

Health - Is More Than Just Food!

Our health is affected by much more than the food we eat or even the stresses in our life. There are other areas of our lives that we need to look at to determine if they are impacting our health negatively.

What Body Care Products Should You Look At?

Makeup (*Foundation, blush, eye shadows, eyeliners, face powder, lipstick*)

Body Lotion

Hand Lotion

Fingernail Polish

Shampoo

Conditioner

Hair Gel

Hair Spray

Toothpaste

Mouth Rinse

Skincare

Body Soap

Deodorant

Hair Coloring

Cosmetics

What you put on your body affects your health just as much as what you put in your body. Did you know that the FDA does not regulate cosmetics and these manufacturers can put any ingredient they would like in them? That is very concerning. What are some ingredients you absolutely should stay away from? Hang in there the list is long.

- ALL ARTIFICIAL COLORING
- Aluminum
- Cetrimonium or cetalkonium chloride
- Chloromethylisothiazollinone
- Cocoyl Sarcosine
- Cyclomethicone
- DEA
- Diazolidinyl urea
- Dimethicone
- Dimethicone copolyol
- DMDM hydantoin, ethoxylated surfactants, discodium oleamine (or laureth) sulfosuccinate
- FD&C color pigments
- Formaldehyde
- Fragrance
- Imadizaolidinyl urea
- Isopropyl pamate

- Isothiazolinone
- Lanolin
- MEA compounds
- Methylisothiazolinone
- Mineral Oil
- Paraffin wax/oil
- Phthalates
- Preservatives (methyl, propyl, butyl & ethyl parabens)
- Propylene glycol
- PVP/VA copolymer
- Quaternium -7, -15, -31
- Sodium hydroxide
- Sodium lauryl sulfate
- Sodium methyl cocoyl taurate
- Stearalkonium/benzalkonium/cetrimonium/cetalkonium
- TEA (Triethanolamine) lauryl sulfate