

# Part 1 Naturally

*Right now is the best time to start living naturally!*

*It has never before been as easy to find ways to live healthy, naturally! But why?*

*Living in America today, it is also very easy to bombard your body with chemicals and toxins. One of the ways that these toxins can enter the body is through the largest organ, your skin!*

*Your skin is extremely porous and what you put on it can pass through*

*it into your blood stream. This includes dish soap, body soap, shampoo and conditioner, antiperspirant, bug spray, and lotion. Unfortunately, many of these items include ingredients that are harmful not just to your skin but to your body as a whole.*

*Antiperspirant contains aluminum dioxide which has been linked to Alzheimer's disease. The reason for the use of aluminum is that it stops you from sweating, which is your body's natural way of*

releasing toxins and also works to cool you down. Instead of polluting yourself, try a natural deodorant from your local health food store.

Many lotions contain ingredients such as propylene glycol, which is essentially anti-freeze, and propyl paraben, which is essentially an industrial lubricant. Ask yourself if you want that on your skin, or in your body! Again, be encouraged to find a healthier way of moisturizing and beautifying your skin. Check for natural ingredients and preservatives like

tea tree oil, grapefruit seed extract and citric acid, instead of things you can't pronounce.

Deet is the most widely used ingredient in bug spray. It has been proven to be a carcinogen. No wonder it keeps the bug away!

Here are a couple of alternatives!

#### **Bug Off Body Oil Spray**

30ml Carrier Oil  
5 drops Cedar wood EO  
4 drops Lemon EO  
2 drops Geranium EO  
1 drop Citronella EO  
Apply to the skin as desired avoiding eye area

#### **Essential oils to repel:**

**Mosquitoes:** basil, cedar, citronella, eucalyptus, geranium, juniper, lavender, lemongrass & rosemary

**Ants & Mice:** All mints, peppermint, spearmint, etc.

**After a bite:** Try Lavender essential oil, applying 1 drop neat on the skin!

### Sweet Coconut Cream

- .1 oz. citric acid
- .3 oz. emulsifying wax
- .5 oz. glycerin
- .4 oz. stearic acid
- 2 oz. coconut oil
- .9 oz. water
- scent (optional)

All measurements are by weight, not volume. Combine all ingredients in microwave safe container and heat until just melted. Wisk quickly until it turns white and then pour into containers. This makes approximately 8 1/2 fl. oz.

Combine ingredients in a 100 ml size amber bottle with lid. Roll bottle gently between your hands to allow oils to blend. Let stand for a few days to blend. Gently massage into your skin (face & body) as required

### *Acid Lotion!*

- 30 ml Calendula Oil (anti-inflammatory)
- 30 ml Extra Virgin Olive Oil
- 10 ml Wheat Germ Oil
- 20 drops Lavender EO (calms)
- 6 drops Peppermint EO (cooling)
- 2 drops chamomile
- Blend together and apply as desired.