

ARE YOUR TOILETRIES MAKING YOU SICK?

IT'S TIME TO DO A HEALTH CHECK
ON YOUR BATHROOM PRODUCTS!

YOUR FREE GUIDE

Hi, My name is Andrea!

I'm a Certified Health Coach, Nutrition Specialist, Personal Trainer and Fitness Instructor. I help my clients lead a healthy lifestyle eating clean, whole foods, getting the right exercise, using products with clean ingredients, managing their stress and getting quality sleep.



Hi! I am Andrea! I have been in the health and wellness industry for 25 years! I am very passionate about what I do and I want everyone to live a healthy, happy, and long life.

I am very picky about what I put in and on my body and I want you to be as well. There are so many harmful chemicals that are used in products. All products, food we eat, skincare, makeup, household products, etc. I want to help educate you on reading labels and using the healthiest versions of products!

I made this e-book to help you! If you have any questions or need anymore help, you can always contact me via email. I will give you some links to help as well.

I hope you enjoy this book.

Love,
Andrea xx

Andrea B Schwartz

“

It’s just as important what you put on your skin as what you put in your body.

”

— Unknown

The Hidden Health Dangers in Your Toiletries

Have you ever thought about the nasties that are lurking in your toiletries?

If not, you might be surprised to know that some of them are linked to health problems. With the rise of the “clean beauty” bandwagon, more of us than ever are swapping chemical laden toiletries for more natural alternatives that won’t harm our health.

From general skin irritation to hormone disruption and even serious health conditions, there is a lot of cause for concern with some chemicals.

Here’s why your beauty products might be a lot more sinister than you think and which nasties you’ll want to avoid.

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Sodium Lauryl Sulfate (SLS)

Sodium Lauryl Sulfate (SLS) is a common ingredient in a lot of personal products, especially ones that have a foaming action.

It's also a major irritant, not just for the skin but also for the lungs.

That's not all though: it can react with other chemicals to form nitrosamines, which are potentially cancerous, and can also cause problems for the kidneys and lungs.

Instead, try swapping to toiletries that are free from SLS.

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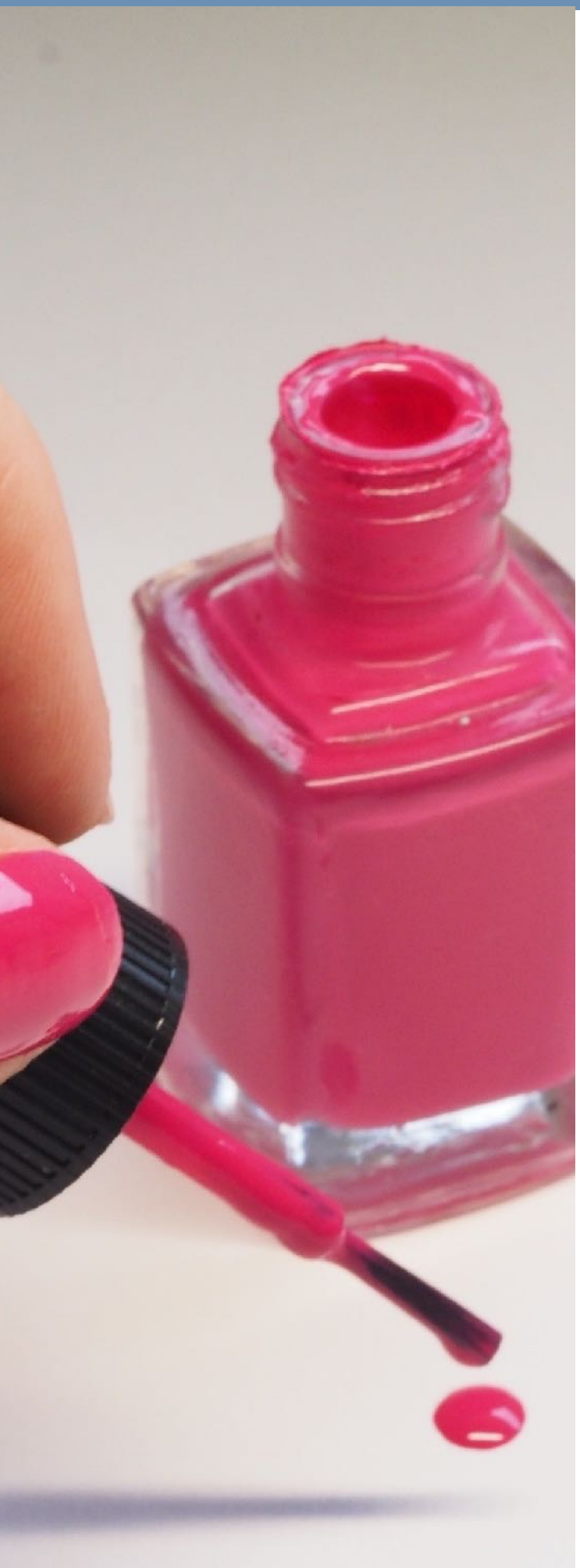
Parabens

A lot of toiletries now promote themselves as being "paraben free" and there's good reason why you might want to switch to these products.

Parabens are known to be able to mimic estrogen in the body and there are strong fears that this can increase the risk of developing breast cancer.
Parabens can be absorbed via your skin and have even shown up in the biopsy results of women with breast cancer. They may also affect fertility and affect unborn babies.

You'll find them in a wide range of toiletries, from shampoos to deodorants and makeup products.





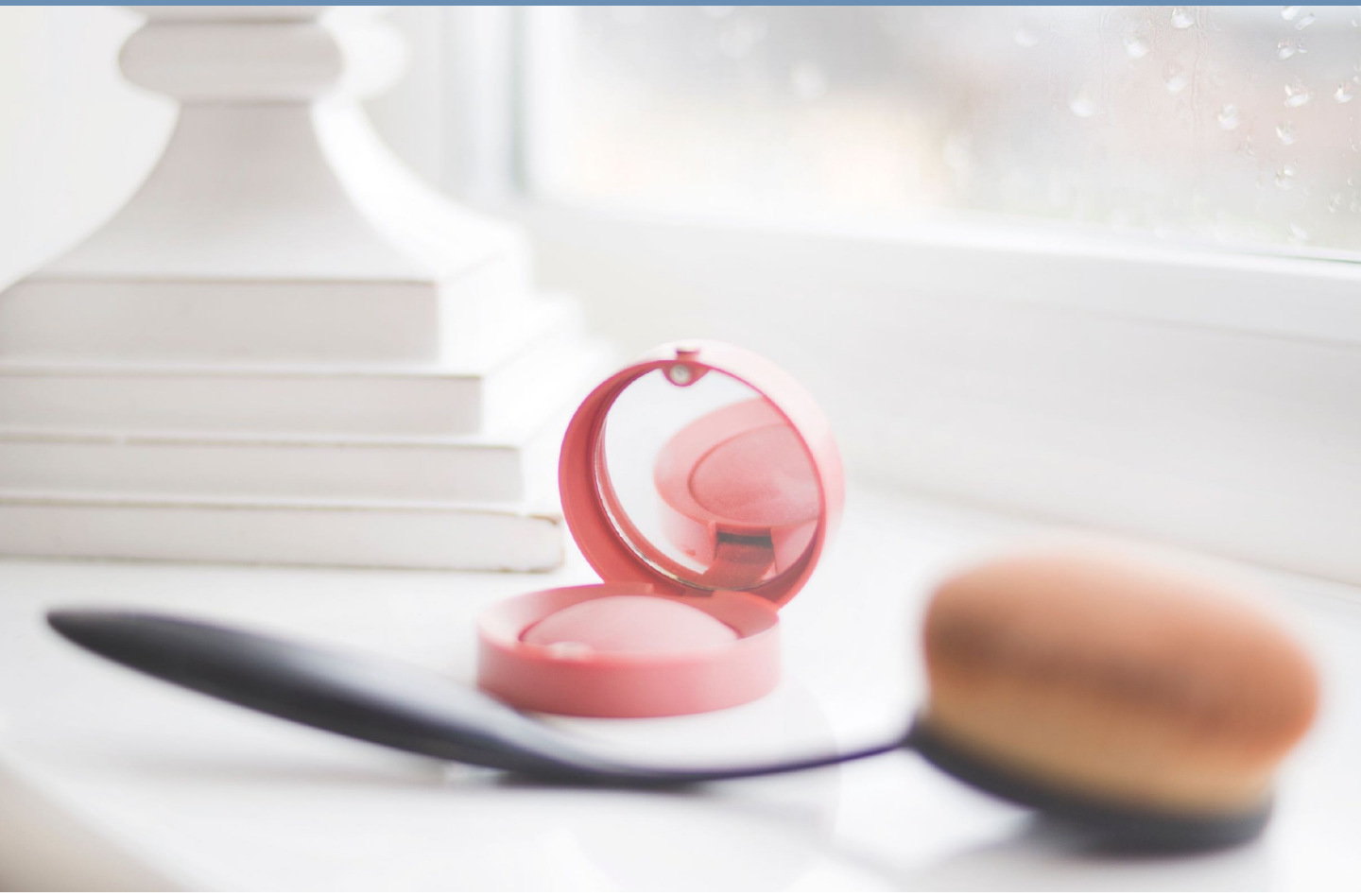
Phthalates

Phthalates can be found in hairsprays, nail polish and various other toiletries.

They are endocrine disruptors, which means they can disrupt your hormones. It's believed that they can increase the risk of breast cancer and for teenage girls, they may bring on early puberty.

It's not always easy to tell if a product contains phthalates as they're sometimes bundled in with ***"fragrances".***
Fragrances is another no no!

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Methylisothiazolinone (MIT)

Another nasty that can often be found in makeup is MIT.

It's intended to stop bacteria building up in beauty products but it can cause allergic reactions and has been linked to health problems in unborn babies.

Water based toiletries will often contain MIT, including shampoo, conditioner, body wash and skin care products.

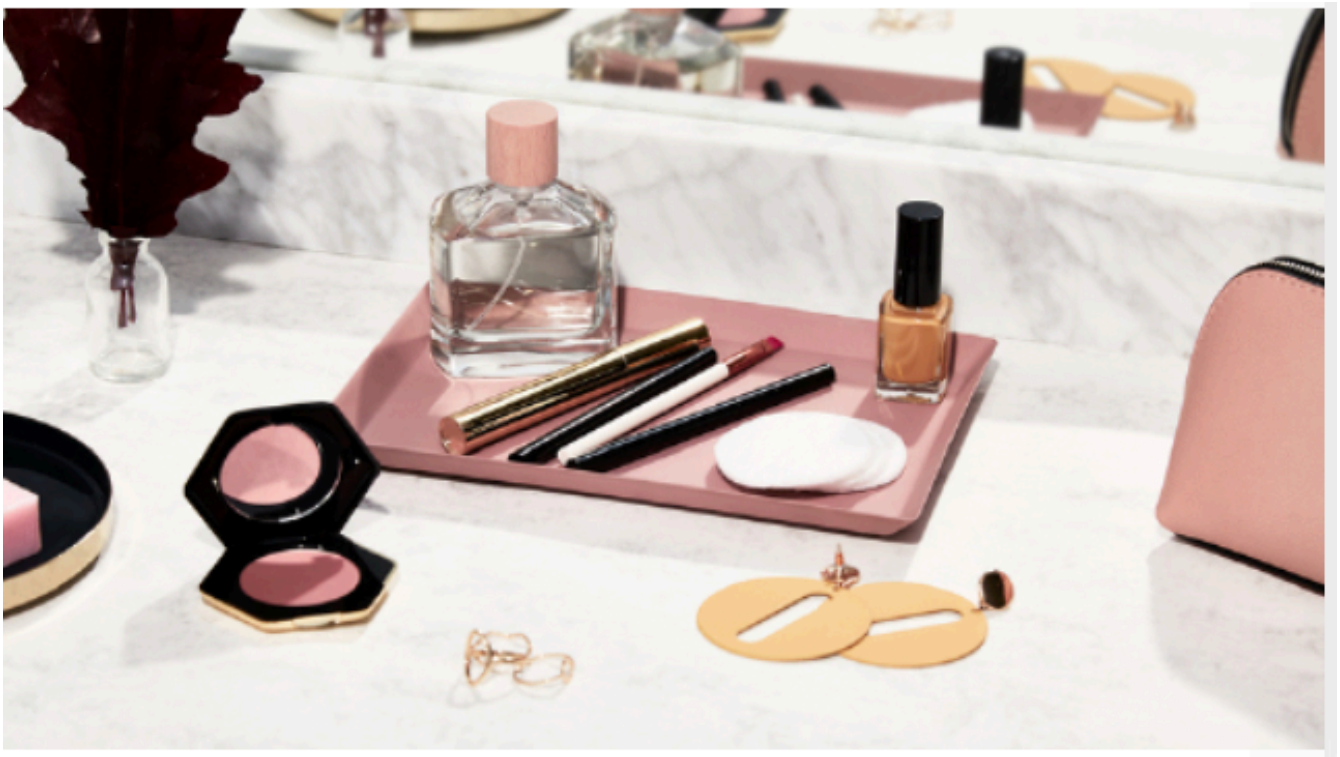
Be sure to check your makeup for this ingredient and shop for one without it!

Triclosan

Triclosan is another endocrine disruptor. Thyroid and reproductive hormones can be affected by triclosan and it's thought to be a factor in creating antibiotic resistant bacteria.
Deodorants, toothpaste and antibacterial soaps are just a few of the products you may find triclosan in.

Synthetic and artificial colors

On the surface, synthetic colors may seem fairly harmless but they're linked to skin irritation, ADHD in children and even cancer. It's been banned in the European Union because of the cancer risk. ***Scary stuff, right?***





Propylene glycol

Often used as a moisturizing agent, propylene glycol is a known irritant and can also move through the skin.

It can encourage hives and dermatitis to develop, especially in people who are sensitive to this. There doesn't need to be a huge amount of propylene glycol for this to happen - even just 2 percent can be enough to cause problems.

A lot of products can contain this harmful ingredient. Moisturizers are the obvious one but it's often found in make up, shampoo, conditioner, hairspray and sunscreen too.

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Heavy metals

Some of the heavy metals that may be used in products to add color, whiten, lighten and block sweat include lead, aluminium, zinc, chromium, iron and arsenic.

They are thought to cause hormone disruption, especially because they can build up in the body and aren't flushed out that quickly. If levels get high enough, it can raise your risk of developing allergic reactions, immune issues, problems affecting the reproductive system and cancer.

Some of the products that can contain them include whitening toothpaste, eyeliner, foundation, eye shadow, blush, concealer, nail polish, moisturizer, sunscreen and eye drops.



It's time to do a toiletries check to see what could be harming you!

If you have been experiencing irritation at all, be sure to stop using your toiletries and switch to a much cleaner alternative without these harmful ingredients. Your skin and your body will thank you for it!

There are so many harmful and questionable ingredients! Please read your labels! If you need my help, let me know! BeautyCounter is an amazing company that only uses safer ingredients, They have clean cosmetics and skin care products.You can check them out here:

https://www.beautycounter.com/andreaschwartz/

Need a little extra boost?
Join others just like you who are looking for a vibrant life through clean living with my 1:1 guidance and support through my online coaching program, you can get more information at www.absmindbody.com

Talk to you soon!
Love,
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