



Organic Skincare and Immune System Boosters

This article was written with a friend in mind, who is living in an apartment where a neighbor smokes cigarettes a lot! My friend is unfortunately getting the drifting of that smoke into the living space and it is making them quite sick! I can totally empathize with this, having been in similar situations myself.

I used this approach almost daily one fall when I was working with a family where the parent smoked. I could definitely feel the impact on my immune system of being exposed to the smoke; these treatments helped keep me from getting sick.

Low grade, constant exposure to second hand smoke (or any other toxin, such as cleaning chemicals, pesticides, paints & lacquers, synthetic fragrances, soaps & detergents) is really taxing on the immune system and can result in sore throat, colds, coughs, chronic headaches and low energy levels. If you are recovering from or fighting a cold or flu or feel like you are coming down with something, this can nip it in the bud quickly too.

Here are a few things I have found that help tremendously for counteracting these toxins and reducing their impact on the system.

This approach can also be used instead of soap and shampoo in the shower as a preventative, which I do every time I shower now. It doesn't dry out the skin and leaves skin and hair feeling soft and smooth, smells amazing!

Skin scrub

Organic citrus fruits, like lemon (my favorite), lime, orange, grapefruit, can be used as a skin scrub in the shower with baking soda or sea salt. Cut the fruit in half crosswise (get more juice out that way), dip in the baking soda/sea salt and rub it (pulp side) all over your skin, then rinse off. It's super healing after cigarette smoke or chemical exposure, like a vitamin C infusion. It helps with the odors and energy levels as well!

Hair Rinse

After washing hair with a baking soda paste and rinsing thoroughly, you can also use citrus juice on your hair instead of conditioner. Squeeze juice from half or a whole (if you have long hair) organic lemon (or other citrus) over wet hair and massage into scalp well. Rinse out well. Any remaining little bits of pulp will dry and fall out when brushed / hair is dry.



It will make your hair super smooth and shiny, tangle free, and smell wonderful!

Hope this helps!

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