

## **Expanded Sal Checklist**

Learning about how to avoid sals can be anxiety producing for those just starting the GP treatment for reversing fibromyalgia. It doesn't have to be, though. Sals only block for 24 hours after you stop using the product or doing the blocking activity. You can block once every 6 weeks and still make progress.

Your job is to limit your daily exposure to sals. They have a cumulative effect. Sal sensitivity is genetic. You may or may not block easily. There is no way to know how much exposure to sals will block your guaifenesin. By following this checklist, you will avoid blocking guaifenesin.

### ***DO NOT USE THE FOLLOWING INGREDIENTS . THEY WILL BLOCK GUAIFENESIN:***

NO: SALICYLATE, SALICYLIC ACID

NO: CHEMICALS WITH THE SYLLABLE SAL-, CAMPH-, OR MENTH-

NO OILS, GELS or EXTRACTS with a PLANT NAME  
(except Corn, Rice, Oats, Wheat, or Soy which you CAN use)

NO BALSAM OR BISABOL

SUNSCREENS: No Octisalate, Homosalate, Mexoryl, or Meradimate

VITAMINS: Make sure there are no BIOFLAVINOIDS or QUERCETIN, HESPERIDEN or RUTIN, or any HERBAL INGREDIENTS (plant oils or extracts)

ANY PRODUCT WITH A FLAVOR: Make sure the flavor is not mint (of any kind: wintergreen, spearmint, peppermint, etc) and that it does not contain MENTHOL, CAMPHOR, or SALICYLATE.

DO NOT DRINK TEA

<http://www.fibromyalgiatreatment.com/quick-check-for-salicylates.html>

I've created an Expanded Checklist. It includes helpful hints when checking for sals, safe ingredients that are often thought of as unsafe and common activities that will block guaifenesin.

### **EXPANDED SAL CHECKLIST HINTS**

If you do not recognize an ingredient name that is in Latin (or English in the UK), it's probably a plant. Do an online search to be sure.

Check sunscreen in all products, such as makeup.

Do not use products with "Supplements" or "Supplemental Facts" that contain plants with a mg. Amount or with "flavor."

Do not use plant essential oils directly on your skin. You can use it in a diffuser or in an essential oil pendant (Wear waterproof gloves when filling).

Flavor in products can hide mint. Do not use a product containing "flavor" unless you can get a current list of *all flavor ingredients* from the manufacturer. If the ingredients in the flavor contain mint, menthol, mentholatum, camphor, or salicylate, do not use it.

## **COMMON SALICYLATE BLOCKING ACTIVITIES**

These are some common activities that will block guaifenesin from working. For optimal progress on the GP treatment, blocking activities should occur no more than once every 6 weeks. Most of us on the GP treatment do all of these things that we miss doing, on the same day once every 6 weeks to minimize blocking time.

### **Hair Coloring/Manicure/Pedicure**

Plant based nail polish can get into your cuticles and the hand/foot soak may contain sals.

### **Massage/Acupuncture**

Ask your massage therapist to use a sal free massage lotion such as PrePak Products Freeup Unscented Massage Cream. (Check for sals before purchasing). With acupuncture, make sure your acupuncturist doesn't use sals on the needles before insertion.

### **Gardening**

Fresh cut grass, wet grass, fresh clippings, fresh pulled weeds leak and picking wild berries are examples of things that will block guaifenesin. Use tall waterproof gloves and long sleeves while gardening. Cover all skin, feet, ankles, shins, etc., when walking across fresh cut grass or when gardening.

### **Out In Public**

Be careful to not use products for customers in an establishment. Examples of that are hand sanitizer (usually contains aloe vera gel), antiseptic wipes for grocery carts and cleaners for wiping down equipment at the gym.

## **SAFE INGREDIENTS**

Oils, gels and extracts from Corn, Rice, Oats, Wheat and Soy C.R.O.W.S. ONLY

"Derived" or "synthesized" from a plant means it's no longer a plant

Nutrition Facts

Homeopathy

Acids are safe (except for salicylic acid and Beta Hydroxy acid)

Butters

Waxes

Gum

Esters (Jojoba Oil is not really an oil. It's a liquid wax ester)

Glycerides

Plants plus a number (Peg 40)

Made from the plant kernel or plant seed do not contain salts

Fragrances/parfum:

- Geraniol
- Limonene
- Linalool
- Citral
- Citronellol
- Hexyl cinnamal
- Benzyl salicylate is *only safe* when it's used as a fragrance stabilizer and listed among them on the label