

12 MONTHS TO A HEALTHIER YOU

APRIL TOPIC: SKIN CARE



A note from me...

about skin care



Your skin is the largest organ in your body and absorbs everything you put on it like a sponge. Skin care, body lotions, sun screens and deodorants get 100% absorbed into your body! For this reason it's essential to be aware of the toxic ingredients in the products you are using.

First, many of the toxins found in skin care products, such as parabens, phthalates, and fragrances, are endocrine disrupting compounds that are linked to health concerns such as hormone disruption, skin irritation, allergies and cancer.

Endocrine disruptors mimic estrogen and other hormones in your body, and can have an effect on all of the organs in your endocrine system.

Second, the personal care industry is largely unregulated, meaning that companies are not required to disclose all ingredients in their products or prove that they are safe for use. Choosing non toxic skin care products ensures that you aren't being exposed to potentially harmful chemicals.

Third, many non-toxic alternative skin care products are just as effective, if not more so. Non-toxic products are made with natural and organic ingredients that are less likely to cause harm and are actually more beneficial to the skin for true healing, wrinkle reduction, etc.



Your mission, if you choose to accept:

Replace the skin care products that you use on your face and body, as well as any sun tanning lotions, with nontoxic options to avoid exposure to toxins that disrupt your hormones and delicate endocrine system.

Let's talk ingredients

The most common toxic ingredients found in skin care are Endocrine Disrupting Compounds, and cause long term damage to your body.

Parabens are a type of preservative used to prevent the growth of bacteria, yeast and mold in cosmetics, plus they're also used to make the product more stable and to increase shelf life.

Due to its ability to mimic estrogen, parabens increase breast cell growth, they block the body's natural ability to perform cell death (how the body rids itself of damaged cells), and they decrease the effectiveness for common chemotherapy drugs.

Phthalates are used to increase the flexibility and stability in many personal care products, and they're often used as the carrier ingredient to suspend fragrances throughout a product.

These are potent endocrine disruptors that effect several hormonal systems in your body, including estrogen, progesterone and androgen systems.

Fragrances or Perfums, common in all personal care products, are a source of allergies and skin irritation.

There are over 4,000 chemicals used in the fragrance industry (IFRA), none that have been tested for safety. Many cause irritations, allergic reactions, and are listed as possible carcinogenic on the American Cancer Society's website.

Do NOT underestimate the damage that Endocrine Disrupting Compounds (EDCs) can have on your body with long term effects. The Endocrine Society lists direct links to the following to EDCs, (this is just a few of a very long list):

- Obesity and Diabetes
- Health issues with the entire female reproductive system
- Health issues with the entire male reproductive system
- Hormone sensitive cancers in females
- Prostate gland disruption and cancer
- Thyroid diseases
- Neurodevelopment and Neuroendocrine deficits (lower IQ)

You can read the [full study here](#), and another [study here](#).

Clean brands to switch to:

There are so many wonderful clean skin care lines it's difficult to narrow it down. Here are a few that you can't go wrong with!

Acure: offers an extensive line of products with different groupings for all skin types.

Annamarie Skin Care: is an amazing line that uses the natural healing properties of plants to power their line of skin care.

Evanhealy: is a holistic skin care line created and formulated to work with the rhythms and physiology of the body, and to support long-term skin health and radiance.

Kora Organics: is an organic skin care line that offers products for all skin types and concerns. They also offer oils and full body care.

Credo Beauty: is not a brand of skin care, but an online store that carries hundred's of clean brands. They are stringent in their vetting process so you don't have to worry.

Dr Bronner's: has a wonderful light and healing full body lotion. Check out their soaps while your there.



SunScreen

Applying safe and effective sunscreen to you and your children is not as easy as it seems. Not only are there harmful ingredients, but if the company is lying about the protection, then there is a risk of damage that leads to melanoma down the road, the most serious form of skin cancer. Neutrogena, Banana Boat and Equate are a few of the worst offenders. There is also confusion around protection, the higher the spf does not always equal longer protection. Once you hit 30spf, any number over that is only gaining you 10 to 15 minutes. Reapplying is always necessary for full protection when spending long hours in the sun. Stay clear of sprays, they are damaging to your lungs.

These brands offer the full spectrum UVA/UVB coverage without the thick white cream left on your skin (common to nontoxic sunscreens), you can't make a bad choice with any of these brands.

Attitude

Beauty Counter

Adorable Baby

SunBioLogic

Badger

Deodorant

The deodorant that you use is also an area of concern. With 100% of the ingredients being absorbed into your body, the proximity to lymph nodes and breast tissue, that is easily effected by Endocrine Disrupting Compounds is enough to cause alarm. Finding the right nontoxic deodorant that works for you may take some trial and error, but your body will thank you for taking the time to switch.

Here is a list of a few brands to try out:

Attitude

Native

Earthley

