

**Guided Nutrition Program****Toxic-Free Body Care**

1. **Share your WINS** \_\_\_\_\_

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

---

---

---

---

3. **Past Sessions – Any questions or concerns?**

---

---

**Handouts**

- ☐ Body's Largest Organ
- ☐ Best Skin Care Tips
- ☐ Toxic Ingredients in Body Care Products
- ☐ Nourishing Ingredients for Body Care

**Additional Handouts**

- ☐ Toothpaste/Teeth Whitening Recipe
- ☐ Natural Body Care Recipes

**Exercise**

- ☐ Toxic-Free Body Care Goal Worksheet

**Recommendations for Next Session:**

---

---

## Body's Largest Organ



# Skin

### **Protective Barrier** - 1<sup>st</sup> line of defense against

- environmental toxins & pollutants
- harmful bacteria
- viruses
- parasites
- pathogens (disease causing organism)
- antigens (foreign substance that triggers a reaction from the immune system)
- UV radiation

### **Waste Remover**

Rids our body of toxins through our pores which helps prevent chemical and waste build-up

### **Passageway to the Bloodstream**

Absorbs large percentage of what is put on it

*Dr. Elizabeth Plourde, Cancer & DNA Research Scientist, found nicotine & birth control patch ingredients were detected in bloodstream within 5 minutes and within hours was detected in liver, spleen, kidneys & brain*

### **Natural Anti-Bacterial**

Contains oil glands that secrete an oil called sebum that protects you from harmful bacteria by making your skin slightly acidic, creating an environment in which some harmful bacteria cannot survive.

## Best Skin Care Tips

1. **Improve your nutrition** — Many of us are overfed, malnourished, and toxic. Remove as much processed food, sugar from your diet as you can. Include plenty of healthy fats, quality proteins and organic vegetables.
2. **Drink more water** - Keeps skin plump (reduces wrinkles) and brings nutrients to newly forming cells.
3. **Detox your body inside and out** — Getting enough fiber and water in diet helps eliminate toxins and prevent them from surfacing through your skin. Since 1/3 of body's impurities are released through the skin each day, try detoxing from the outside with dry-brushing or a sauna.
4. **Exercise**- Increases lymph flow and circulation, improves digestion and waste removal, stimulates your metabolism, and delivers oxygen and nutrients to your organs – including your skin.
5. **Sun** - We all need a little sun to survive and thrive. 30-45 minutes of unprotected sun time early or late in the day is great for the health of your skin, bones and mental health due to the production of vitamin D.
6. **Sleep** - Repairs and rejuvenates. Human Growth Hormone (repairs cells) is produced when we sleep. Sleep deprivation triggers the release of cortisol (stress hormone) and causes skin to age.
7. **Take Care of Skin** - Your skin is constantly creating waste and shedding dead skin cells. Cleanse daily with a mild, natural cleanser. Remove make-up before sleeping. Exfoliate.

## Toxic Ingredients in Body Care Products



Toxic Ingredient	Linked to	Found in
<b>Parabens</b> methyl-, ethyl-, propyl-, butyl-, and isobutyl-paraben	Breast cancer, hormone disruption, allergic reactions, infertility  *99% of tumor tissue from breast carcinoma biopsies contains parabens	Shampoos, moisturizers, shaving gel, spray tanning solutions, toothpaste, makeup, lubricants
<b>Petrochemicals</b> paraffin, mineral oil, polyethylene glycol (PEG), diethanolamine (DEA), methanolamine (MEA), butylene glycol, ethanol, ethylene glycol, EDTA (ethylene-diamine-tetracetetic acid), propylene glycol, propyl alcohol, cocamidopropyl betaine, parfum or fragrance	Carcinogenic. Toxic to nervous system. Suffocates and ages the skin and disrupts its ability to eliminate toxins	Cosmetics such as foundation, moisturizer and lipsticks
<b>Artificial Colors</b> FD&C or D&C, followed by a color and a number. Example: FD&C Red No. 6 / D&C Green No. 6	Carcinogenic	Toothpaste, mouthwash, lipstick, shampoo, hair dyes, lip balms, lip pencils, lip gloss, foundation, skin cream, mascara
<b>Artificial Fragrance</b> parfum, perfume, fragrance	Neurotoxins, top allergens, cause and trigger asthma attacks, immune system damage, sensitization, brain damage, hormone disruption, and cancer.	Shampoos, deodorants, shaving creams, lotions, etc.  Even items advertised as unscented
<b>Sodium Lauryl Sulfate and Sodium Laureth Sulfate SLS and SLES.</b>	Allow 40% more toxins to enter the body through the skin, contribute to yeast infections and hair thinning, build up in the heart, liver, lungs and brain.	90% of personal care products that foam
<b>Triclosan</b>	Registered by the EPA as a pesticide. Causes cancer in humans and creates "super-bugs" that it cannot kill.	Antibacterial hand soaps and some toothpastes
<b>Phthalates</b>	Endocrine disruptor – mimic hormones and cause reproductive and neurological damage	Deodorant, perfumes, shampoos, soaps, detergents, nail polish, hair spray, lotion, body sprays

**\*Environmental Working Group (EWG.org) has skin care product guides**

## Nourishing Ingredients for Body Care



Nourishing Ingredient	Use to Replace	Benefits
Essential Oils	Artificial fragrances and preservatives	Anti-bacterial, anti-fungal, and immune supporting properties, can heal many skin conditions, kill germs, treat sore muscles and joints, ease or lift the spirit, promote restful sleep, enhance concentration, boost immunity, ease lines and wrinkles
Carrier Oils apricot oil, coconut oil, extra virgin olive oil, grapeseed oil, jojoba golden oil, sea buckthorn oil, tamanu nut oil	Moisturizers that may contain petrochemicals	Rich in vitamins, fatty acids and antioxidants, can stimulate cells, moisturize the skin, aid in the absorption of essential oils, and promote healing
Butters and Emollients cocoa, shea, mango, aloe vera gel/juice, vegetable glycerin	Lotions, creams, and sunscreens that may contain parabens, phthalates and artificial fragrances	Heal and moisturize the skin, protect against the sun, soothe skin irritation
Arrowroot powder and Baking Soda.	Deodorants that may contain aluminum, phthalates, or artificial fragrances	Natural Deodorants
Jojoba beads, Salt, Sugar, Sand, Clay	Exfoliates, scrubs, harsh cleansers	Remove dead skin cells to help regenerate new growth
Antioxidants Vitamin E and Rosemary Extract	Healthy addition	Prevent the formation of free radicals which cause cancer

## Toothpaste & Teeth Whitener

What you need to know about toothpaste:

**Fluoride** — prior to 1938 was sold exclusively as rat poison and has since been linked to lowered IQ, weakened bones, thyroid suppression, lowered metabolic function, Alzheimer's and Down's Syndrome.

**SLS (sodium lauryl sulfate)** - a foaming agent which is also used to degrease car engines. It also mimics estrogen which causes hormone imbalance issues.

**Glycerin** — Not toxic but coats the teeth and prevents mineral absorption.

## Toothpaste Powder Recipe

4 Tbs **Bentonite Clay** Powder (provides minerals)

2 tsp naturally extracted **Baking Soda**

1 ½ tsp unrefined **Sea Salt** (provides minerals)

1 ½ tsp **Myrrh Gum Powder or ground Cinnamon** (anti-bacterial & anti-gum inflammation)

1 ½ tsp **ground Mint or Peppermint Leaves**

1 ½ tsp unrefined **Stevia Powder**

Mix and store in air-tight container (small mason jar works well)

## Teeth Whitener Options

Many commercial teeth whiteners can damage your enamel and contain toxic ingredients.

**Activated Charcoal** (draws stains to it and won't draw minerals out of teeth)

Purchase activated charcoal powder and keep in glass air-tight container. Dampen toothbrush and dip into charcoal powder and brush onto teeth covering the surface of the front of your teeth. Let sit on teeth for 3-4 minutes. Brush off with rinsed toothbrush and follow up with toothpaste. See results within 1-3 times. Recommendation: Since the charcoal can get messy, put it on before you shower, then brush and rinse it off in the shower where you have plenty of water.

**Baking Soda & Salt** (less abrasive than activated charcoal)

Mix 1 1/2 teaspoons of baking soda and 1/2 teaspoon of salt. Put a small amount on your finger and then work it all over your teeth. Leave it there for two to three minutes. Rinse your mouth with water thoroughly.

## Natural Body Care Recipes

**Deodorants** – Stay away from commercial deodorants that contain aluminum- research shows possible link to cancer. Beware of antiperspirant - they not only block the sweat glands from releasing toxins, but the active ingredient is usually aluminum.

### Natural Homemade Deodorant

Mix arrowroot powder and coconut oil until forms a thick paste you can apply with fingertips. Store in an airtight glass jar. Can add a few drops of tea tree or lavender essential oil.

\*Coconut oil is an anti-microbial, so it kills the bacteria that causes odor

### Add 1-2 cups to your Bath

**Bentonite Clay powder** -Detoxifier that draws toxins from body and is full of minerals

**Epsom Salt** – Soothes aching muscles and joints, restless leg syndrome, adds magnesium which most people are deficient

### Natural Face Products

**Witch Hazel** – Use as a toner for your face (can find at target, drugstores)

**Coconut Oil and Argan Oil** – Great moisturizers for face, lips, and body

**Rosehip Seed Oil** – Good for aging skin

**Jojoba Oil** – Good for acne prone

**\*Deep Cleansing Face Mask** - Mix ½ cup bentonite clay with 1/8 of a cup of raw apple cider vinegar making it into a paste and apply to clean skin. Only leave this mask on for 10-15 minutes until the clay dries. If you leave it on too long, your face will get very red and it might get irritated. Rinse and pat dry.

**BEAUTYCOUNTER®** – A commercial skin care and makeup line that bans over 1,800 questionable ingredients from their formulations. [Beautycounter.com](http://Beautycounter.com)

## Toxic-Free Body Care Goal Worksheet

Try 3 New Skin Care Tips, Nourishing Ingredients or Recipes

Goals:

Strategy:

1.)	1.)
2.)	2.)
3.)	3.)