

The Hidden Dangers in Popular Yoga Clothing



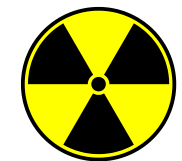
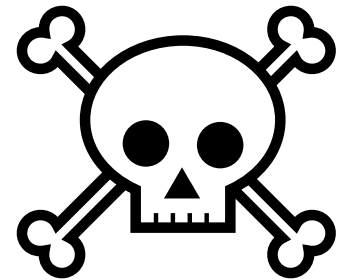
**Let's Take a Deep Dive
Into Your Clothes:**

**How do they affect your health,
what are they made of and
which materials harm our
Environment?!**

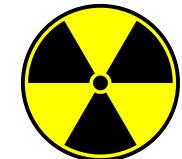


Top 5 Toxic Ingredients in:

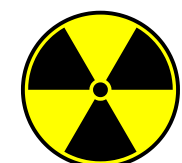
Lulu Lemon



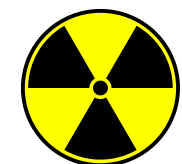
PFAS: Cancer risk, immune damage (Body); Persistent pollutant (Earth).



Microplastics: Blood clots, inflammation (Body); Ocean pollution (Earth).



Azo Dyes: Skin irritation, cancer risk (Body); Water contamination (Earth).



Phthalates: Hormone disruption, fertility issues (Body); Long-term pollution (Earth).



Formaldehyde: Respiratory issues, carcinogen (Body); Air/water pollution (Earth).

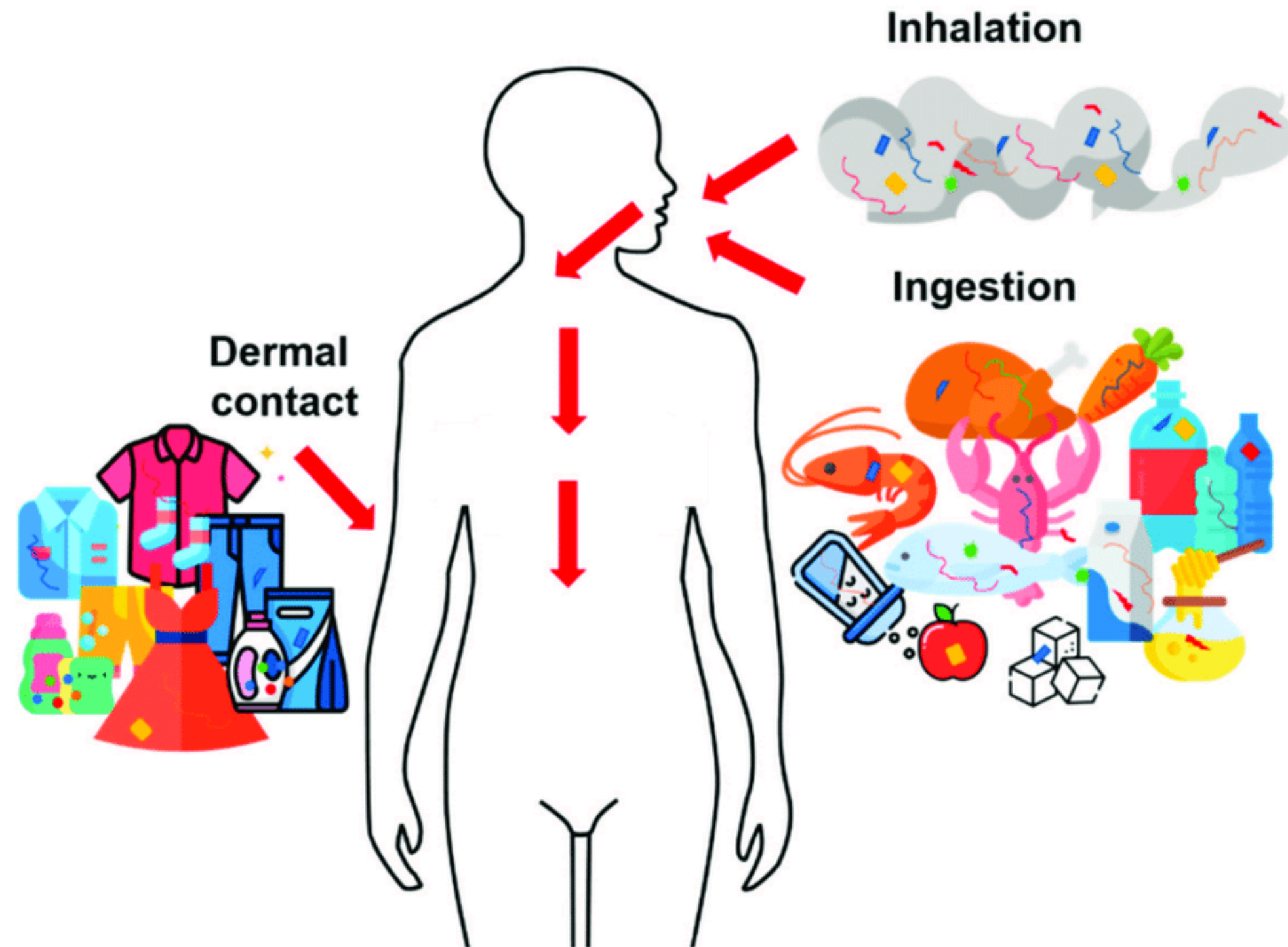
What Are Microplastics?



Definition: Tiny plastic particles shed from synthetic fabrics like polyester and nylon.

- **Health Impact:** Large amounts of them in your blood increases risk of heart attacks, triggers inflammation, and disrupts hormones.

How Microplastics Get Into Your Body and Bloodstream!



Health Risks of Microplastics!



- **Blood Clots:** Increases risk of heart attacks and strokes.
- **Inflammation:** Causes chronic inflammation in the body.
- **Endocrine Disruption:** Interferes with hormone function.
- **Cancer Risk:** Potential link to cancer.

3 Toxic Fabrics to Avoid!



Nylon - Polyester - Rayon



Polyester



Made From: Petroleum-Based Synthetic Fibers



Health Risks:

- **Microplastics:** Enters the bloodstream, causes heart and health issues.
- **Skin Irritation:** Can cause rashes and allergic reactions.

Environmental Impact:

- **Non-biodegradable:** Pollutes landfills and oceans.
- **Energy-Intensive Production:** Contributes to carbon emissions.



Nylon



Made From: Synthetic polymer derived from petroleum.



Health Risks:

Toxin Release: Releases harmful chemicals when heated.

Skin Irritation: Potential for allergic reactions.

Environmental Impact:

Non-biodegradable: Adds to long-term environmental waste.

Pollution: Production releases greenhouse gases and toxic waste.



Rayon



Made From: Wood pulp processed with toxic chemicals.



Health Risks:

Chemical Absorption: Harmful chemicals can be absorbed through the skin.

Respiratory Issues: Inhaling chemical fumes can cause respiratory problems.

Environmental Impact:

Deforestation: Production leads to the destruction of forests.

Water Pollution: Toxic chemicals are released into waterways.

Sustainable Fabric Alternatives

Plant-Based - 100% Natural and Chemical-Free



Choose these Eco-Friendly fabrics for a healthier Lifestyle and Planet!

Organic Cotton



Why: Grown without synthetic pesticides, herbicides, or fertilizers.

Typically Processed: Without harmful chemicals, making it safe for both the environment and your skin.

Organic Hemp



Why: Naturally resistant to pests, so it requires little to no pesticides.

Minimal Processing: Typically free from harmful chemicals.
Very durable and becomes softer over time.

Organic Linen



- **Why:** Made from flax plants, and when grown organically, it's free from synthetic pesticides and fertilizers.
- **Minimal Chemical Processing:** When produced sustainably.

Organic Bamboo Linen



Why: Made by mechanically processing bamboo fibers (not to be confused with bamboo rayon, which involves chemicals).

Chemical-Free Process: Making it a sustainable and safe alternative.



**By choosing these Sustainable Fabrics,
you're not only protecting your health
but also contributing to
A Cleaner, Greener Planet!**



hippiekit



-Green Products-

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