**Did you know commercial deodorants have been linked to Cancer?**

Did you know that nearly all commercial deodorants contain aluminum salts, usually aluminum chlorohydrate? Manufacturers like aluminum because it effectively suppresses perspiration but the metal has a dark side once it makes its way into our body. Aluminum toxicity It has been linked to cancer, Alzheimer’s Disease, and other health issues. *It is especially important for women to take thought to the harmful aluminum materials in deodorant as it has been linked to breast cancer, being that the breast tissue extends up into the armpits.*

Most commercial deodorants also contain parabens which act as preservatives and stabilizers, but like aluminum, can be absorbed into the skin. Parabens mimic estrogen, and though the amounts we absorb on a daily basis might be small, over time, the accumulation can be significant.

Check out this video “**The Science of Sweat and Stink”** from the Dr. Oz Show <http://www.doctoroz.com/videos/science-stink>

It is worth watching the 5 minutes which clarifies things a bit. Watch the entire clip because Dr. Oz hasn’t found a link that is conclusive; however, in the end **Dr. Oz chooses to use deodorant over Aluminum antiperspirants**

**About Our All Natural Deodorant**

Soaps and Such natural deodorant is packed with two essential oils. Tea Tree does the job of antibacterial paired with either peppermint distilled II or lavender which have antifungal properties. Coconut oil is an all natural oil that has wonderful anti-bacterial and immune boosting qualities. It can effectively nourish and moisturize the skin. Baking Soda helps to absorb odor. We use Arrowroot powder instead This is an all natural deodorant. **It doesn’t work in the sense that a typical anti-perspirant works.** Natural deodorants don't prevent perspiration. Instead they help to prevent odor, kill bacteria and they *minimize* (key word) perspiration, rather than full on preventing it.

**So why be concerned about using anti-perspirant or even conventional deodorants?**

* Many of them contain **Aluminum Zirconium Tetrachlorohydrex**, **which is considered carcinogenic (cancer-causing) as well as having developmental and reproductive toxicity concerns.** When you consider using an ingredient like this under your armpits, near your chest and lymph nodes, day in and day out, you can understand how it could be problematic.
* **Your skin is your largest organ**. It absorbs what you put on it, and the chemical contents of that deodorant (or soap or body lotion, etc.) ultimately make it into your blood stream. Aside from aluminum, there are many other toxic ingredients in conventional store products. If you're not convinced, try going to the Skin Deep database, <http://www.ewg.org/skindeep/> entering the name of the conventional deodorant or anti-perspirant that you use and see how it stacks up.
* Blocking sweat pores is not a good idea. We were given pores and the ability to sweat by our Creator (who I'm pretty sure it smarter than us) for a reason. Our body needs a way to release toxins, as well as to cool itself down when overheated. **Using an anti-persirant to prevent yourself from sweating is messing around with a bodily function that probably shouldn't be messed with.**

**Using Your Deodorant**

There are only two things I can think of to note as far as usage:

1. **It won't be as solid as a conventional deodorant stick, so don't twist it up very high before using it.** Twist it just high enough (just a few millimeters, or 1/8 or 1/6 of an inch above the rim) to get what you need, but higher than that and you might smush some of it onto the sides on the top making recapping a bit messy.
2. Don't overdo it. Especially during the transition period, your temptation may be (as mine was) to put on extra in hopes that it would work better. It won't. Honestly. Just use a nice, thin amount and the longer you use it, the better it will work for you.
3. One swipe down does the trick. There is no need to go back and forth with multiple layers.

AVAILABLE through our online shop as well! And it’s now one of our best selling products. Read the reviews in our web shop or order yours today. **shop.soapsansuchalpena.com** (don’t forget the two dots in the address).