

What's in Your Personal Care Products?



I say it all the time, but we're all about the natural products around our house, but only if they do a good job. So when we host make & take parties or create mothers day gift baskets or other creations like that, we test out everything first and make sure its something that we enjoy using.

But why do we go to all of the trouble? The answer is simple, because once you learn what is in some of the most common products you use everyday, you can't unlearn it, and some of it is pretty disturbing. So that's why we originally starting creating our "stocking stuffers" that we sell in the office, as gifts to our friends and family. When they had such a good response, we wanted to be able to share this with our patients, as a resource to be able to give unique, thoughtful gifts they can feel good about giving.

Here's some of what we've learned:

Aftershave:

For this years list of stocking stuffer items available, we've expanded the items in our men's grooming section. Last year's beard oil was a huge success, and after learning what was in aftershave products you can find on your drugstore shelf, it seemed like a great thing to add to the list. The average mass produced aftershave has in it:

- *Propylene glycol* is a type of alcohol used as an astringent and the same ingredient used to make antifreeze (yes, antifreeze!!)
- *Benzyl acetate* and *ethyl acetate* are solvents used in perfumes and aftershave that have been linked to respiratory issues and known as a carcinogen.
- *Synthetic fragrances* can contain chemicals that may cause respiratory problems, dizziness and allergies.

The thing about the synthetic fragrances that is the scariest, is that they are proprietary formulas that they don't have to make public, and some can contain as many as 3,100 different ingredients! All the while, the label just has to say "fragrance."



Body Wash

Body wash is something that most of use on a daily basis. It is supposed to be something that's cleaning your body and keeping it healthy and when we dug a little deeper, if you aren't careful, it can be something that can negatively effect your health. We usually have a generic gentle shea butter body wash in our shower, but not anymore. After reading the label, this innocent looking bottle had all of the offenders in it. Here's a couple that we found the most disturbing:

- *Formaldehyde* is traditionally used as a preservative and found in embalming fluid (to preserve corpses) but it's also found body and hand soaps, nail polish, shampoos, cosmetics, hair sprays, and children's personal care products. Among the living, it potentially affects the immune system, respiratory system and nervous system.
- *Phthalates* can be found in most personal care products. A study of average Americans from the CDC found phthalates in each of the 289 men and women they tested. Possible health effects of phthalates include liver and kidney abnormalities, birth defects, cancer, allergies, and asthma.
- *Glycols* help keep moisture in the skin. While well-intended, they may cause skin rash, irritation, birth defects, kidney damage and damage to the reproductive system. Glycols can be found in body washes, lotions, shampoos, anti-aging products, facial cleansers, cosmetics such as mascaras and foundations, and sunscreen.

The funny thing is, the body wash that we've started making has left our skin softer, cleaner feeling and smells better than the stuff we picked up at target. There may be a few steps involved in making it, but every time i take a shower, the piece of mind that comes with it goes along way!



Lip Balm

Many of you know that we're all about the natural lip balms and have been for a few years. We love knowing that something we're putting so close to our mouth is completely safe. We also love creating fun new flavors for each season, but that's another story :) Here's a few ingredients found in most lip balms to look for and avoid:

- *Parabens* are a cheap preservatives that you'll find in a lot of lip balms. They're known to interfere with hormone function, which in turn can lead to an increased risk of breast cancer. And if that weren't enough, parabens can also interfere with reproductive function.
- *BHT or butylated hydroxytoluene* is an endocrine disruptor that's linked to developmental and reproductive issues and it's also a possible carcinogen.
- *Synthetic Colors & Dyes*, especially FD&C Blue 1, Yellow 5, and Red 33. Keep an eye out for any lip balm ingredients that follows this pattern. These colorants are made from coal tar and can

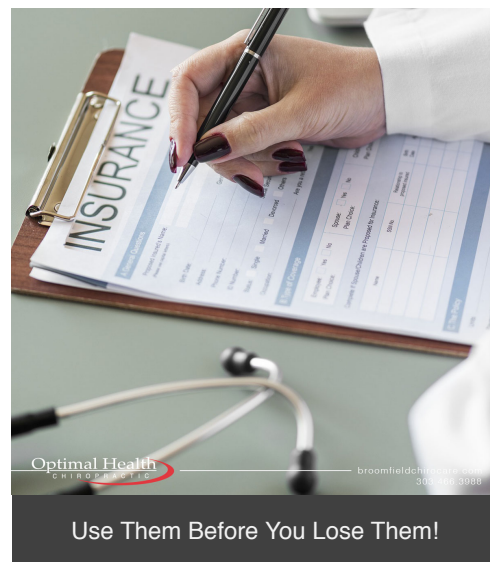
deposit toxins on your skin.



We didn't put this list together to scare anyone, but more to bring to light that there's better options out there if you look. We've been taught to read labels on our food that we put in our body, but what about all of the other products we put on our body?

Our stocking stuffer list this year is bringing back the all natural beeswax candle (to naturally clean your air without those chemicals!), introducing new items like a beard balm, and something for everyone in between. We will have order forms available at the front desk for the month of November and first week of December. Just let us know when you need your gifts by and we'll have them ready to go. Hopefully you find our goodies to be something you can feel good about giving, naturally.

- Dr. Chris & Kristen



Thanksgiving Hours - Openings & Closures

We have some thanksgiving holiday hours to let you know about. We will be closed the week of thanksgiving, but we are adding extra shifts in as well to make sure everyone is taken care of before the holiday begins!

Saturday, November 17th: OPEN 8am-noon

Sunday, November 18th: OPEN 8am-noon

Monday, November 19th - Sunday, November 25th: CLOSED

Monday, November 26th: Open 4 - 6:30pm

We hope everyone has a wonderful thanksgiving holiday filled with family and friends and stretchy pants.

Use Those Insurance Benefits!

It is getting close to the end of 2018. You may have eligible benefits on your insurance policy to use

before the end of the year. If you think your deductible may be met or you think you may still have visits left to use before the end of the year please contact our office. We can check to see if you have remaining benefits and notify you if that is the case. Chiropractic benefit does not roll over to the following year so try to use your benefits before the year runs out.



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