

Use This...		Not This...		
Product/ Alternative	Features	Product	Dangerous Ingredients	Toxic Effects
Aquasana Shower Filter	<ul style="list-style-type: none"> Any high quality filter Removes chlorine, fluoride, arsenic, heavy metals 	Unfiltered Shower Water	Chlorine, Chloramine, Chloroform	<i>Liver and kidney damage and depressed nervous system, carcinogenic</i>
Honey Hair Spray (homemade)	<ul style="list-style-type: none"> Dissolve 2-5 Tsp honey in warm water Put in spray bottle to apply 	Hair Spray	Aerosol propellants, polyvinylpyrrolidone (plastic), formaldehyde, artificial fragrance	<i>Lung disease, enlarged lymph nodes, lung masses, changes in blood cells, allergic skin reactions, eye and nasal irritations</i>
Coconut Oil Pulling www.oilpulling.com	<ul style="list-style-type: none"> Oil binds with bacterial cell wall Add essential oils for flavor Coconut oil: anti-bacterial/anti-fungal 	Mouthwash	Alcohol (26%), triclosan, fluoride, flavorings	<i>Brain damage, reproductive problems, carcinogenic, low thyroid function</i>
Earthpaste www.earthpaste.com	<ul style="list-style-type: none"> Water Clay Salt Essential Oils 	Toothpaste	Formaldehyde, PPV (plastic), artificial colors, fluoride, triclosan, sodium lauryl sulfate	<i>Headaches, tiredness, hair loss, thyroid problems, cancer.</i>
Essential Oils	<ul style="list-style-type: none"> All natural Flower scents Clear organic available 	Perfume/ Aftershave	Alcohol, methylene chloride, toluene, methyl ethyl ketone, methyl isobutyl ketone, ethanol, benzyl chloride, 884 toxic substances	<i>Carcinogenic, birth defects, central nervous system disorders, allergic reactions, skin and eye irritations, chemical sensitivities, found in fetal cord blood</i>
EO Deodorant www.eoproducts.com	<ul style="list-style-type: none"> Organic ethanol Purified water Organic essential oils 	Anti-perspirants/ Deodorants	Aerosol propellants, ammonia, alcohol, formaldehyde, aluminum chlorohydrate, triclosan	<i>Neurological disorders, cancer, disrupting cellular function and metabolism, mineral displacement</i>