

Sweet Smell of Health



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FIVE WAYS TO POISON YOURSELF BEFORE BREAKFAST?

1. Use mouthwash.
2. Brush your teeth.
3. Take a shower.
4. Wash your hair.
5. Apply lotion.

People today value healthy living more than ever, but many products that you use every day are not as healthy as you might think.

Consumers are becoming more aware, and most know to read the labels on the food products they buy. But take a look at the tube of toothpaste in your bathroom. Have you ever noticed that it has a warning on it and the number for a poison control center? It even says to keep the product away from young children. Did you know that the mouth is one of the most absorbent areas of the body? Those who take herbs in liquid form or homeopathic treatments are told to put them under the tongue for that reason, because they are quickly absorbed into the bloodstream. So why would you want to brush your teeth with something toxic?

Every toothpaste I've ever found in a store contains Sodium Laureth or Lauryl Sulfate (SLS). Even so-called "natural" toothpaste, including that brand from Maine, contains this toxic ingredient. Most so-called "natural" shampoos contain it as well. So what is SLS? It was developed as an industrial product to degrease engines. It is also used to clean cars and concrete floors. According to the Journal of the American College of Toxicology (Vol. 2, No. 7, 1983), SLS can cause cells to mutate, damage the immune system, impair the ability to grow hair, and impairs proper structural formation of children's eyes, causing permanent damage. It enters the body through the skin and maintains residual levels in the heart, liver, lungs, and brain.

Another toxin found in many shampoos and lotions is Propylene Glycol, which has been implicated in cell damage, kidney damage, liver abnormalities (Material Safety Data Sheet). Propylene Glycol is anti-freeze. Read a bottle of anti-freeze and then read the label of your shampoo. You'll be shocked.

DEA (Diethanolamine) is found in over 600 household products. The U.S. Department of Health and Human Services' National Toxicology Program did a study in 1997 that concluded that DEA, when applied to the skin, resulted in clear evidence of carcinogenic (cancer-causing) activity.

Ask yourself - does it make sense to eat healthy food but bathe in toxins? Even the chlorine in tap water is toxic. Any bottle of bleach will tell you that it damages the skin.

For optimal health, select a water filter for your shower or bath as well as for your drinking water. Read product labels - remember, if you can't pronounce it, you should probably avoid it! When it comes to health, why take chances? Prevention is the best medicine.

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Do One Small Thing for Yourself, Try Young Living Personal Care

My personal favorites are:

Dentarome Toothpaste code 3737

Free of artificial sweeteners, fluoride and preservatives. It tastes much less sweet and much cleaner in your mouth. As an added bonus I have used it will great results as a Natural Deodorant. Apply a small amount to your armpits after showering. You will be amazed at how it keeps odor away.

Thieves Mouthwash code 3683

This mouthwash is so pure and good for you; you can actually drink it instead of spitting it out. The long-lasting fragrance of the essential oils also help fight bacteria in the mouth (which we all know is what causes cavities and gum disease). Many people have told me that it supports good gum health.

Aromaguard Deodorant code 3752

For those of you who don't want to use toothpaste as your deodorant the Meadow Mist fragrance deodorant has a very light scent, applies easily and lasts a long time. I must admit that the Dentarome works better for me, odd as that sounds!

Rosewood Moisturizing Shampoo and Conditioner codes 5109 & 5113

This combo not only cleans my hair beautifully without SLS and preservatives; it adds body so that very little styling product is needed. I also know that I am nourishing my scalp with essential oils that may support hair growth and a healthy scalp.

Sensation Hand & Body Lotion code 3707

If you haven't smelled this wonder lotion, which has Sensation essential oil blend, you are truly missing something. (This blend has a beautiful and romantic fragrance that is extremely uplifting, refreshing, and arousing. Sensation is also very nourishing and hydrating for the skin and is beneficial for various skin problems). When I use this after the shower the subtle scent stays on my skin and it beautiful. I also know that I am not applying something toxic on my skin, which may affect liver function. In fact I am applying essential oils, which can have health-enhancing effects, yea!

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Cel-Lite Magic code 3743

This is a wonderful massage oil for not only massage but for applying to your skin right out of the shower. The essential oils in this blend are specifically designed to help the lymph system flush toxins. Some people say if applied regularly in a massage fashion it made a difference in cellulite. Perhaps that is where the name came from.

ART Anti Aging and Wrinkle Skin Care System code 3131

I remember the first time I used this kit, which included a facial wash, day time moisture cream and night time moisture cream I noticed that the dark circles under my eyes were gone after only 2 days. Since then I have not been without

it. I also notice that my skin is more elastic and plumper which I guess means I am building collagen under the surface. Besides the anti wrinkle components I feel secure and safe that I am not applying toxic chemicals and preservatives into my skin daily. In addition I am enhancing my health with the beautiful essential oils of Sandalwood and Frankincense to reinforce DNA recovery. Dr. Mata recently researched this combination of essential oils for breast cancer. He found that these oils in a liposome delivery mechanism reduced breast cancer cell growth in a petri dish.

Sandalwood Facial Toner code 5139

This is a refreshing spray toner that you don't wipe off. Apply it before your moisturizing cream. It helps to create a firm, healthy-looking complexion. The unique oil of Sandalwood also helps to heal the deeper layers of the skin.

Satin Facial Scrub-Mint code 3735

I like this scrub because it is not harsh on my skin. Its safe gentle ingredients help to exfoliate and rejuvenate my skin for a smoother texture. Afterwards my skin feels, clean, soft and glowing.

Lavender-Rosewood Moisturizing Soap code 3673

The first time I used YL's soaps I was surprised to discover that the scent lasted all the way to the very last sliver of soap. The beautiful fragrance fills your bathroom. Also the combination of these oils helps to soothe and soften skin. This one is great because it won't dry skin and it free of perfumes and chemicals. There are many other scents, like Valor, Thieves (great anti-bacterial hand soap), Lemon Sandalwood (great for keeping mosquitoes at bay), Melaleuca-Geranium, Morning-Start, Peppermint-Cedarwood, and Sacred Mountain.

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