

Chapter 7: Breast Care

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Deodorants and breast cancer....is there a link?

Women's Health News Published: Tuesday, 4-Sep-2007

Link: <http://www.news-medical.net/news/2007/09/04/29478.aspx>

Scientists in Britain suggest they may have found a possible link between the use of deodorants and breast cancer.

The scientists from the Birchall Centre for Inorganic Chemistry and Materials at Keele University measured the aluminium content of breast tissue from 17 breast cancer patients recruited from Wythenshaw Hospital, Manchester; they say they have found that the aluminium content of breast tissue and breast tissue fat was significantly higher in the outer regions of the breast, in close proximity to the area where there would be the highest density of antiperspirant.

The breast cancer - deodorant link is not a novel one and recent research has questioned the significance of aluminium-based, underarm antiperspirants because of the known, but unaccountable higher incidence of tumours in the upper outer quadrant of the breast.

However while the link has been hard to prove this latest study has identified a specific distribution of aluminium in breast tissue in that region which may have implications for the cause of breast cancer.

The team, led by Dr. Chris Exley measured the aluminium content in the breast tissue in order to establish if the distribution of aluminium in the breast was related to the higher incidence of tumours in the outer upper quadrant of the breast.

Antiperspirant is mainly made up from aluminium salts which have long been associated with cancer, as well as other human disease and the daily application of aluminium-based antiperspirants could possibly result in the presence of aluminium in the tissue of the underarm and surrounding areas.

While there is little data on aluminium in breast tissue, breast cancer is the most common malignancy in women and the leading cause of death among women aged 35-54.

Experts believe it is caused by a combination of genetic and environmental factors.

Each of the patients involved in the study had undergone a mastectomy and biopsies from four different regions of the breast.

When the tissue was tested it showed that while there were significant differences in the concentrations of aluminium between individuals they did show 'a statistically higher concentration of aluminium in the outer as compared with the inner region of the breast'.

The researchers say the higher content of aluminium in the outer breast might be explained by this

region's closer proximity to the underarm where the highest density of application of antiperspirant is used; they also say evidence exists that skin is permeable to aluminium when applied as antiperspirant.

They also say however that they found no direct evidence that the aluminium measured in these breast biopsies originated from antiperspirant and an alternative explanation might be that tumourous tissue acts as a 'sink' for systemic aluminium.

The researchers say aluminium is a metalloestrogen (metallic compound capable of binding to cellular oestrogen receptors and then mimicking the actions of physiological oestrogens) and is genotoxic (known to damage DNA) and has been shown to be carcinogenic.

Experts say there is still no good evidence to suggest that either deodorant or antiperspirant use, or exposure to aluminium can increase the risk of developing breast cancer, which they say is a complex disease the causes of which are unknown for the majority of women diagnosed with it each year.

Aluminium is the third most common and naturally abundant element in the environment; it is found in food, water, pharmaceuticals and many consumer products.

The study is published in the [Journal of Inorganic Biochemistry](#).

Link: <http://www.news-medical.net/news/2007/09/04/29478.aspx>

Stop Using 'Natural' Deodorants Until You Read This

Posted By [Dr. Mercola](#) | February 16 2010 | 275,702 views

Some of the most popular natural deodorants are the "crystal" deodorant stones and sprays. But most people don't know that these crystal deodorant products contain aluminum.

The crystal deodorant stones are made from alum. The most widely used form of alum used in the personal care industry is potassium alum. The full chemical name of potassium alum is potassium aluminum sulfate.

The reason that most people try to avoid aluminum in deodorant is because of its possible link to Alzheimer's disease. There is some strong evidence of a link -- for instance, in 1988 a truck driver accidentally dumped 20 tons of aluminum sulfate in to a town's drinking water.

Now, over 20 years later, they are finding a higher incidence of Alzheimer's in the people of this town.

Incidentally, the article linked below notes that, "many doctors such as popular web guru and natural health expert Dr. Mercola suggest avoiding aluminum as much as possible."

Sources:

» [Bubble and Bee January 21, 2010](#)

Dr. Mercola's Comments:

Let's get this straight. Even though aluminum is widely distributed in the earth's crust, it is NOT needed in ANY amounts in your body. All evidence to date points to aluminum as a poison that serves no beneficial role in your body and should be avoided.

Aluminum is widely recognized as a neurotoxin, which has been found in increased concentrations in the brains of people with Alzheimer's disease.

Unfortunately, if you use antiperspirants or some deodorants, you are most likely exposing yourself to aluminum.

Aluminum salts can account for 25 percent of the volume of some antiperspirants.

A review of the common sources of aluminum exposure for humans found that antiperspirant use can significantly increase the amount of aluminum absorbed by your body. According to the review, after a single underarm application of antiperspirant, about [.012 percent of the aluminum may be absorbed](#).

Multiply this by one or more times a day for a lifetime and you can have a massive exposure to aluminum -- a poison that is not meant to be in your body.

Antiperspirants work by clogging, closing, or blocking the pores that release sweat under your arms -- with the active ingredient being aluminum. Not only does this block one of your body's routes for detoxification (releasing toxins via your underarm sweat), but it raises concerns about where these metals are going once you roll them (or spray them) on.

In some cases, it is clear that they may be wreaking havoc directly on your brain. In 1988, for instance, a truck driver accidentally poured 20 tons of aluminum sulphate into a tank containing drinking water.

Some 20,000 people in the village of Camelford were exposed to the chemical for several weeks, and then went on to develop a [rare form of early-onset Alzheimer's disease](#), along with showing the presence of high levels of aluminum in their tissues.

Deodorants and Antiperspirants Linked to Cancer

Alzheimer's disease is not the only reason to ditch your aluminum-containing antiperspirant and deodorant, as this metal has also been linked to cancer.

A 2006 study found that aluminum salts can mimic the hormone estrogen, and chemicals that imitate that hormone are known to [increase breast cancer risk](#). Animal studies have also found that aluminum can cause cancer.

Given that antiperspirants are used on your armpits, the aluminum salt concentration is highest near your breast tissue. Further, when women shave under their arms it can result in a higher aluminum-salt absorption rate due to the damaged skin.

In a 2007 study published in the *Journal of Inorganic Biochemistry*, researchers tested breast samples from 17 breast-cancer patients who had undergone mastectomies. The women who used antiperspirants had deposits of aluminum in their outer breast tissue. Concentrations of aluminum were higher in the tissue closest to the underarm than in the central breast.

Aluminum is not normally found in the human body, so this study was a pretty clear sign that the metal was being absorbed from antiperspirant sprays and roll-ons.

It's worth mentioning that deodorants are not the same thing as antiperspirants. Deodorants may actually be less problematic than antiperspirants, as they work by neutralizing the smell of your sweat and by antiseptic action against bacteria, but do not prevent sweating.

However, many deodorants also contain aluminum, along with chemicals called [parabens](#), which have also been linked to breast cancer. So, you're clearly better off avoiding both antiperspirants and deodorants.

Supposedly "Safe" Crystal Alum Antiperspirants

“Crystal” deodorant stones are a popular natural deodorant alternative, often used by health-conscious shoppers looking to avoid the aluminum and other chemicals common in most antiperspirants and deodorants.

However, if you’re looking to avoid aluminum, crystal deodorants may not be your best choice.

While many claim to be aluminum-free, they are referring to aluminum chlorohydrate, aluminum chloride, aluminum hydroxybromide or aluminum zirconium.

These types of aluminum are widely used in antiperspirants and deodorants. The aluminum is taken into sweat ducts in the top layer of your skin where they act as a plug, stopping the flow of sweat to your skin’s surface.

There is evidence, however, that this aluminum is absorbed into your body where it may cause serious damage.

The aluminum in crystal deodorant stones is a different type of compound known as an alum, the most common form being potassium alum, also known as potassium aluminum sulfate.

Potassium Alum or Ammonium Alum are natural mineral salts made up of molecules that are too large to be absorbed by your skin. They form a protective layer on your skin that inhibits the growth of odor-causing bacteria. These deodorants are recommended by many cancer treatment centers.

But while this may be a better alternative to most antiperspirants and deodorants on the market, it is not completely aluminum-free.

I’ll share with you my top tips for staying odor-free naturally shortly, but first I want to explain why I stopped using any antiperspirants or deodorants over 25 years ago ... and suggest you also do the same.

Final Recommendation:

Please note that this recommendation is for antiperspirants only, not deodorants. Many confuse the two. Nearly all antiperspirants use aluminum or alum-based salts to achieve their sweat reduction effect.

It is an absolute no brainer for you and your family to avoid all conventional aluminum-based antiperspirants. The evidence is very clear that these are absorbed and will contribute to aluminum in your body.

Regarding purportedly safe “alum” based antiperspirants found in most health food stores, the companies that produce these claim that the mineral salts are too large to be absorbed and thus provide no danger. However, we have been unable to uncover any solid evidence that supports this claim so it would seem prudent to avoid using them.

While these crystals are probably better than using a conventional antiperspirant, they are clearly not aluminum-free and it still poses a possible Alzheimer's risk and contributes to background toxicity in your body.

It would seem best to exercise the precautionary principle at this time and avoid these crystal-based alum antiperspirants.

Personally, I have not used antiperspirants for over 30 years, once I realized that they were actually causing the stains in the underarm area of my shirts and that wasn't due to my own sweat. That was a major clue to me to avoid them.

All I do is use simple soap and water and that seems to work well enough that my friends and relatives do not tell me I have any offensive body odor. I typically will wash under my arms in the morning and after I workout.

This approach has served me well for over three decades, however if you find you need a more aggressive approach, then try a pinch of baking soda mixed into water as an effective all-day deodorant.

Additionally, there are many non-aluminum or alum-based alternatives in your local health food store that would likely serve your needs, but I would encourage you to at least TRY going without before making your mind up.

Remember you will need to check the label not only for "aluminum" but also for potassium alum or potash alum, as the full chemical name of potassium alum is potassium *aluminum* sulfate.

Are You Dressed To Kill?

The Link Between Breast Cancer and Bras

By Sydney Ross Singer and Soma Grismaier, Directors, Institute for the Study of Culturogenic Disease

If you suffer from breast pain, cysts, or lumps, and fear developing breast cancer, you can participate in an international Breast Cancer Prevention Project.

This project has shown a 95 percent success rate in improving breast health. After years of suffering from breast pain and cysts, many participants have found phenomenal improvement within days of starting this program. It is cost-free, risk-free, and is the best thing you can do to prevent breast cancer, as well.

It all has to do with the cultural practice of wearing tight bras, and the effect this has on the circulation within the breasts. Why would bras be linked to breast disease and cancer? It has to do with the effect of bras on breast circulation, specifically the effect of bras on the lymphatic system.

It is the bloodstream's job to deliver fresh, oxygenated fluid to the tissues and to remove carbon dioxide. It is the lymphatic system's job to remove fluid, called lymph, from the tissue spaces, along with debris, viruses, cancer cells, bacteria, toxins, and other unwanted material.

The lymphatic system consists of microscopic vessels that originate in the tissue space and lead to larger, but still tiny, vessels that ultimately enter a lymph node. These nodes are bean-sized filters lined by white blood cells. Most of the breast's lymph nodes are in the armpit. If the nodes detect a virus, cancer cell, or other foreign or hazardous substance in the tissue fluid, they begin an immune response of producing white blood cells to combat the problem.

Once through the lymph node the fluid works its way through larger lymphatic vessels back to the heart and the bloodstream. One important fact about the lymphatic system is that it is a passive drainage system. While the bloodstream delivers fluid under the pumping pressure of the heart, the lymphatic system has no pressure. Its flow is influenced by gravity, breathing, exercise and movement, and massage. And the slightest constriction or compression of the tissue can close the tiny lymphatic vessels down, inhibiting lymph flow and leading to fluid accumulation, cysts, pain, and tenderness. This fluid congestion within the tissue is called lymphedema.

Women who have fibrocystic breast disease essentially have lymphedema of the breast. Its cause, we discovered, is the impairment of lymphatic flow by pressure from the bra. Bras are elastic garments that exert constant pressure on the breast tissue. Their purpose is to push the breasts into a more fashionable shape. Yet, this pressure can cut down on flow within the lymphatic system, reducing its ability to remove fluid and toxins from the breast tissue.

The toxins that are within the breast tissue include some biochemical products of tissue edema,

such as free radicals, which are known to cause cancer. In addition, there are also toxins in our air, food and water, including pesticides, herbicides, heavy metals, and other products of our petrochemically polluted world. Many of these are known to cause cancer. We deliver these toxins to all our tissues each day through the bloodstream. It is the job of the lymphatics to remove these toxins. And it is this job that the bra inhibits by its compression and constriction of the breasts.

This is how bras cause breast cancer. Cancer causing toxins are delivered to the breast tissue by the bloodstream, and are kept there by the bra. The toxins are the bullets. The bra holds them in place, pointed directly at the breasts.

This explains why women have more cancer in the breast than elsewhere in their bodies. The breasts are the most clothing constricted of any organ. It also explains why women have more breast cancer than men, and why breast cancer is only a problem in cultures in which bras are worn. Where there are no bras, there is virtually no breast cancer.

We had written about this, and the results of our 1991-93 Bra and Breast Cancer Study, in our book *Dressed To Kill: The Link Between Breast Cancer and Bras* (ISCD Press). Our study was conducted on approximately 4700 U.S. women, about half of whom had breast cancer. When the results were analyzed, they revealed that women who wear bras over 12 hours daily have a dramatically increased risk of developing breast cancer compared to bra-free women. In fact, bra-free women have about the same chances of developing breast cancer as men have, and this is over 100 times less than that for women wearing bras 18-24 hours daily. When you consider that smoking increases the incidence of lung cancer 20-30 times, this makes the link between breast cancer and bras 4-5 times greater than the link between cigarettes and lung cancer!

Of course, the easiest way for a woman to determine if her own bra is damaging her breasts is to go without a bra for a while and feel the difference. That is what the Breast Cancer Prevention Project is about. You simply have to commit to being bra-free for one month. Your body will tell you the results.

For the thousands of women who have tried this, the results are spectacular. Having bound their breasts since puberty, the feeling of breast freedom sometimes may seem strange at first. But within days, the breasts have their chance to drain of congestion and excess fluid. Tenderness ends. Menstrual breast pain may disappear altogether. Cysts vanish. It's like a miracle.

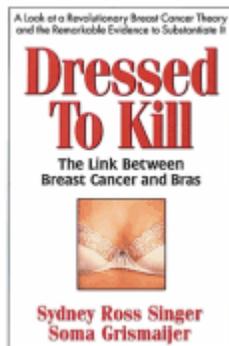
Interestingly, some women have become so conditioned to wearing a bra that they feel uncomfortable without one. That is because their breasts have become reliant on the bra for support, causing the loss of function of the musculature and ligaments that normally support the breasts. In other words, bras cause the breasts to be weak and droop. There are many large breasted women of all ages who have firm, healthy, trouble-free breasts because they have never worn a bra.

The congestion of the breasts by the bra also increases breast weight, since the breasts are essentially swollen by edema. This can cause the breasts to feel painful when the bra is removed.

Fortunately, once the bra is no longer worn, the breasts can decongest and can develop their tone again. Many women reported that their breasts lifted up within months of ending the bra habit.

So here's your challenge. Find a cotton or silk camisole or T-shirt that you feel comfortable in, get rid of your bra, and give your breasts a month without being bound. Then let us know your results.

If you need more information see our website www.SelfStudyCenter.org. You can also register for this study directly on our website.



Sydney Ross Singer received a B.S. in biology from the University of Utah in 1979. He then spent two years in the biochemistry Ph.D. program at Duke University, followed by another two years at Duke in the anthropology Ph.D. program, receiving a Master's Degree. He then attended the University of Texas Medical Branch (UTMB) at Galveston, Texas on a full academic scholarship, where he spent one year in the medical humanities Ph.D. program, and received an additional two years training in medical school.

Soma Grismaijer received an associate's degree from the College of Marin in the behavioral sciences, and a bachelor of arts from Sonoma State University in environmental studies and planning. In addition, she is an American Board of Opticianry-certified optician. She has been the President and Executive Director of the Good Shepherd Foundation since 1980, a charitable organization dedicated to the elimination of human and animal suffering.

Together, Singer and Grismaijer started the Institute for the Study of Culturogenic Disease in 1991. As medical anthropologists, they use medicine, anthropology, and biochemistry to discover the lifestyle causes of disease, solving medical mysteries that have baffled, and enriched, medicine.

Facts About Bras, Breasts and Cancer

[June 19, 1996](#)|KATHLEEN O. RYAN

- * The breast is actually a modified sweat gland; breast milk is a modification of sweat.
- * Breasts are constructed of tissue sandwiched between layers of fat that cannot be built up like muscle through exercise.
- * The breasts of girls and boys are identical until puberty.
- * Uneven breasts are the norm.

- * Bras do not keep breasts from sagging, which is caused mostly by age and pregnancy.
- * Breasts produce milk 48 to 72 hours after birth.
- * Breast-feeding does not prevent cancer.
- * Breast texture and tissue change constantly throughout a lifetime; 90% of woman have fibrocystic changes, or bumpiness, in their breasts.
- * Noncancerous lumps do not increase the risk for breast cancer.
- * Of all the breast biopsies done in this country, 80% of findings are not cancerous.
- * Breast pain is rarely a sign of breast cancer.
- * By the time breast cancer is detected, it has been there eight to 10 years.
- * The greatest risks for getting breast cancer are age and being a woman; the next greatest risk is family history.
- * 70% of breast cancer patients have no risk factors.
- * The longer a woman menstruates in her lifetime, the higher her risk for breast cancer.
- * 23% of women found to have breast cancer are younger than 50.
- * After menopause, half of all breast lumps are cancerous; fewer than 10% of pre-menopausal lumps are cancerous.

* One out of every eight women in the United States gets breast cancer.

* Mammograms are more effective in older women because the proportion of fat to tissue increases with age, making breasts less dense.

* This year, breast cancer is expected to strike 1,400 men in the United States; of those, 260 are expected to die of the disease.

Sources: Dr. William Hindle, director, Breast Diagnostic Center, Women's Hospital, County-USC Medical Center; Dr. Susan Love, adjunct / associate professor of clinical surgery at UCLA; "Dr. Susan Love's Breast Book" (Addison Wesley, 1995); Carol Ann Friedman, RN; American Cancer Society; American College of Obstetricians and Gynecologists.

Source: LATimes

Link: http://articles.latimes.com/1996-06-19/news/ls-16372_1_breast-cancer-patients

GENTLE BRA

By Dorothy, a breast cancer survivor

At last, a bra designed by a woman, for women seeking a soothing, supportive post-surgery bra — or simply the most comfortable bra on earth.

In a world of binding bras, there's finally an 'Ahhh ...' bra — Dorothy's Gentle Bra. Invented by a cancer survivor, it's made of easy-care, breathable, 100% cotton interlock, with no closures, under bands, cups or elastic straps to rub and irritate. Just slip it on or step into it — it cradles your breasts with light support.

Gentle Bra is an ideal surgical recovery bra, as the smooth fabric and minimal seams protect tender areas as they heal. This nurse and doctor-recommended bra can benefit women who are:

- Recuperating from thoracic surgery of breast or lung cancer; heart, kidney or liver surgery; cancer treatments and radiation burns; or back burns
- Healing from surgery on shoulders, rotary cuffs or upper back
- Afflicted with shingles or arthritis
- Undergoing breast reduction or augmentation
- Pregnant: Can be used as a sleep bra during pregnancy
- Wheelchair-bound, bothered by under band friction rash
- Elderly and in need of assistance getting dressed

Gentle Bra can be customized to any measurements. And for the price, you'll want more than one to comfort you all day and throughout the night.

If you have any questions, call us at 888.327.2552 or [contact us](#)

WWW.GENTLEBRA.COM

Dry Skin Brushing Benefits Beyond Skin Exfoliation

By Jacky Groenewegen, owner of Mindful Wellness Massage and Bodywork

Source: <http://www.mindfulwellnessonline.com/tag/benefits-of-lymphatic-body-brushing/>

Have you tried Dry Skin Brushing? This will also help shed the layers of dead skin that your body is ready to release. You'll find it offers many benefits beyond Skin Exfoliation? Also known as Lymphatic Body Brushing, this simple technique not only improves the look and feel of your skin, but also provides you with a number of health benefits.

Dry Skin Brushing keeps you Healthy

As the name implies, Dry Skin Brushing or Lymphatic Body Brushing stimulates your lymph system. The human body is an intricate system and when working smoothly, the lymphatic system helps perform many functions to keep you healthy:

- The lymphatic system keeps the immune system healthy. Dry Skin Brushing keeps fluids moving aiding in destroying pathogens and filtering waste so that the lymph can be safely returned to the circulatory system.
- The lymphatic system keeps blood moving. As blood circulates throughout your system, it delivers nutrients and oxygen to the tissues and organs keeping you healthy.
- A major benefit of Dry Skin Brushing is removing excess fluid from your system by stimulating circulation. Fluid build-up like bloating and other toxins that may be wearing down your system, cancer cells and dead blood cells.
- Dry Skin Brushing exfoliates, getting rid of the dead cells and letting your body regenerate new, healthy skin cells.

Ready to begin Dry Skin Brushing:

- A long-handled natural fiber brush. This will enable to access hard-to-reach areas of your body, such as your back.
- Shower or bath tub.

Dry Skin Brushing is Easy to Do...

Dry Skin Brushing is generally done in the bath tub or shower – prior to bathing and on dry skin. Allow yourself the time to do a thorough job. It should take at least several minutes to brush your

entire body. Brush in the direction of the heart. Avoid Dry Skin Brushing if your skin is irritated (rashes, burns, cuts or wounds).

FEET – Begin your Dry Skin Brushing routine by briskly brushing the soles of your feet with strong circular motions. You may use a pedicure brush, if you have one, which tends to have firmer bristles. Then apply short, firm strokes to the tops and sides of your feet, pulling towards your ankles.

LEGS – Now continue dry skin brushing upwards on your legs, using short, firm strokes. Go up to the knee on both legs. Then using the same strokes, brush both legs from the knee to the hips.

ABDOMIN/GROIN – Continue Dry Skin Brushing up the body to the groin area. From the outer upper hip, make small circular movements towards and under your naval. Now, using short, firm strokes, brush from the groin to the stomach area. Next, holding your brush at the navel, begin small circular movements, going in a clockwise direction. Gradually make your circular motions bigger and bigger. Then start to make your circles smaller and smaller, ending at the naval again. As many of the body's lymph nodes are located in the abdominal region, it is important not to skip this area.

SIDES OF BODY – On both sides, brush from the waist up towards the armpits.

CHEST – From below the breast, start from the middle area and use curving upward strokes towards the armpit. Repeat on other side. Work from above the breast, from the middle of the breast bone to the armpit region. Repeat the dry skin brushing routine on other side.

BUTTOCKS – Start at the gluteal line (where your buttocks meet your legs). Work from the back to the front, over the hip and towards the groin. This stroke is often used to help reduce cellulite.

BACK – Stroke your back from your waist upward to the middle of your shoulder blades; then from the middle of the upper spine, over the shoulder blades.

ARMPITS – Rotate your brush in circular clockwise strokes in both armpits.

ARMS – On every side of the upper arms, brush from the elbow to the shoulder. Then, on every side of the lower arms, brush from the wrist to the elbow.

HANDS – brush your palms in circular, clockwise strokes. Stroke your fingers towards your wrists and gently stroke the more sensitive skin of the tops of your hands.

NECK/THROAT – Very gently (the skin of your neck is sensitive), place your brush at the back of your neck and stroke in a downwards fashion while curving around and towards the side of the neck, ending at your collarbone. Repeat on other side.

FACE – Use a facial brush which has softer bristles. Making very gentle, circular motions, work on the chin, then on the sides of the face, then cheeks, nose, ears, temples and ending at the forehead.

SCALP – Brush several times from the base of your scalp, or the nape, going over the top of the head toward the forehead. Then stroke all over the scalp in circular motions. Now brush from the temple to the upper side of the head, both sides.

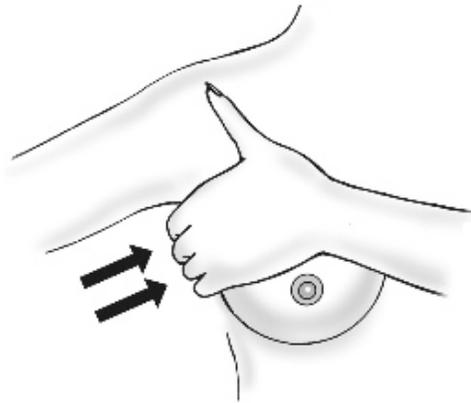
Care of your Dry Skin Brushing tools: Periodically wash your brush with soap and water. Allow to dry.

[Try Dry Skin Brushing today.](#) Dry Skin Brushing not only improves the outward benefits with smoother skin, but the inward benefits of an improved Lymph System.

Lymphatic Breast Massage

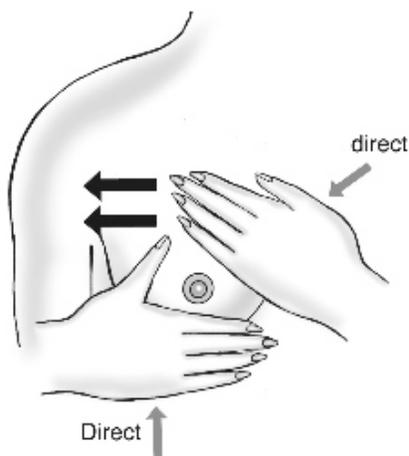
Lymphatic Breast Massage is easy to learn. It is different than just massaging your breast because you will specifically move the breast in a way that mimics how lymph moves in the body. We will use a pumping movement where we move the breast using some light pressure and then release the breast gently, allowing it to return to its normal position. Each “pump and return” counts as one pump.

Put your hand in your armpit and push inward and upward. Go deep into the armpit.
Pump upward and release. Do this ten to twenty times.



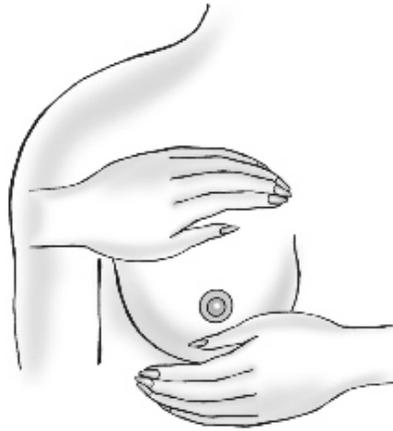
Pump directly into armpit.
Feel for tenderness.
Repeat pumping action 10X - 20X

Hold your entire breast and move it upward toward the armpit. If your breasts are large, this may take more than one hand position. Do this ten times.



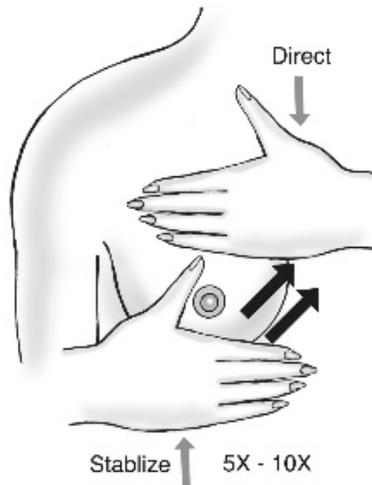
Pull-release 7X - 20X

Hold your breast and pump directly inward toward the chest wall. Do this five to ten times.



Hold entire breast
Pump in ward
5X - 10X

Holding your breast stable, pump the upper inner quadrant of your breast up toward your neck. Do this five to ten times.



You can do the pumping more than the recommended number of times if you like.

Remember, if you only did the pumping of the armpit, but you did it every time you washed, you would be creating breast health everyday!



Breast Health Awareness

To read the full article please click on link below:

<http://www.womensinternational.com/connections/breast.html>

Clinical and Self Breast Exam

- American Cancer Society

Clinical breast exam

A clinical breast exam (CBE) is an exam of your breasts by a health care professional, such as a doctor, nurse practitioner, nurse, or doctor's assistant. For this exam, you undress from the waist up. The health care professional will first look at your breasts for abnormalities in size or shape, or changes in the skin of the breasts or nipple. Then, using the pads of the fingers, the examiner will gently feel (palpate) your breasts.

Special attention will be given to the shape and texture of the breasts, location of any lumps, and whether such lumps are attached to the skin or to deeper tissues. The area under both arms will also be examined.

The CBE is a good time for women who don't know how to examine their breasts to learn the proper technique from their health care professionals. Ask your doctor or nurse to teach you and watch your technique.

Breast awareness and self exam

Beginning in their 20s, women should be told about the benefits and limitations of breast self-exam (BSE). Women should know how their breasts normally look and feel and report any new breast changes to a health professional as soon as they are found. Finding a breast change does not necessarily mean there is a cancer.

A woman can notice changes by being aware of how her breasts normally look and feel and by feeling her breasts for changes (breast awareness), or by choosing to use a step-by-step approach (see below) and using a specific schedule to examine her breasts.

If you choose to do BSE, the information below is a step-by-step approach for the exam. The best time for a woman to examine her breasts is when the breasts are not tender or swollen. Women who examine their breasts should have their technique reviewed during their periodic health exams by their health care professional.

Women with breast implants can do BSE, too. It may be helpful to have the surgeon help identify the edges of the implant so that you know what you are feeling. There is some thought that the implants push out the breast tissue and may actually make it easier to examine. Women who are pregnant or breast-feeding can also choose to examine their breasts regularly.

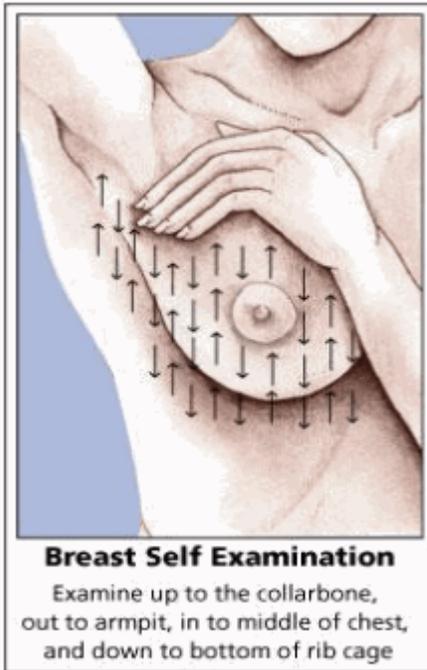
It is acceptable for women to choose not to do BSE or to do BSE once in a while. Women who choose not to do BSE should still be aware of the normal look and feel of their breasts and report any changes to their doctor right away.

How to examine your breasts

- Lie down and place your right arm behind your head. The exam is done while lying down, not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.
- Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.



- Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. It is normal to feel a firm ridge in the lower curve of each breast, but you should tell your doctor if you feel anything else out of the ordinary. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.
- Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).



- There is some evidence to suggest that the up-and-down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast, without missing any breast tissue.
- Repeat the exam on your left breast, putting your left arm behind your head and using the finger pads of your right hand to do the exam.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.)
- Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

This procedure for doing breast self exam is different from previous recommendations. These changes represent an extensive review of the medical literature and input from an expert advisory group. There is evidence that this position (lying down), the area felt, pattern of coverage of the breast, and use of different amounts of pressure increase a woman's ability to find abnormal areas.



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Organic and Sustainable Solutions To Sexual Dysfunction Issues

Recent research studies have shown that over 43% of women have suffered from some level of sexual dysfunction at least once in their lives. Female sexual dysfunction is an elusive issue, encompassing everything from loss of arousal response, to pain during sex. For many women, sexual dysfunction is a challenging topic to discuss, leaving many to feel isolated without hope of resolution. This problem is further exacerbated by the lack of high quality, healthy products that help to improve physical intimacy and arousal response.

Common Issues of Female Sexual Dysfunction and Menopause

♥ **Vaginal Dryness**— Ranks as one of the top ten problems afflicting women with sexual dysfunction as reported by over 40% of women who have pain with sex. Certain activities including menopause, childbearing & nursing, certain medications, even high stress levels can often be the cause of vaginal dryness and its associated pain in sex. The most common cause of vaginal dryness is declining estrogen production, which leads to thinning and drying of the vaginal wall. Other factors include reduced muscle tone and the longer time needed for sexual arousal.

♥ **Lack of arousal response** – Dealing effectively with the physical pain associated with sex is not just a mental issue. The production of natural lubrication serves as an important emotional and mental cue for sexual arousal. When this lubrication function goes away, the primary internal messaging system for our libido is lost.

♥ **Pain during physical intimacy** – Often caused by irritation of the mucous tissues from lack of sufficient lubrication or the use of synthetic lubrication containing petrochemicals and parabens which further irritate these sensitive tissues. A lack of vaginal lubrication can make intercourse painful. Women who suffer from vaginal dryness often dread intercourse and avoid sex as a result. It is no wonder many women suffering vaginal dryness experience a drop-off in libido.

The Good Clean Love Solution

♥ **All Natural and Organic Lubricants** – Our lubricants mimic the natural mucous produced within the body. Without the use of petrochemicals and parabens, they provide long lasting lubrication without additional irritation to the mucous tissues. As a member of the Campaign for Safe Cosmetics – a branch of the Breast Cancer Fund, all of our love products are petrochemical and parabens free - which have been identified as potentially carcinogenic and identified in breast cancer tissues.

♥ **Creating a Sensuous Bridge**— Our natural love oils respond to the body chemistry of each individual and are blended with therapeutic grade essential oil formulas that activates and strengthens the neural-biological pathways to arousal, creating a “scent bridge” between partners.

♥ **Activating the Arousal Response** – By stimulating the arousal mechanism through scent and providing a natural substitute to a women’s own lubrication, pain during sex becomes a distant memory. The mind-body connection functions in both directions and the body can teach the mind.

♥ **Sustainable Love** – Good Clean Love promotes sustainable love for couples by providing both organic and healthy products and educational tools for couples to work through the emotional and physical issues that keep them from the relationship that they long for.

Testimonials

Doctors and relationship counselors agree a healthy sex life is a vital part of overall physical and emotional well being. Medical Studies support the fact that an active sex life leads to a longer and happier life: Benefits include stronger immune response, better heart health, and reduction of chronic pain and lower incidence of depression. Sexually active people experience less fear and anxiety and have a greater sense of well-being.

–Good Clean Love products are fantastic!
Christiane Northrup, M. D.

“I wanted to let you know how much my patients of all ages appreciate your Good Clean Love products. It has helped many of my patients from their early 20's into their 70's with their dysparunia and pelvic pain issues. Your work has been a gift to many women.”

Tamara Stenshoel M.D. FACOG

“Good Clean Love has become the preferred lubricant of most of my peri- and postmenopausal patients since I have suggested it in my gynecologic practice. It is smooth, long-lasting, and best of all, free of unnatural ingredients. I can recommend it with confidence.”

Jan H Stafl MD, FACOG

“We have been getting very positive feedback from our patients about your lubricant samples we have been giving to them: i.e. very well tolerated, no burning, no irritation. We are happy to be able to provide your products to our patients. Thanks so much for you help and dedication to the comfort and pleasure for women, especially those struggling with dyspareunia!”

Susan Kellogg-Spadt, CRNP, PhD
Jennifer Fariello, MSN, RNC, CRNP
The Pelvic and Sexual Health Institutes

“Good Clean Love products and lubricants really will transform your erotic experience. The sensuousness and quality of the products is far superior to any other product on the market. As a certified sex therapist these are the only products that I recommend. Being all natural, the organic properties and range of delicious scents inspire deep intimacy. Never overpowering, they work with your body's own chemistry. The right products can make all the difference in the world in achieving deep intimacy and heights of ecstasy. My clients rave about your products.”

Michelle Sugg, AASECT Certified sex therapist

“I had been to my OB-GYN repeatedly and talked with my primary care physician. Their basic message was, "Its menopause; deal with it." I tried acupuncture and even went to a well-known holistic care practitioner. I was given over-the-counter creams, prescriptions creams, progesterone, testosterone and birth control pills. Everything either made me itch or did nothing positive for me. Finally, someone who really knew women's health (you) came into my life and introduced me to all natural products that smell wonderful and are pleasant to use--even fun. Your lubricants are not sticky and don't make me itch or burn like everything else I tried. Best of all, intercourse doesn't hurt any more. Thank you so much.”

Anne P. Illinois

The Importance of Ingredients

Harmful Chemicals Found in Most Personal Lubricants

The vast majority of personal lubricant and other topical sexual enhancement products are made with chemicals originally invented for industrial uses, *not for the body*. Many people have adverse reactions to these toxic chemicals, and don't understand why. We believe education of our customers is essential. The following list includes the top 5 ingredients, sourced through MSDS (material safety data sheets) on the web; we encourage you to do more research.

- ♥ Propylene Glycol – Used as humectants. Found in automatic and hydraulic brake fluid. Used to make industrial anti-freeze and de-icing solution for cars, airplanes, and boats. Used as a solvent in paint and plastic industries. Also used to make polyester compounds. May be harmful by ingestion, inhalation, or through skin contact. Irritating to the eyes and skin.
- ♥ Methylparabens and Propylparabens – Used as preservatives. Parabens are currently under scrutiny as they have been identified as estrogenic and disruptive of normal hormone functions; many studies are linking them with breast cancer tumors.
- ♥ Polyethylene Glycol/PEG – Used as a thickener. Strips the skin's natural moisture. An eye irritant, possible carcinogen and can produce severe acidosis, central nervous system damage and congestion. It is recommended to avoid all unnecessary exposure to the chemical substance and ensure prompt removal from skin, eyes and clothing.
- ♥ Phenoxyethanol – Used as a preservative. Harmful if swallowed, inhaled, or absorbed through the skin. May cause reproductive defects. Severe eye and skin irritant.
- ♥ Polysorbate 60/Carboxymethylcellulose – Used as a thickener. The first of these compounds has been shown to cause cancer in animals. Inhalation of these products could cause chemical pneumonia. They have been shown to cause antibody reactions.

The Benefits of Good Clean Love Organic Personal Lubricants

- ♥ Our lubricants are the cleanest, truly natural, water-based personal lubricants on the market. All of our lubricants are free of propylene glycol, parabens, synthetic fragrance or other petro-chemicals!
- ♥ The water base of our natural formula is infused with real herbs and flowers (organic vanilla beans and cinnamon chips, lavender petals and organic rose buds, wild strawberry tea), creating true, deep scents. This infused water is blended with aloe vera, agar agar (seaweed), and xanthan gum to create a smooth, long-lasting glide.
- ♥ Our organic lubricants respond to a women's own natural internal moisture, water, or kisses with increased glide. All of our lubricants require no sticky, messy clean ups!
- ♥ All of our lubricants are safe to use with condoms, toys, and throughout pregnancy. 99.9% Vegan—no animal products, no animal testing.
- ♥ Good Clean Love lubricants are made with aloe vera, xanthan gum, agar-agar and a three tiered preservative system including less than 10% vegetable glycerin, benzoic acid and a naturally activated enzymatic formula which continuously preserves in the bottle.

Creating a Sensuous Bridge

The scent of desire, it turns out has more to do with our biological imperative than we might have ever imagined. Our sense of smell and what attracts or repels us is blueprinted in the immunological gene structure called the MHC. Every individual's own genetic scent makeup is as unique as their fingerprint. MHC compatibility is a predictor of not only bearing healthy offspring, but relationship longevity. Even more remarkable than the biological compatibility of scent between partners is the new recognition that our ability to smell is completely intertwined with our ability to feel. "Our sense of smell and our emotional experience are fundamentally interconnected, bi-directionally communicative and functionally the same."

Waking up the Arousal Response with Good Clean Love Oils

- ♥ Love Oils are aphrodisiac blends of therapeutic grade essential oils in a base of apricot kernel and organic jojoba oil. Unlike fragrance oils, essential oils register in the limbic part of the brain, where sexuality, memory, and emotion are stored.
- ♥ As the Love Oils are inhaled and the layers of scent registered in the brain, the brain chemistry is actually changing, so that both partners are sharing the same experience. The scents are layered from top to bottom; it may take ten minutes for the brain to register all the scents in any given blend.
- ♥ Good Clean Love Oils respond to each individual's personal chemistry and pheromones, so the scents are distinct and change according to where they are used on the body. This creates a personal scent bridge between partners that helps to revive the arousal response.
- ♥ Great alternative to taking supplements daily, in addition to enhancing every kiss, they awaken the body's own sensual drive.
- ♥ The essentials are diluted to 1%, so they are safe to use anywhere on the body—they're great for kissing, sensuous massage, oral pleasure, or internal lubrication (though oils are not latex condom compatible, which is printed on the bottle, they can be used with polyurethane and sheepskin condoms).
- ♥ With three distinct blends, our love oils are specifically blending to not only recreate the scent path to arousal, but also act as an emotionally healing force within the relationship.

Origins Love Oil - The first note of scent most people recognize is a spicy layer on top, which is black pepper (this oil is naturally warming). The middle note is a woody, deep smoky scent, which is sandalwood and clary sage. These are both ancient aphrodisiacs. The bottom note is a sweet flower ylang ylang, which may take a moment for them to recognize.

Indian Spice Love Oil – The first note of this scent that is most easily recognizable is cinnamon bark which is sweet and warming, the middle notes are made up of Frankincense and Clary Sage, which are earthy and woody, the base note is cardamom and clove. Cardamom was once more valuable than gold for its aphrodisiac qualities.

Caribbean Rose Love Oil – The top note of this oil is three different forms of rose which opens the heart. The bottom note is a grounding mossy earthy scent which is vetiver, an ancient Caribbean aphrodisiac. The middle note is a Frankincense, which has meditative and heart opening qualities.

- ♥ All Good Clean Love Oils are made with a vitamin E antioxidant which keeps products fresh at least two years.

Secret chemicals revealed in celebrity perfumes, teen body sprays

Submitted by [Drew Kaplan](#) on June 9, 2010 – 10:37 am

San Francisco – A new analysis reveals that top-selling fragrance products—from Britney Spears’ Curious and Hannah Montana Secret Celebrity to Calvin Klein Eternity and Abercrombie & Fitch Fierce—contain a dozen or more secret chemicals not listed on labels, multiple chemicals that can trigger allergic reactions or disrupt hormones, and many substances that have not been assessed for safety by the beauty industry’s self-policing review panels. The study of hidden toxic chemicals in perfumes comes on the heels of last week’s report by the President’s Cancer Panel, which sounded the alarm over the understudied and largely unregulated toxic chemicals used by millions of Americans in their daily lives. The Cancer Panel report recommends that pregnant women and couples planning to become pregnant avoid exposure to hormone-disrupting chemicals due to cancer concerns. Hormone disruptors that may play a role in cancer were found in many of the fragrances analyzed for this study.

“This monumental study reveals the hidden hazards of fragrances,” said Anne C. Steinemann, Ph.D, Professor of Civil and Environmental Engineering, Professor of Public Affairs, University of Washington. “Secondhand scents are also a big concern. One person using a fragranced product can cause health problems for many others.”

For this study, the Campaign for Safe Cosmetics, a national coalition of health and environmental groups, commissioned tests of 17 fragranced products at an independent laboratory. Campaign partner Environmental Working Group assessed data from the tests and the product labels. The analysis reveals that the 17 products contained, on average:

- Fourteen secret chemicals not listed on labels due to a loophole in federal law that allows companies to claim fragrances as trade secrets. American Eagle Seventy Seven contained 24 hidden chemicals, the highest number of any product in the study.
 - Ten sensitizing chemicals associated with allergic reactions such as asthma, wheezing, headaches and contact dermatitis. Giorgio Armani Acqua Di Gio contained 19 different sensitizing chemicals, more than any other product in the study
 - Four hormone-disrupting chemicals linked to a range of health effects including sperm damage, thyroid disruption and cancer. Halle by Halle Berry, Quicksilver and Jennifer Lopez J. Lo Glow each contained seven different chemicals with the potential to disrupt the hormone system.
- The majority of chemicals found in this report have never been assessed for safety by any publically accountable agency, or by the cosmetics industry’s self-policing review panels. Of the 91 ingredients identified in this study, only 19 have been reviewed by the Cosmetic Ingredient Review (CIR), and 27 have been assessed by International Fragrance Association (IFRA) and the Research Institute for Fragrance Materials (RIFM), which develop voluntary standards for chemicals used in fragrance.

“Something doesn’t smell right—clearly the system is broken,” said Lisa Archer, national coordinator of the Campaign for Safe Cosmetics at the Breast Cancer Fund. “We urgently need updated laws that require full disclosure of cosmetic ingredients so consumers can make informed choices about what they are being exposed to.”

“Fragrance chemicals are inhaled or absorbed through the skin, and many of them end up inside people’s bodies, including pregnant women and newborn babies,” said Jane Houlihan, senior vice president for research at Environmental Working Group.

A recent EWG study found synthetic musk chemicals Galaxolide and Tonalide in the umbilical cord blood of newborn infants. The musk chemicals were found in nearly every fragrance analyzed for this study. Twelve of the 17 products also contained diethyl phthalate (DEP), a chemical linked to sperm damage and behavioral problems that has been found in the bodies of nearly all Americans tested.

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The Campaign for Safe Cosmetics is a national coalition of nonprofit women’s, environmental, public health, faith and worker safety organizations. Our mission is to protect the health of consumers and workers by securing the corporate, regulatory and legislative reforms necessary to eliminate dangerous chemicals from cosmetics and personal care products.

The Campaign for Safe Cosmetics is working with endorsing organizations, responsible businesses and thousands of citizen activists to shift the cosmetics market toward safer products and to advocate for smarter laws that protect our health from toxic chemicals and encourage innovation of safer alternatives.

The Campaign for Safe Cosmetics coalition members include the Alliance for a Healthy Tomorrow (represented by Clean Water Action and Massachusetts Breast Cancer Coalition), the Breast Cancer Fund, Commonweal, Environmental Working Group, Friends of the Earth and Women’s Voices for the Earth. The Breast Cancer Fund, a national 501(c)(3) organization focused on preventing breast cancer by identifying and eliminating the environmental links to the disease, serves as the national coordinator for the Campaign.

<http://www.ewg.org/notsosexy/release>

"The Skin Care Ingredient that Can Create Early Signs of Aging"

Read this before you put anything else on your skin because even the most expensive products contain this "harmless" oil which destroys your skin, disrupts your hormones, clogs your pores, and is a suspected cause of cancer. Find out how to spot it and what to replace it with...

If you have been reading this site for awhile you know that I am a major advocate of plenty of safe sun exposure and all the healthy vitamin D that it will generate for you. And this is the time of the year that you can actually do that.

Unfortunately there is a dark side to sun exposure that you need to know about.

If you overdo your sun exposure it can increase photoaging of your skin, unless you proactively take steps to address it.

Fortunately there's an incredibly simple solution to prevent this.

My team and I have formulated one of the world's safest, healthiest, and most deeply penetrating moisturizers to counter the effects of photoaging and delivered them to you in a USDA certified organic cream that will keep your skin looking young for as long as possible.

This is not a sunscreen, but a moisturizer that helps you control the signs of aging.

If you have the right information there is plenty you can do to maintain or even help restore a healthy, youthful appearance. It is important to understand that you don't ever have to look older than your age.

In fact, you can look years younger if you're willing to give your skin – especially the delicate area around your eyes and lips – the attention it deserves and still get all the natural vitamin D you need without worrying about the toll it might take on your beautiful, youthful face.

The most relevant question of the day is...

Are moisturizers safe for your skin, or are they hiding bizarre ingredients – toxins ready to sabotage your health... and your beauty?

You see, your skin is not only your largest organ – it's also the thinnest. Only 1/10th of an inch separates you from all sorts of toxins. Your skin is highly permeable, allowing what you apply to your skin access to your bloodstream (and thereby to the rest of your body)...

Which is why I remind you not to put anything on your skin that you wouldn't be willing to eat.

As you've heard before, beauty is more than skin deep. Pampering your skin with 'beauty' products laced with toxins is playing Russian roulette with your health. More on that in a minute.

But first...

Four Tips to Make You Quit Singing the "Dry-Skin Blues"

Is smooth skin a hopeless goal for you?

Not really. These four strategies can help...

1. Hydrate your entire system with lots of water and high anti-oxidant green tea. During winter there's a tendency not to drink as much due to cool temperatures. You may want to bring your water to room temperature to encourage drinking more. Or enjoy more warm green tea, like the Royal Matcha Green Tea sold elsewhere on this website.
2. Eat a healthy diet of mostly raw foods, foods high in omega-3 fatty acids which produce a hydrating effect from the inside out, and antioxidants which help fight signs of aging. Winter might be a good time to increase your intake of Krill oil also, for its omega-3s -- and antioxidants such as Purple Defense and Turmeric.
3. Take a revitalizing bath – in warm water, not hot! Himalayan salt baths are rejuvenating, and help dry skin to slough off. Hot water is damaging to your skin, so stick with warm water.
4. Moisturize daily with non-clogging organic moisturizers such as coconut oil or body butter. These nourish your skin instead of clogging it, as many toxin-impaired moisturizers do.

It's especially important to cleanse and moisturize before you go to bed at night, to remove impurities from your skin before your revitalizing sleep time. Just be sure your moisturizer isn't tainted with toxins.

Why do I stress organic so much?

Because what you don't know – or even what's intentionally hidden from you – really *can* hurt you.

Continue reading to discover just how dangerous many moisturizer ingredients can be – even some very high-end (expensive) 'spa' products.

Be sure to check your products against the list of dangerous ingredients that follows.

Who's Watching Out for You?

When it comes to the beauty industry, anything goes...

And money reigns supreme. Which means that it's caveat emptor – "buyer beware". You need to be the captain of your own ship and know what's in the products you use.

If you thought the FDA was watching out for you...

Well, let's just let that idea blow off right now. They let the cosmetic industry, including skin care products, police itself (your tax dollars notwithstanding). The list of people trying to help you out is surprisingly small -- almost non-existent.

Currently, there are estimated to be more than 10,500 cosmetic and personal care products on the North American market. Of those products, the Environmental Working Group estimates that **99%** of the products contain one or more ingredients that have **never been evaluated for safety**.

Who's Responsible for this Mess?

The cosmetic industry and their love of loopholes. Some of the biggies are:

- **"For Professional Use Only"** -- This phrase allows cosmetic companies to remove harmful chemicals from their labels.
- **"Hypoallergenic"** -- No actual testing is necessary to claim that a product is "hypoallergenic", "allergy-free" or "safe for sensitive skin". Neither the FDA nor any other regulating body even requires the companies to prove these claims.
- **Harmful Chemicals** -- Unless they are intentionally placed in the product, harmful chemicals are not required to be listed. It's no shocker that you never see these.

What Can You Do?

The cosmetics industry is a \$50 billion a year business (in the US alone). They spend a remarkable \$2 billion a year on advertising.

Even more appalling than that is the amount of chemicals you place on your skin every year. Women who use makeup daily absorb, on average, 5 pounds each year.

As with the Vioxx debacle, the FDA cannot actively act on a product until after it has already severely injured or killed many people. And because the cosmetic companies are motivated by their profits, they won't be pointing out the dangers of their products to you any time soon. Your only solution is to rely on your own skills of investigation.

Always Avoid Applying Potential Toxins To Your Skin...

Many people – even those who carefully select organic or gourmet foods to eat choose skin care products that can do serious damage to their skin.

Now, realize that I'm not suggesting you'd *intentionally* apply toxins to your skin. You simply may not realize the extent to which many common skin care products contain suspect ingredients with unrecognizable or unpronounceable names.

Do you ever put things onto your skin that you wouldn't think of eating? I hope not...

You see, I believe that what you put on your skin is absorbed into your bloodstream and integrated into your body's tissues. A number of these potential toxins have estrogen-mimicking effects that can wreak havoc on all your good health intentions.

And there are other potential problems too...



Why Do So Many Skin Care Products Use These Potentially Hazardous Ingredients?

Simple answer: because they're cheap, readily available, and easy to dilute.

Are they in the products you currently use? It's time to check. Go grab your containers of skin care products and check them against the following ...

Ingredient	Use	Dangers
Parabens	Heavily used preservatives in the cosmetic industry; used in an estimated 13,200 cosmetic and skin care products.	Studies implicate their connection with cancer because their hormone-disrupting qualities mimic estrogen and could disrupt your body's endocrine system.
Mineral Oil, Paraffin, and Petrolatum		These petroleum products coat the skin like plastic – clogging pores and creating a build-up of toxins. They can slow cellular development, <i>creating earlier signs of aging</i> . They're implicated as a suspected <i>cause of cancer</i> . <i>Plus, they can disrupt hormonal activity. When you think about black oil pumped from deep underground, ask yourself why you'd want to put that kind of stuff on your skin...</i>
Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth	Found in over 90% of personal care products! They break down your skin's moisture barrier , potentially leading to dry skin with premature aging. And because they easily	SLS combined with other chemicals may become a "nitrosamine" – a potent carcinogen.

Ingredient	Use	Dangers
sulfate (SLES)	penetrate your skin, they can allow other chemicals easy access.	
Acrylamide	Found in many facial creams.	Linked to mammary tumors.
Propylene glycol	Common cosmetic moisturizer and carrier for fragrance oils.	May cause dermatitis and skin irritation. May inhibit skin cell growth. Linked to kidney and liver problems.
Phenol carbolic acid	Found in many lotions and skin creams.	Can cause circulatory collapse, paralysis, convulsions, coma, and even death from respiratory failure.
Dioxane	Hidden in ingredients such as PEG, polysorbates, laureth, ethoxylated alcohols. Very common in personal care products.	These chemicals are often contaminated with high concentrations of highly volatile 1,4-dioxane that's easily absorbed through the skin. Its carcinogenicity was first reported in 1965, and later confirmed in studies including one from the National Cancer Institute in 1978. Nasal passages are considered extremely vulnerable, making it, in my opinion, a really bad idea to use these things on your face.
Toluene	May be very poisonous! Made from petroleum and coal tar... found in most synthetic fragrances.	Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage...May affect a developing fetus.

So, having read the above, do you really think it's OK to put these things on your skin?

No?

I don't think so either.

Besides avoiding these hazards, there are some other steps you can take to create that young-looking skin you *really* want...

What Can You Do to Keep Your Skin Looking Healthy?

First of all, if you're doing many of the things I talk about elsewhere on this website, you may have already noticed a major difference in the way your skin looks — as well as other aspects of your health.

Eating according to your nutritional type with plenty of fresh raw organic foods in your diet, and getting enough omega-3 fats are ways to improve your health on many fronts...

And need I mention exercise? Through exercise, your skin detoxifies impurities from your system – what you know as perspiration.

But beyond that, here's a critically important issue you need to be aware of...

Just 5 Minutes Per Day Gets You on the Road to a More Youthful-Looking, Vibrant Face

Every day of your life, pollution, grime, and dust attach themselves to the surface of your skin.

If you don't take a couple minutes daily to cleanse your face and unclog your pores, your skin may look sluggish -- instead of at its bright and shining best.

Cleaning your skin is important, just like keeping your internal organs clean and healthy is.

But here's a caveat...

Take Your Own Hippocratic Oath for Skin Care ("First, Do No Harm")

It may seem like a cliché, but there are things you can do to prevent damaging your skin. Many of the visible signs of aging are caused by external factors that you can at least partially control.

These actions may be the **easiest and least expensive things you can do to prevent damage to your skin**, gain a more youthful appearance, and build a strong foundation for your pro-active natural skin care. Not to mention, creating a buzz about your new looks.

Please be aware that skin damage doesn't always involve pain or immediate visible change, and can often go unnoticed for some time. But the cumulative actions you begin taking today can also improve your skin slowly over time. So get started today doing these simple things:

- **Avoid or minimize damage from hot water and chlorine.** Although taking baths and showers may seem like it's health-promoting and relaxing, your skin may disagree – especially if you have chlorinated water, which is almost certainly the case (unless your water comes from a well).

Chlorine causes oxidative damage. The hotter the water, the more potential for damage – because the rate of chemical reactions increases with temperature. *Hot water may cause your skin to age faster.*

So what can you do? Adjust your water temperature to be a bit cooler, limit your showers to one per day, and decrease your soak time in the bath.

- **Use gentle and safe skin care products – organic whenever possible.** Your skin absorbs it all. Don't compromise your health and the health of your skin by using potential poisons.

- **Be very sure to remove your makeup each evening.** It's a really bad idea to flop into bed, leaving makeup – not to mention environmental grime – on your face while you sleep. Take a couple minutes to remove it, and you'll find your face looking and feeling younger.
- **Sleep on your back.** Gravity creates a downward drag on your skin all day. Give your skin a break at night. By sleeping on your back, you reduce gravitational pull on your face. If you press your face to your pillow, you will likely experience increased puffiness in the morning.

(Sleeping on your back reduces gravitational pull on your face. Be sure you remove your make-up before sleeping. Leaving it on during sleep creates extra stress on your skin. Use botanicals from nature for a nutritional approach to your beauty.)

- **Don't smoke...** for your general health's sake, and for younger looking skin. Smoking causes free radical production, which is one cause of the signs of aging.
- **If you will be in the sun for extended periods of time, use sunscreen with safe and effective ingredients,** such as *Mercola Natural Sunscreen*.
- **Limit exfoliation to twice per week and use a gentle exfoliator.** Exfoliation refreshes your skin's surfaces and brightens your appearance as it removes dead cells from the surface of your skin. But if you exfoliate too often or too aggressively, you risk damaging living cells.
- **Apply your skin care products to warm skin in order to help your skin appear healthier.** This maximizes absorption. If your skin is cold, use a warm towel to warm your skin.
- **Never pull or rub your skin.** Apply your skin care products gently, and lightly tap for a few moments to help your skin absorb them. Rubbing stretches your skin and can promote sagging and wrinkles. (Note: This principle includes leaning your face on your hand while sitting at a desk, which also stretches your skin.)
- **Don't expect overnight changes.** Even if you start doing everything right today, don't be discouraged with seeming lack of progress tomorrow.

It may take a month or even two to three months to notice changes. Plus, it's quite possible that others will notice your increasingly youthful-looking face before you do.

Remember: it took years to get where you are today, so show patience when expecting changes and improvements.

Now that you're taking these practical steps as well as choosing not to use dangerous and damaging products on your skin, let's explore your skin care alternatives – organic food products from nature's storehouse.

Nourishing Botanicals for Your Skin's Healthy Appearance

Whenever you apply skin care products, it is ideal to use products from nature that nourish your skin the same way you nourish your body. Look for products that encourage rejuvenation and work synergistically with your own skin to support its efforts toward a healthy appearance.

The potentially dangerous ingredients listed above concerns me greatly. And you know me to be passionate about changing the existing health paradigm. So it should be no surprise that I considered it imperative to locate a wholesome source of skin care products for you.

Last year we introduced *USDA Certified Organic Body Butter*, which has been enormously popular.

But *Body Butter* was hardly a complete skin care line. So we've been working diligently to find additional skin care products to promote your skin's healthy appearance ...

Nature's Skin Care – For Outer Beauty that Looks and Feels Healthy

How to Apply your Organic Skin Care

- [Anti-Aging and Moisturizing...](#)
- [Exfoliating Your Skin](#)
- [Cleansing Your Skin](#)

It's hardly a secret that plant foods nourish your body. For years, I've heartily encouraged you to eat plenty of raw, uncooked foods directly from nature for your best health and wellbeing.

Applying skin care products that are derived from these foods is a smart and natural way to make your skin appear both healthy and beautiful ... to make your face feel and look as vibrant, radiant and flawless as your healthy body does.

My new *USDA Certified Organic Skin Care* line uses organic ingredients straight from nature's storehouse to promote both your natural beauty and a healthy appearance. After all, why strive to make large health improvements in your life, only to compromise them when you cleanse and moisturize your skin?

Now you have a smart alternative available that does everything you want it to ... promote young- and healthy-looking skin with vital phytonutrients and antioxidants.

Top quality ingredients from around the world — like acai juice, green tea, sea buckthorn oil, cupuacu butter, and more...

First, let me introduce my brand-new *USDA Certified Organic Skin Care* line-up – just *four quick daily steps for your more youthful appearance and healthy living...*

- Daily Step 1. **USDA Certified Organic Citrus Cleanser** – Revitalizing – twice daily
- Daily Step 2. **USDA Certified Organic Chamomile Toner**– Purifying – twice daily
- Daily Step 3. **USDA Certified Organic Sea Buckthorn Anti-Aging Serum** - twice daily
- Daily Step 4. – Morning. **USDA Certified Organic Cupuacu Day Moisturizer** – Antioxidant – mornings
- Daily Step 4. – Evening. **USDA Certified Organic Acai Night Moisturizer** – Rejuvenating – evenings

- Daily Step 5. **USDA Certified Organic Eye and Lines Treatment** – twice daily
- Twice weekly after cleansing. **USDA Certified Organic Sugar Exfoliator** – Refining Face Scrub – twice weekly

As you might imagine, there are a large number of ingredients in these seven different products.

However, it is important to understand that, they're all natural or organic, so they skip the additional (petroleum-based, suspect) chemicals that are in the vast majority of skin care products.

Multiply Your Skin Care Benefits

My *USDA Certified Skin Care* line will provide you with incredibly comprehensive benefits when you apply it as a total package to supply the wide spectrum of nutrients to your skin. Each product complements the rest to maximize your skin's healthy and youthful appearance.

As mentioned above, you'll want to demonstrate a degree of patience just as you would when improving your diet. Consider this your skin's diet for nutrition.

But over the next couple of months you may be surprised by what others are saying about your amazing good looks. Some who notice might not mention anything, but they will likely think about it.

And now you can be prepared with your new more beautiful face for all your upcoming holiday parties and family get-togethers.

Why 'Organic' Ingredients?



It's important to use only ingredients that promote your healthy appearance without doing any potential harm whenever possible.

You eat organic foods to avoid many of the chemicals in commercial foods. Now you can do the same for your skin. This is important because what you apply to your skin invariably winds up in your blood.

"Certified organic" means agricultural products are grown and processed per the USDA's national organic standards ... then certified by USDA-accredited state and private certification organizations.

There is a specific process – and a price tag – to becoming certified.

Set standards must be met and extensive paperwork filed to verify that those standards are met. Certifying agents then review applications for certification eligibility.

Qualified inspectors conduct annual onsite inspections of organic operations, observing their production and processing practices to see if they're in compliance with organic standards...

But in general, your product ingredients are the pre-eminent issue. Do they qualify as food? Are they organic, and free of potentially harmful pesticides?

We use ingredients that the USDA permits in its certified organic food – using the same standards for these items as for those items that are intended specifically for human consumption. And we proudly list every ingredient in our products – hiding nothing – so you can examine them for yourself.

All to give you another option to stay healthy.

So now, just check out this sampling of food ingredients from the new ***Mercola USDA Certified Organic Skin Care*** line that enhance both your healthy appearance and your beauty...

Astounding Natural Beauty – Compliments of Nature

You'll probably recognize a number of the ingredients in this skin care line ... things like apple juice, apple cider vinegar, green tea, aloe vera, coconut oil, sunflower oil, sesame oil, and vitamin E.

But we didn't stop there...

Aromatherapy is the art and science of using volatile plant oils to promote relaxation and wellbeing. There is much ongoing research into the interrelationships between psychology and fragrances.

Mercola Organic Skin Care products utilize aromatherapy ingredients to contribute to your peaceful relaxation, energize you, and much more.

Take a look at some of these key **organic** aromatherapy ingredients in the ***Mercola Organic Skin Care*** line, and the astonishing ways they promote your skin's healthy appearance and your overall wellbeing:



- Sweet Orange Oil

A valuable herb that originated in India. This essential oil is refreshing, fruity, tangy – as if you've just peeled a fresh juicy orange. It lifts your spirits at the same time it calms you. Its light and airy aroma is cheering, refreshing and uplifting, at the same time contributing to your tranquility.

I'm sure you know oranges are rich in vitamin C. They also contain bioflavonoids like hesperidin that continue the work of vitamin C. In other words, the hesperidin complements the antioxidant effects of vitamin C.

But the oils found in the orange peel also contain a phytonutrient called limonene which does some remarkable things for you, like providing antioxidants.

The oil of the sweet orange is rich in nutrients that promote skin rejuvenation ... plus its refreshing, fruity scent is uplifting and cheery -- at the same time as it leads to tranquility.

Sweet orange oil is considered an excellent skin tonic and supports rejuvenation, so it has an important role to play in ***Mercola Skin Care***.

You'll find sweet orange oil in ***Mercola Skin Care Organic Citrus Cleanser, Organic Sea Buckthorn Anti-Aging Serum, Organic Cupuacu Day Moisturizer, and Organic Sugar Exfoliator***.

- Calendula

Calendula is a versatile herb with fiery red and yellow petals, similar to a marigold, although a different variety from the marigolds you commonly see in gardens.

Calendula dates back to the days of the ancient Egyptians. Yet even today it remains one of the most popular herbs for supporting healthy-looking skin. When mixed with other oils such as olive oil, calendula becomes even more nourishing.

It's widely used to moisturize and soften all skin types, rejuvenate your skin and reduce the appearance of the natural signs of aging.

Relaxation is an additional benefit of calendula.

You can enjoy the spicy-sweet bitter-warm aroma of organic calendula in ***Mercola Organic Skin Care*** toner, anti-aging serum, and night moisturizer.



- Lavender

Lavender is the most popular and widely-used essential oil, enjoyed by both aromatherapists and individuals. It's very versatile, with many different uses.

Lavender's smooth and sometimes sweet floral aroma has a definitive calming effect, helping you forget about everyday stresses in your life.

Try it in ***Chamomile Toner*** and ***Organic Acai Night Moisturizer***.

Lavender is widely used and widely treasured for its skincare benefits and calming influence. Check it out in the ***Mercola Organic Skin Care*** toner and night moisturizer.

- Chamomile

Chamomile is considered by many to be the world's most soothing herb. Its sweet, herbal and fruity scent promotes relaxation.

Not only that ...it also soothes your skin. And it's generally regarded as safe — with few or no known side effects.

Constituents include the bioflavonoids apigenin, luteolin, and quercetin.

Chamomile is included in the ***Mercola Organic Skin Care*** cleanser, toner, and anti-aging serum.

But these aren't all the special ingredients in ***Mercola Organic Skin Care*** products. In fact, this is just a fraction of the story...

In My Opinion, Plant Oils are Far Superior to Petroleum Oil

Not only do you receive benefits from aromatherapy – you also obtain natural and refreshing plant oils and butters that your skin will delight in.

No petroleum products allowed ... because I want you to look and feel at your greatest each and every day of your life, to fulfill your purpose and to enjoy all the people and events of your life. And you can do that by using true nutrients that help keep your skin looking its best.

Let's look at a couple of these special, exotic oils here – more details will follow on each individual product page.

Discover Today How the Many Marvelous Qualities of Sea Buckthorn Oil Promote Your Youthful-Looking Skin



Legend has it that before the 12th century, certain Greek warriors released some weak horses to die, but they came back looking better than ever.

The turn-around was traced to the whole berries of a scrubby shrub called Hippophae rhamnoides, which means "tree that makes the horse shine".

Native to Russia, northern China and northern Mongolia, sea buckthorn's seeds produce thick reddish-orange oil with the viscosity of syrup.

Since its discovery, it's been revered for its nourishing and rejuvenating properties. And no wonder ...

Sea buckthorn seed oil is an absolute powerhouse of nutrition. It provides protein, plus over 100 nutrients, such as linolenic acid, vitamins E and A, carotene, polyphenols, flavonoids, and trace elements including iron, copper, manganese, and selenium.

Moreover, scientists are always on the hunt for antioxidants. They found a real gem in sea buckthorn oil.

Sea buckthorn – nicknamed "tree that makes the horse shine" because weak horses sent out returned quite revived after eating their berries – offers you a powerhouse of nutrition for skin rejuvenation. Sea buckthorn is found in **Organic Sea Buckthorn Anti-Aging Serum** and **Organic Acai Night Moisturizer**.

Its rich content of flavonoids, glucosides, phenols, terpenes, vitamins E, A, and C, beta-carotene, and trace elements (iron, zinc, selenium, manganese) are all antioxidants with very low molecular weight that neutralize free radicals. Collectively, they are even far more beneficial than alone.

Comparing Sea Buckthorn to Other Skin Creams

Experts compared sea buckthorn oil with five frequently used skin creams. They found that the free fatty acids, carbohydrates, phytosterols, phosphatidyl, vitamins E and A, and carotenoids were *many times more beneficial in the sea buckthorn seed oil* than the other products.

These components are not acting individually, but are well coordinated, supplementing and reinforcing each other to promote your best-looking skin. Therefore, the antioxidant property of sea buckthorn seed oil is not simply the sum total of its individual elements, but the synergistic effect of all of them working together.

Free fatty acids are easily absorbed by the skin. Linoleic acid promotes tissue rejuvenation. Hydrocarbon preserves your skin's moisture, softens and lubricates your skin, keeping it smooth and fair.

Sea buckthorn oil is also an antioxidant.

It is reported to be a very *effective anti-aging agent, helping to reduce the appearance of wrinkles and reduce dryness*, and generally decreasing the appearance of the signs of aging,

Sea buckthorn's record for rejuvenation makes it a welcome ingredient for natural and organic anti-aging and skin care products. And that makes it perfect for the **Mercola Organic Skin Care** products **Organic Sea Buckthorn Anti-Aging Serum** and **Organic Acai Night Moisturizer**.

Cupuacu Butter – The 'New Kid on the Block' in Skin Care

Cupuacu butter is rapidly gaining attention as an exceptional moisturizer, with remarkable water absorption, rich content of sterols, and overall nutritive benefits.

Cupuacu is a small tree from the chocolate family that's native to the northern Amazon in South America. The fruit is about the size of a cantaloupe, and is prized for its creamy, exotic-tasting pulp.

The fruit, which ripens in the rainy months of January through April, is used to make jam, fresh juice, ice cream, and tarts. It is by far the most popular fruit in the Amazon.

Like chocolate, the fruit has a large center seed pod, loaded with "beans". Unlike cocoa, however, cupuacu does not contain caffeine.

Cupuacu's seed pod looks like chocolate, but without the caffeine. Many consider it to be an effective anti-aging ingredient. Check it out in ***Organic Cupuacu Day Moisturizer*** and ***Organic Acai Night Moisturizer***.

Cupuacu butter is softer and creamier than cocoa butter and has a mild aroma. It absorbs water more effectively than lanolin (used in many skin care products).

I believe it provides protective benefits against UV-A and UV-B over-exposure. It also offers high levels of essential fatty acids. These fatty acids, plus its rich phytosterols, give it the ability to promote skin elasticity and improve skin moisture.

Its incredible creaminess promotes a special softness and smoothness to your skin, and boosts its natural moisture and elasticity.

*Cupuacu is believed by many people to be stellar for its help in reducing the appearance of the signs of aging ... making it a perfect fit for the **Mercola Skin Care** line products of **Cupuacu Day Moisturizer** and **Organic Acai Night Moisturizer**.*

More Breakthrough Secrets from the Amazon Rain Forest



Another exotic rain forest berry, the acai (pronounced ah-sigh-ee) berry, was recently proclaimed the "World's #1 Super Food" on the Oprah Winfrey Show.

The Yanomami Indians harvested and revered the acai for centuries as a food that "holds unique power" (as reported by *NBC Today* on 5/13/2003). By that, they referred to the energizing properties of both its fruit and oil.

Acai berries were announced as the "World's #1 Super Food". Shouldn't it be part of your skin's care?

During the past three to five years, the acai was discovered by the Brazilian elite and then North Americans, who ate the fruit as a frozen slush.

These small purple berries – each with one large seed – dangle in clusters from the 25 foot high acai palm tree in its native Brazil, and other parts of Central and South America.

Acai oil is cold-pressed from the seeds of the acai berry, and is deep golden to light brown with a mild yet pleasant fruity aroma. When the berries are picked, they're processed under cold and air-free conditions to yield the freshest, purest oil possible.

Acai possesses an amazing nutrient profile ... an impressive combination of omega-3, omega-6 and omega 9 essential fatty acids, phytosterols, vitamins such as B1, B2, B3, E, and C, minerals such as phosphorus, calcium, and potassium, and essential amino acids.

Vitamin C is famous for its immune support properties, but did you know it can help rejuvenate and revitalize your skin?

What's more, acai oil is rich in anthocyanins, phytosterols and phenols, which are also antioxidants.

In fact, its content of anthocyanins is reported to be an astounding 10-30 times higher than the anthocyanin content of red wine grapes.

But these facts alone aren't what made acai the "World's #1 Super Food". It's the ORAC value of the acai – its antioxidant value. acai is a more potent antioxidant than mangosteen, prunes, pomegranates, cranberries ... nothing even comes close. The acai berry boasts the highest per unit value of antioxidant power (ORAC) of any edible fruit in the world.

Acai oil's rich array of nutrients, anti-oxidants and other benefits make it a remarkable ingredient for use in anti-aging personal care products. Studies indicate that the phenols in acai oil act as antioxidants.

Acai is an excellent emollient and an effective moisturizer to treat dry skin and help reduce the appearance of the signs of aging. It also absorbs into your skin quickly.

You can enjoy the superior nutritional benefits of acai oil in *Mercola Skin Care Organic Cupuacu Day Moisturizer* and *Organic Acai Night Moisturizer*. Use them both for your personal beautification benefit.

New Container Gives You the Absolute Freshest Quality Possible

Organic Cupuacu Day Moisturizer and Organic Acai Night Moisturizer have been given an exciting facelift. They are now available in a new airless pump dispenser.

Just a soft touch of your fingertip releases the perfect amount of rich, creamy moisturizer. No more wasted product. No more mess.

Why was this change made?

The moisturizer at the bottom of the jar stays just as fresh as the first time you use it. Air stays out of the jar along with potential bacteria or any other contaminants from the air or your fingertips, so it stays pure and lasts longer.

As an added benefit, this natural way to extend the shelf life of the product makes it so that preservatives aren't needed.

So, now you can enjoy your **USDA Certified Organic Cupuacu Day Moisturizer** and **USDA Certified Organic Acai Night Moisturizer** down to their last drop. Guaranteed to be cleaner and fresher to the very end!

But there's so much more to discover in this nutrient-filled skin care line...



Your Premium Anti-Aging Package includes seven products in our USDA Certified Organic Skin Care Line designed to give your skin an astounding overall anti-aging boost.

This package includes your daily cleanser, twice-weekly exfoliator, daily toner, anti-aging serum, two daily moisturizers, and eye and lines treatment – intended to help you turn back the clock on the appearance of premature signs of aging, like dry skin.

These products utilize organic botanicals from around the world to provide support for your skin's most youthful appearance.

What's more...

They do all that without any potentially damaging petrochemicals and estrogen-mimicking ingredients.

Just check out these seven fine products and what they can do for you...

- Organic Citrus Cleanser is a pure and mild rejuvenating cleanser that protects and nourishes your skin... just as a new parent protects and nourishes a newborn baby. And gently too, so your skin keeps a youthful appearance that defies its years.
- Organic Sugar Exfoliator softly removes the outer layer of dry or flaking skin, leaving your face smooth and radiant – and using all organic and natural ingredients that you already know and trust. Ingredients include raw cane sugar, olive oil, shea butter, jojoba oil, cucumber extract, and the pleasant invigorating scent of sweet orange oil.
- **Organic Chamomile Toner** gently removes extra “stuff” from your skin with the help of subtle aromatherapy oils — to leave your face feeling slightly tingly and totally refreshed. Toning is essential for removing dirt, make-up, and oil that your cleanser might miss. It's a critical step in caring for your skin.
- **Organic Cupuacu Day Moisturizer** provides you with nature's best botanicals from around the world, ready to help you wake up, get you energized, and promote a grand start to your new day. This anti-aging and deep moisturizing day cream uses true food-based ingredients for your skin – plant foods used effectively for centuries.
- **Organic Acai Night Moisturizer** rejuvenates your face and skin while your body is experiencing deep sleep and rebuilding for another day. Promoting skin rejuvenation while you sleep is a smart part of your overall anti-aging skin care strategy. Food ingredients from the world over combine to bring you a deeply satisfying moisturizer with profound benefits for your skin.
- **Organic Sea Buckthorn Anti-Aging Serum** offers a critical application of deeply nourishing botanicals for your most youthful appearance. It's brimming with antioxidants, vitamins, minerals, and much more... to help your skin appear stronger and provide it with the tools it needs to reduce the appearance of the natural signs of aging. Regular use will help improve your skin's texture as it nourishes your cells. Eight extraordinary ingredients contribute to its powerful anti-aging effect.
- **Organic Eye and Lines Treatment** is designed specifically for delicate tissues around your eyes and lips (and any other problem areas needing extra attention), **Eye and Lines Treatment** provides the daily nourishment needed to help minimize the signs of aging. Luxuriously rich and non-greasy, **Eye and Lines Treatment** pampers those delicate areas of your face, while not irritating eyes. You'll feel and see the difference. You'll discover improved elasticity, tone, and firmness as wrinkles, lines, bags, and unsightly 'crow's feet' fade away.

What People Have Said ...

I have spent thousands of dollars over the years on anti-aging products. All they did was "plump-up" my face and then the lines, volume, and loose skin would return. Since using this whole system for the last couple weeks, I see a real difference in the softness of lines and the elasticity of my skin. I have been

applying the products on warmed skin and find that really makes a difference. This is a great product and thank you Dr. Mercola. - Kathie

I am very happy with this package. It has improved my skin in a very short time, so I can just imagine how great it will look in a couple of months. Thank you. - Gloria Gold

I don't think I will ever use another skin care product ever again! This is the best I have ever used. It keeps my skin well hydrated, has cleared up my complexion, and goes on so nicely! Love it. - Julie

I love this skin care line. I have not purchased the serum or the sugar scrub, but the cleanser, toner, day and night cream are wonderful. They all have a nice scent as well. My skin looks 100% better. - Michelle

Toxins in Your So-Called "Organic" Health & Beauty Products

#208, January 15, 2010

Health, Justice and Sustainability News from the [Organic Consumers Association](#)

Edited by Alexis Baden-Mayer and Ronnie Cummins

Do you use Jason Pure, Natural & Organic, Avalon Organics, Kiss My Face Obsessively Organic, Nature's Gate Organics, Stella McCartney 100% Organic, Giovanni Organic, Head Organics, Eminence Organic, Physicians Formula Organic Wear, Good Stuff Organics, Desert Essence Organics, or any "organic cosmetic" certified by Ecocert?

Hate to break it to you, but these so-called "organic" personal care products aren't really organic and actually contain hazardous ingredients that would never be allowed in products certified to USDA organic standards.

Yesterday, the Organic Consumers Association (OCA), along with certified organic personal care brands Dr. Bronner's Magic Soaps, Intelligent Nutrients, and Organic Essence, filed a complaint with the USDA National Organic Program (NOP), requesting an investigation into the widespread and blatantly deceptive labeling practices of leading so-called "Organic" personal care brands, in violation of USDA NOP regulations.

The complaint, filed on behalf of the estimated 50 million regular consumers of organic products, argues that products such as liquid soaps, body washes, facial cleansers, shampoos, conditioners, moisturizing lotions, lip balms, make-up and other cosmetic products produced by 12 different corporations have been advertised, labeled and marketed as "Organic" or "Organics" when, in fact, the products are not "Organic" as understood by the average health and environmental-minded organic consumer.

[Read the complaint](#)

In addition to the complaint, Organic Consumers Association's Coming Clean campaign has launched a boycott of cosmetics that claim to be organic, but aren't certified to organic standards as required by law.

[Read more](#)

We're encouraging our members to switch to USDA certified organic body care and cosmetics products, as part of a New Year's Resolution to "be more organic" in 2010.

Switching to organic health and beauty products is easy and affordable. The simplest personal care regime involves shaving with an organic shikakai shaving gel, washing your body and hair with organic soap, following that with an organic hair rinse, and then using a baking-soda-based organic deodorant and finally moisturizing with an organic lotion or balm made of vegetable oils.

On our body care page, we've listed 26 different health and beauty brands where every single item under the brand name is certified to USDA organic standards.

[Learn more](#)

We need your help to get the USDA to take enforcement action based upon our legal complaint. Please write to the USDA today.

We're also collecting the stories of consumers who have been defrauded by fake organic health and beauty care companies. Do you feel shammed? Please share your story with us.

[Read more and take action](#)