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TOPIC OF THE MONTH
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Reduce your chemical exposures — Make your own toiletries :)
Recipes on how to make home made toiletries and other reasons to get the chemicals out of our life.

Part 1 of 2

"The human cell is an antenna for the outside world. It takes the signals from the environment and turns it into biology. It turns it into life. The cell is responding to environmental signals." saying from Dr. Jeffrey Bland.

Chemicals are more prevalent than they ever have been in our history. We are all literally like the test mice that are subject to all our scientific tests — chemicals are being used without adequate testing — WE ARE THEIR TEST SUBJECTS . . . we are not faring well looking at our rates of cancer and auto-immune diseases; first they doubled, then they tripled, now they are quadrupling. Why is everyone now reacting to our environment? Or maybe its our food? If we look at the literature and we follow people like Yehuda Shoenfeld, one of the founders of autoimmune research, and Jeffrey Bland, the founder of The Institute For Functional Medicine, we hear their words; their works are fascinating. They say, "autoimmune disease — an immune dysfunction, is happening, the immune system is not misbehaving. It's not attacking your own body. What it's attacking is misshapen, or changed, or damaged human cells." A lot of the diseases — and suffering that are occurring these days isn't because there's something genetically wrong with folks. It's because the environmental signals have changed the shape of our own cells, the behavior of our own cells; which in turn confuses the immune system. **Chemicals are driving our disease rates much higher**! Our air quality is so polluted it is the equivalent of smoking … we all know smoking increases the risk of pretty much every disease; well pretty much everyone now is "smoking" due to our air quality.
http://www.greenmedinfo.com/article/provides-evidence-environmental-chemical-exposures-contribute-oxidative-stress

We are the detox-ers for the chemical industry as well as their test subjects.. These chemicals need detoxed from the environment; as they pass from our foods and environmental exposures to our body we stress our liver and kidneys — among other body systems detoxing; we are also like the trees and the plants having to deal with toxic burden and clean it up through our body. I guess its only fair.

The poor animals and insects are more exposed than we are — at least we can filter our drinking water, they cannot. And we have greater capacity to store fat to tuck these harmful chemicals away in where they do less damage. Maybe a sign of our growing waist lines is not only due to our SAD (Standard American Diet) food

problems but also the isolated storage of chemicals in fat tissue. Maybe the chemical companies should be paying us rent!

Since WWII we have approved 85,000 chemicals — thats a lot of toxic substances. About 3000 of these are manufactured in high volume. The American Academy of Pediatrics article showed us that in the year 2010 we had imported or produced 74 billion pounds of chemicals in the U.S. per day!! When you do the math, that's 250 pounds per person per day of chemicals. We've drastically increased the production and distribution of synthetic chemical compounds on planet Earth.
https://www.epa.gov/tsca-inventory/about-tsca-chemical-substance-inventory

I will start with just a few reasons as to why you want to avoid sources of these chemicals and make as many of your own toiletries as possible — motivation to act!

Our testing base for chemicals is based on an antiquated NOEL based risk assessment for synthetic chemicals — this system needs to be updated:
NOEL = No Observable Effect Level, basically a chemical is put in a petri dish with some cells . . . when the cells die then it was too much of a particular chemical and the recommended dosage is calculated from there. The testing does not look at mixing chemicals for testing or how quickly one is able to detox them or fluctuating levels of tolerance.

- It is based on short term observations only!
- Tests only one chemical at a time (like you will only ever be exposed to one at a time!)
- Assumes linear dose-effects of toxins (ex. more = more harm)
- Assumes everyone has similar sensitivity, metabolism and elimination of the chemicals
- Ignore when there are windows of vulnerability (for ex. puberty, gestation, infants, etc.)

What we do know is that exposure to synthetic environmental toxins is widespread, increasing and lifelong at this point.

- The body burden of these toxins act synergistically to cause physiological dysfunction — this means when several toxins are mixed in our body at the same time they react differently than one at a time and have a higher likelihood of causing harm and leading to chronic illness.
- Smaller amounts of chemicals are more harmful than large exposures. The body will recognize large amounts and mount some protection. Small amounts go untreated by the body and build up over time in the tissues where they lead to chronic diseases.
- Everyone is different in how they metabolize and excrete these toxins. Some people do it efficiently and some will struggle keeping their toxic burden higher leading to more health problems.

- Lifestyle, diet and nutraceuticals can enhance detoxification to prevent disease and restore health.

Combining chemicals does make them more dangerous. There was an assessment by the National Food Institute at the Technical University of Denmark found that even small amounts of chemicals can amplify each other's adverse effects when combined. As reported by the Institute:
"A recently completed, four-year research project on cocktail effects in foods... has established that when two or more chemicals appear together, they often have an additive effects. This means … small amounts of chemicals when present together can have significant negative effects.
National Food Institute March 19, 2015

Research published in the journal Carcinogenesis also found that chemicals deemed "safe" on their own can cause cancer when combined, even at low doses, with researchers noting, "Our analysis suggests that the cumulative effects of individual (non-carcinogenic) chemicals acting on different pathways, and a variety of related systems, organs, tissues and cells could plausibly conspire to produce carcinogenic synergies."
Carcinogenesis 2015 Jun;36 Suppl 1:S254-96

We would agree that chemicals need to be tested with each other before they are released as safe; however the U.S. National Toxicology Program data suggests testing the interactions between just 25 chemicals for 13 weeks would require 33 million experiments and cost $3 trillion.
Jonathan Latham, Ph.D., co-founder and executive director of the Bioscience Resource Project, pointed out that even if such experiments were possible, it's likely that no chemical would be deemed truly "safe."
Independent Science News May 16, 2016
http://www.greenmedinfo.com/article/study-suggests-cumulative-effects-individual-non-carcinogenic-chemicals-acting

PAUSE HERE and read the above paragraph again. If we could test the effects of chemical cocktails — like we are all being currently exposed to — no chemical would be deemed safe. Clearly its time to rethink our chemical use; since 1970 we have lost 57% of all wild animal life — both land and water. Pause again and reflect on that . . . less than half of all wild animals are able to survive today (not including the animals we torture for our food supply, though they are quite sick). More than half of all wild animals are gone! Bees? we are losing high percentages of bees. Whales? yes. Woodpeckers, Hummingbirds? Turtles? Fish? way less. More than half of every animal has died off . . . What do you think is killing off the animals?

Chemicals companies do NOT have to prove that chemical is harmful before it gets released — we are the ones who have to mount the complaints after years of suffering

or many deaths occur from the chemicals. What typically happens is smart chemists will develop a new product, see that it has useful properties, put it into consumer goods, and then the chemical gets disseminated into the marketplace where it gets used. Typically (according to history) 10, 15, or 20 years later (or more) we realize the chemical is quite harmful and has caused much suffering of our population. http://www.greenmedinfo.com/article/endocrine-disruptoring-chemicals-contribute-development-type-2-diabetes-mellitus

Look at lead as an example; lead companies hid studies and tried to prove lead was not toxic . . . and same with DDT — kids used to play in the dust of DDT and house wives lined their pantry shelves with it. How about Agent Orange (another lovely product from Monsanto . . .) how long did we have to fight chemical companies and prove its harm before it was taken off the market and slowly out of our atmosphere?

Some of the chemicals are so harmful our body does not even want to be exposed to it so our body will store it in our bones and fat! Yes FAT your body will make fat to store toxins tucked away, isolating them from the rest of your body. When you start to lose fat these toxins get into your blood stream where you have to detox them and you don't feel good — which many times interferes with the process of trying to lose weight.

Lead is stored in our bones (Lead has been a known toxin since 100 BC and is very hard for our body to clear it has a half life in • Blood: 25 Days • Soft tissue: 40 Days • Bone: 20 Years!). Post menopausal woman who go through bone loss leak lead into their bloodstream which leads to a lot of post-menopausal symptoms that are not necessary in the aging process. And we are still being exposed to lead today even after knowing this! **Do you know lead is in most lipsticks?** As well as used in other cosmetics. Why is lead ok in lipstick?

And just another note worth mentioning on Flint Michigan and their water. GM (located in Michigan) refused to use the water from Flint for their automobiles in 2014 because it made them rust! So why was this water approved for human drinking water?

All these products and all these chemicals are innocent until proven guilty. We are all test experiments for the chemical industry. We are also their detox-ers ... and worse yet we pay for the tainted products we use while we dispose of their chemicals for them.

We don't have to live like this. It is easy to make your own toiletries; and learning and using Essential oils make it fun and pleasant.

Toiletries, chemicals, and personal care products

This is an area where we can greatly reduce our chemical load. Personal care products are some of the most toxic. Do you know that the average woman who uses cosmetics, lotions, lip stick, fingernail polish, hair gel, etc. walks out the house in the morning with over 60 known carcinogenic chemicals on her body (!) And over 515 chemicals in general. These chemicals interfere with our bodily processes — especially our hormones and are linked to increased risks of cancer and auto-immunity. With the rise in our populations with these diseases we clearly need to reduce our chemical exposures. Here is a nice starting point and a relatively easy way to reduce your chemical exposure.

I am going to share a few recipes for making your own toiletries; more can be found here by scrolling down to "Homemade Toiletries" https://www.befityoga.com/philosophy-lifestyle/yoga-nutrition/

Lets start with an easy one; deodorant. Most commercial deodorants contain parabens (known carcinogenic) and aluminum (anti-perspirants) which are connected to Alzheimers, among other concerns. If you want to save yourself those exposures just try this:

Homemade Deodorant
1/2 cup coconut oil - not liquid not completely solid -- "stir-able"
1/4 cup bicarbonate (baking soda)
1/4 cup arrowroot powder (or ORGANIC cornstarch)
20-30 drops of your favorite essential oil -I like tea tree oil or lavender oil or eucalyptus or lemon.
Optional add in: Epsom Salt. Stir together and put in a jar.

Toothpaste is another easy one. Most commercial toothpastes contain fluoride (toxic to our brains, studies show exposure to fluoride lowers IQ! Also many toothpastes contain plastic micro-beads that get stuck under your gums and cause infections. Most toothpastes also destroy your mouth micro-biota — those good bugs in our gut we are learning about are also in our mouth and on our skin. Most dental products kill them off. And we now know that mouth infections are directly linked to heart health. Good reasons to make your own toothpaste that supports the mouth micro biome and does not contain any harmful effects.

Homemade Toothpaste
1 cup coconut oil - not liquid not completely solid, "stir-able"
1/4 cup bicarbonate (baking soda)
20-30 drops of your favorite essential oil - I like cinnamon oil, or allspice, or peppermint
Stir together, put in a jar.

Optional add ins: You can add 1 TBSP white cosmetic clay, this helps to whiten teeth and pull toxins out of the mouth.

I also put a powdering of turmeric powder on my brush — after dipping it in the toothpaste I dip my brush in turmeric powder – this helps to whiten teeth although it momentarily makes your mouth quite orange.

Most Commercial toothpastes contain:

- Fluoride – fluoride when ingested actually causes more harm than good, it leads to bone weakness, Lower IQ, (and some studies have found a link between fluoridated water and arthritis) and tooth decay!
- Sodium Lauryl Sulfate (SLS) – is a foaming and degreasing agent that is made from coconut oil—it is highly processed. There is much debate about its safety; this is what I have learned "The real problem with SLS is that it is too strong a cleansing agent which too easily strips oils from skin and hair. Because SLS is so cheap and makes such great bubbles, manufacturers tend to use a lot of it in anything that foams or bubbles, the results could be skin irritation.
- Artificial sugars -- Most toothpastes have artificial sugars.

Ayurvedic Recommended herbs for your teeth

- Neem and Peelu (known as the toothbrush trees)– neem (known as the umbrella tree), is an astringent that guards against periodontal disease. The twigs used to be used for toothbrushes! Peelu is a natural tooth whitening fiber.

For body care ... I will share a little secret ... I don't use soap. Nor do I make my own with lye. I am not so sure about lye, even though "they" say it is safe, I am leery since when handling it you can't touch it or inhale it as it will burn .... So I use:
1 quart coconut or sesame oil to 30 drops lavender oil and just rub rub rub it in under the shower. Geranium oil is also good for your skin, reducing wrinkles, nourishing it, and it stimulates your lymphatic system all the while repelling insects :) And it has a pleasant scent. You can combine both oils in your oil soap if you like, or alternate.

For my face "soap" I use Kukui nut oil, it is a nice light oil. I/2 pint of kukui nut oil with 8 drops geranium oil or in the winter I sometimes use lime essential oil.

Many times in the shower or bath I feel like I need to scrub, I make several body scrubs; 3 of which I have made up and ready to use at any time; one is coffee based (used coffee grounds), one is Dead Sea salt based with rose and cinnamon, and the other is sugar, honey, peppermint oil and vanilla bean based.

My Favorite Homemade Body Scrub

I came across this on the "back side" of Maui in an isolated little town called Kipahulu . . . a wonderful beautiful place filled with waterfalls. This little stand used to also make smoothies for the few tourists that wandered around the back side,

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there was not any electricity (at one time –then …) so you had to petal a bike for them to run the blender . . . Even though the bike is no longer there, if you ever get to Kipahulu it is a great little spot.

Coffee Body Scrub:
About 4 coffee scoops of USED coffee grounds
1 Tablespoon or so of cardamom
1 Tablespoon or so of cacao beans
A sprinkle of sea salt
And top it off with coconut oil

*Bobbi's addition is to add a few drops of Ginger Essential Oil
And don't forget the Love.

<u>Another Sweet Body Scrub I Enjoy</u>
Vanilla Mint Honey Scrub

Ingredients:
1 cup organic sugar
1/2 cup sweet almond oil
1/4 cup raw organic honey
1 organic vanilla bean, split and scraped
10 drops Peppermint Essential oil
1 tsp vanilla extract (optional)

Mix it all together, add more or less sugar to desired consistency. I decorate it with the left over split vanilla bean on the bottom of the jar.

<u>Cinnamon and Ylang Ylang Salt scrub</u> (adapted from floracopeia.com)
Combine:
1 cup Sea Salt
1/2 cup jojoba oil
1/2 teaspoon true Cinnamon powder (cinnamon can burn so do not use more!)
1/4 teaspoon of finely ground Rose Petals (or dried flowers — you can powder in a coffee grinder)
4–8 drops of ylang-ylang essential oil.

This easy-to-make salt scrub restores smooth, glowing skin, while nourishing the heart and mind. The mood enhancing plant aromas envelop your senses as you effectively stimulate circulation and detoxification with the purifying power of sea salt and herbs.

Mix well. During showering, apply to body by gently scrubbing towards the heart. Rinse thoroughly. Enjoy this lovely body-mind ritual to nourish inner and outer glow.

Lotions are filled with toxins, pure oils are filled with medicinals. Why choose oils over lotions? Lotions are filled with petroleum based oils which disrupt hormone function leading to breast, prostate, and other cancers. Oils nourish our skin, and massaging the skin is very good for us too:

- Massaging oils onto your skin calms your nervous system, the skin has over 20 million sensory neurons.
- Massaging your skin releases oxytocin in to our blood stream . . . this is the LOVE hormone responsible for bonding, loving, caring, and sharing attitudes improving our behaviors and moods :)
- Rubbing oils into your skin, known as abhyanga in Ayurveda is good for the lymphatic system helping our body move toxins out while transporting fats and other nutrients.

In addition massaging oils on our skin even improves the benefits by nourishing our skin microbes, they feed on oils and fatty acids, so oiling our skin feeds our good microbes . . . we want our skin microbes to hang out with us longer! Here is why:

- Skin Microbes reduce skin infections — this is why dry skin is more prone to infection.
- The good microbes block bad bacteria from getting into our skin protecting us.
- ANTI-AGING!! Both carrier oils and especially essential oils heal our skin and keep us looking younger, part of this is because the essential oils also heal us from the inside out. If you want beautiful external skin, then focus on your internal skin lining your gut and other vessels — the health of the internal skin determines the health of our external skin.
- And we have evidence showing that our skin microbes can communicate with our gut microbes improving over all immunity.

Here are some great skin lotion recipes:

For a quick morning wake up facial moisturizer I use 100% organic kukui nut oil with a few drops of spearmint essential oil. For night time for my face I like 1/2 cup hemp seed oil with 10-12 drops chamomile essential oil.

For night time light body moisturizer: I mix 1/2 cup each of almond and coconut oils with 10-15 drops each of Frankincense and Thyme essential oils

For a night time heavier moisturizer: I mix 1/2 cup each avocado oil and shea nut butter with 30 drops of patchouli OR frankincense OR marjoram.

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For daytime pick me up moisturizer: I mix 1/4 cup each of Mango butter, shea butter, and almond oil with some wild orange essential oil. In the winter I use cocoa butter instead of shea butter.
(Wild Orange is good for anxiety, depression, and fear.)

How about a tropical paradise body butter?
Ingredients
1/4 cup shea butter (best for moisturizing skin) or coconut oil
1/2 cup mango butter
1/4 cup sweet almond oil or avocado oil
2 TBSP organic pomegranate seed oil
50 drops organic sandalwood essential oil
Directions
Melt shea butter and mango butter by placing the containers in hot water. Mix together all ingredients and place in a jar.

Exotic Spice Oil
16 drops lemongrass
20 drops sandalwood
4 drop ginger
In a half pint of carrier oil of your choice; I like to mix hemp, jojoba, and sweet almond in a half pint then add the essential oils.

A nice morning invigorating oil
20 drops rosemary
12 drops Pine
8 drops eucalyptus
In a half pint of carrier oils; I like jojoba, sweet almond, and apricot

How about a sun block that is an anti-aging lotion instead of toxic while blocking vitamin D absorption:
1 cup coconut oil
2 TBSP pomegranate seed oil
2 TBSP Raspberry seed oil (optional)
20 drops lavender essential oil

If you do get a sunburn, a nice sunburn spray is to fill a spray bottle with water and add Lavender, frankincense, and peppermint. You could also put a little aloe vera juice in with the water.

Best for skin, reducing wrinkles and scars while benefitting your lymph:
Geranium

Frankincense
Myrrh
Lavender
helichrysum
sandalwood
wild carrot
Mix and blend any of these In a base of jojoba (which is also good for reducing scars) or coconut or almond or any base oil you prefer.

Skin Care Facial Oil: 7 drops Cistus, 4 drops helichrysum essential oil, 4 drops frankincense-myrrh co-distillation and 2 drops chamomile essential oil in 2 oz rosehip seed oil.

Nourishing Skin Care Facial Oil #2:
1 oz jojoba oil
1 oz Pomegranate
2 oz Rose Hip Oil
10 drops each: Sandalwood, wild carrot and helichrysum

A nice **"band aid"** if you get a little cut on your hands is plain Myrrh Oil. Myrrh oil has wound healing properties, helps stop bleeding, helps to prevent infections; and is also great for moisturizing your hands.

Still want to use some of the manufactured toiletries? Here are a few harmful chemicals to avoid to help you make buying choices that support your health and well being; check your labels of what you are using — if you see any of these chemicals I recommend trying one of the recipes above — save your skin and your body:

<u>Toxic chemicals to avoid:</u>

- fragrance - used in body care hair care, perfumes — see box to the right from Dr. Axe. Fragrance chemicals are very harmful in your body — try to avoid all fragrances.
- hydroquinone
- 1,4 dioxane
- formaldehyde or formalin - in nail products
- Toluene - in nail products
- DBP Dibutyl phthalate - in nail polish
- nitrosamines
- ethylene dioxide

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- acrylamide
- polycyclic aromatic hydrocarbons
- Parabens – propyl, isopropyl, butyl and isobutyl— are used in a variety of personal care products; antiperspirants and deodorants, lotions, sunscreens, moisturizers. Tests have found esters of parabens in the underarm area close to the breast. This region of the breast has the highest incidence of cancer.
- Retinal Palmitate – or other retinoids in daytime skin care products
- Triclosan – in liquid soaps — banned in 2016 by the FDA!
- Triclocarban – in bar soaps
- DMDM hydantoin in hair products
- PEG – ceteareth, polythylene in hair products
- Aluminum – in Deodorants

A great resource that evaluates body care products: http://www.ewg.org/skindeep/

Dr. Tom O'Bryan in this excellent 41 minute interview with him talks about how the chemicals in our environment attach to our hormone receptor sites and cause problems in our bodies leading to auto-immunity. Especially for women. He gives some good take away tips as well.
https://www.youtube.com/watch?feature=youtu.be&v=kaJt-5CaOZ0&inf_contact_key=74e46162467375d57fccdc7bd0506f2e64565043dbfffb52f6e95f7a0af7abd1&app=desktop

Bobbi Misiti, FMCHC candidate is founder of **BeFit Body & Mind**, she has worked independently since 1990 educating and motivating folks in the world of movement of body, fresh whole foods, environmental medicine, and lifestyle/ foods as medicine.

In 2001 I opened BeFit Body & Mind YOGA, in 2009 I started traveling and teaching **workshops worldwide** spreading the joy of food and movement.