To relieve headache, arthritis or tendonitis pain

# Other Great Oils by EBW

Tea Tree



“Thieves” Blend



# Where to Start?

- Lavender, Lemon, and Peppermint
- Start small.
- You'll find all kinds of uses for them.
- Do your own research online.
- Share it with others.

