

# Healthy Living

With Young Living  
Essential Oils

## Chemicals in Children's Products?

As reported on Environmental Working Group ([www://ewg.org](http://www://ewg.org)), even though children's bath products are marketed as safe and gentle laboratory tests prove otherwise. The Campaign for Safe Cosmetics found that these products are commonly contaminated with formaldehyde or 1,4-dioxane and in many cases are both. Both of these chemicals are linked to cancer and skin allergies. The Environmental Protection Agency (EPA) reports that 1,4-dioxane is a probable carcinogen and states that the presence of this chemical, even as a trace contaminant, is cause for concern. 1,4-dioxane is a byproduct of a chemical processing technique called ethoxylation used to make petroleum-based cosmetic ingredients gentler to the skin. Formaldehyde is a probable carcinogen as reported by the EPA although the risk of cancer from absorption through the skin isn't understood but do we want to risk the chance of it?

The Food and Drug Administration (FDA) oversees the safety of personal care products in the U.S. but lacks authority to require companies to test products for safety before they are sold, doesn't systematically review the safety of the ingredients and doesn't set limits for harmful contaminants in products. And the FDA doesn't require contaminants to be listed on product ingredient labels. So what does this mean? We, as consumer have no way of knowing if these products are safe.

Our children look to us for loving care and security. Love and care for your children with Young Living natural non-toxic products!



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## The Sunny Side of Lemon Oil

Who would have ever thought that something as simple as the rind of lemons could be so beneficial and useful? Have you noticed when you peel an orange you see and smell a fine fragrant mist squirting into the air... that's the essential oil!



The extraction method used for all citrus is "cold pressed" from the rind. The essential oil from the rind isn't acidic like the juice of a lemon. Do you know it takes 3,000 lemons to make one kilo of

essential oil?

Lemon has antiseptic-like properties and contains compounds that have been studied for their effects on immune functions. According to Jean Valnut, M.D., the vaporized essence of lemon can kill meningococcus bacteria in 15 minutes, typhoid bacilli in one hour, staphylococcus aureus in two hours and pneumococcus bacteria within three hours. Even a 0.2% solution of lemon oil can kill diphtheria bacteria in 20 minutes and inactivate tuberculosis bacteria.

## Lemon Essential Oil Uses

Lemon oil can be beneficial for anxiety, blood pressure, digestive problems, respiratory infections and sore throats. It helps promote leukocyte formation, improves memory, strengthens nails, cleans the skin, and promotes a sense of well being. Lemon has shown to have antidepressant effects in research done by Komori, et. Al., 1995. It may also help brighten a pale, dull complexion by removing the dead skin cells.



*Quote*

- Diffuse or add a few drops to a spray bottle to deodorize and sterilize the air
- Add a drop to water or food for flavoring or as a dietary supplement
- Use 1-2 drops of lemon oil to remove gum, oil grease spots or crayon
- Clean and increase the life of fresh fruits or vegetables but putting them in the sink with cool water and mix 2-3 drops of lemon oil in the water
- Sterilize your countertops – put 2-3 drop of lemon oil with water in a spray bottle and spray the countertops
- For sore throats, mix 1 drop of lemon oil in a half glass of water. Mix well and gargle
- Use 6 drops of lemon oil and 6 drops of purification essential oil blend in a squirt bottle mixed with distilled water to clean and deodorize the air – Great in the bathrooms!
- Rub 2 drops of lemon oil topically to clear athlete's foot.
- Put a drop of lemon oil on oily or acne to balance oil glands.
- Put a drop of lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid in healing.

# The Dirty Dozen

## Chemicals in Skin Care Products

Beauty is only skin deep but the products we use may penetrate far deeper than just our skin. The average adult uses nine personal care products daily with approximately 120 chemicals spread among them, many of which have not been completely tested for toxicity.

Below are chemicals in personal care products that is best to avoid. A single exposure is unlikely to cause harm but daily exposure compounds the chemicals left in your body and may be toxic to your body.

**Antibacterials** –Antibacterial soaps that contain a compound called **triclosan** can cause significant disruption to the endocrine system, a finding that has countless and serious health implications. **Triclosan** which is widely used in soaps, toothpastes and deodorants have been detected in breast milk.

**Coal Tar** – is a known human carcinogen used as an active ingredient in dandruff shampoos and anti-itch creams. According to the MSDS (Material Safety Data Sheet), Coal Tar is “slightly hazardous in case of skin contact (irritant) or eye contact (irritant, of ingestion, of inhalation. Carcinogenic effects; classified 1 (proven for human) by IARC, 1 (clear evidence; known carcinogen by NTP”. “Mutagenic for bacteria and/or yeast.”

**FD&C Color Pigments** – many pigments cause skin irritation and absorption of certain colors can cause depletion of oxygen in the body. In Home Safe Home, author Debra Lynn Dadd says that most colors are made from coal tar.

**DEA, MEA, TEA** – Diethanolamine, monoethanolamine, and triethanolmine are hormone-disrupting chemicals known to form nitrates and nitrosamines, often in conjunction with other chemicals present in a product. They are almost always in products that foam; bubble bath, body wash, shampoo, soap, facial cleaner. A Federal government study says that DEA and DEA based detergents have been shown to greatly increase the risk of cancer especially liver and kidney cancer.

**Propylene Glycol (PG) and Butylene Glycol:** Found in antifreeze. Strong enough to remove barnacles from boats! These chemicals have been found to cause adverse health effects: contact dermatitis, kidney damage and liver abnormalities; inhibit skin cell growth in human tests; and damage cell membranes causing rashes, dry skin and surface damage to the skin. The Environmental Protection Agency (EPA) considers PG so toxic that workers are required to wear protective clothing and to dispose of it by burying it in the ground. Propylene Glycol is found in shampoos, deodorants, cosmetics, lotions, toothpastes, processed foods, floor wax, laundry detergents, pet food, tobacco, and baby wipes. Unfortunately, if this is used as a standard method of preserving, it no longer needs to be listed on the labels!! So, even if you read labels, a product may have PG and it doesn't need to be listed with the other ingredients.

**Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate:** Found in detergents used in garage floor cleaners, engine degreasers, car wash soap, and 90 percent of cosmetics that foam and in hundreds of personal care products and household cleaning items. It is found in shampoo, toothpaste, bubble bath, dish soap, etc. Animals exposed to SLS experience **eye damage, depression, labored breathing, and even death. Surrounds hair follicle in shampoo to keep it from growing, causes hair to fall out; keeps children's eyes from developing properly, causes cataracts in older people; in toothpaste: weakens enamel on teeth to cause cavities: SLS is very abrasive and may burn the skin, mouth, canker sores, or scalp.**

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**Phthalates:** Large group of chemical compounds used in cosmetics such as nail polish. **Affects lung, liver and kidney in the developing testes of male embryos.**

**DMDM and Imidazolidinyl (Urea):** Two of many preservatives often releasing formaldehyde that may cause many symptoms, including **joint pain, allergies, depression, headaches, and chest pains.**

**Polyethylene Glycol (PEG):** Carcinogenic petroleum ingredient that **leaves the skin vulnerable to bacteria.** In **oven-cleaners** and used to dissolve oil and grease.

**Parobens:** Found in **underarm deodorants and other cosmetics.** These chemicals have been **discovered in breast cancer tissue.**

**Alcohol, Isopropyl (50-40):** Drying, irritating solvent that **strips skin of moisture, creating vulnerability to bacteria and viruses.** Made from a petroleum derivative **also found in shellac and antifreeze.**

**Mineral Oil:** Coats skin like plastic, interfering with ability to eliminate toxins. Promotes acne and slows down skin and cell development. Causes premature aging of skin.

### References:

Dr. Ben Kin (DrBenKin.com) article Potential Health Dangers in Antibacterial Soap (<http://chetday.com/antibacterialsopadanger.htm>),

[http://www.sciencelab.com/xMSDS-Coal tar-9923515](http://www.sciencelab.com/xMSDS-Coal_tar-9923515)

Source: Wise Choice Resource Center, LLC

**Remove Chemicals from Your Daily Life with Young Living Natural, therapeutic-grade essential oils and non-toxic personal and household products.**

**Visit [www.NaturesEssentialOilsOnLine.com](http://www.NaturesEssentialOilsOnLine.com) for more information on products that Young Living offers.**