

Zia's Essential Connection



Lavender Signature Series - Pure Personal Care from Young Living Essential Oils

Live Green Now

The link between personal care products and cancer

Chemical exposure facts

Every day, the average man uses six or more personal care and shaving products. **Exposure: 85 chemicals**

The average woman uses 12 personal care products and cosmetics daily. Teenage girls average 17 products daily. **Exposure: 168 chemicals**¹

These daily exposures matter for a number of important reasons:

First, **only about 11% of the chemicals used in personal care products have been tested for safety and health effects.**²

Second, some of those chemicals tested have been linked to increased risk of cancer, birth defects, endocrine disruption and allergies.³

Third, because no ingredient safety testing is required, personal care products which contain unsafe and untested ingredients are allowed on the market.³ Thus, **one of every five adults are potentially exposed every day to all of the common to personal care product ingredients: hydroquinone, ethylene dioxide, 1,4-dioxane, formaldehyde, nitrosamines, PAHs, and acrylamide.**¹

Chemical exposure facts *continued*

Even though this group of carcinogens can potentially be found in tens of thousands of personal care products, you won't often find them listed on ingredient labels. That's because they are a possible contaminant of a label ingredient and as such, are not required to be listed.³

To better understand why these exposures matter, we need to be aware of how our bodies manage the chemicals at the time of exposure and in the long-term.

Our bodies absorb, accumulate and store chemicals for decades

According to the Environmental Working Group (EWG), a product safety advocacy organization,

"Cosmetic ingredients do not sit tight on the surface of the skin—they are designed to penetrate, and they do".⁴

Biochemist Richard Bence states that up to 60% of certain ingredients in soaps, shampoos, hair products and skin moisturizers are absorbed by the skin. They then flow into the bloodstream, are metabolized through our system while some accumulate in target organs where they can remain for decades.⁴

One study found residues of more than 400 toxic chemicals—including many common cosmetic ingredients—in human tissue. They found industrial plasticizers called phthalates in urine, preservatives called parabens in breast tumor tissue and persistent fragrance components like musk xylene in human fat.⁴

Three Ways to Reduce Cancer Risk Factors

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Replace toxic household cleaners and personal care products

Healthy Medicine Cabinet

Discover effective, non-prescription options for everyday health needs

Fill in Nutritional Gaps

Build a strong body with health-protecting whole food nutrition



Jeanmarie Hepworth, Crown Diamond

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.

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Those studies also show that every man, woman and child now carries synthetic chemicals in their tissues, including some found to cause mammary tumors.¹ Much more research is needed to determine ingredient safety, their health effects and the additive effects of multiple exposures to multiple chemicals.

Remove and replace toxic personal care products

In the meantime, it is essential to recognize that our personal care products—whether they cost a little or a lot—could contain unsafe or untested ingredients. When we realize that label-reading won't necessarily tell us whether a product is safe, the best way to be certain we're buying genuinely non-toxic products is to know from whom we're buying.

For many years, the Young Living® Essential Oils company has produced exceptional personal care products, both in purity and effectiveness. From shampoos and conditioners to soaps, bath gels and lotions, they'll care for your skin and hair without compromising your health. Following is just one group out of the many Young Living personal care products from which you can select:

Lavender Signature Series

Lavender from Young Living's own organic farms is distilled to make its incomparable **Lavender Essential Oil**. From this oil, the Lavender Signature Series of personal care products was created with 100% natural product formulations.



Lavender Essential Oil

One of nature's greatest healing gifts since Biblical times, Lavender essential oil has been used for bathing and as a key ingredient in many of the most effective remedies of that time. Today, it is unmatched for everyday skincare, soothing burns and relieving irritated skin. Plus, with 101 other uses, it is considered one of the most versatile essential oils. Its fresh, sweet, herbaceous aroma is great for relaxing and winding down before bedtime, yet it also has balancing properties to boost stamina and energy.

Lavender Hand & Body Lotion

Bring life back to your skin with this all-natural, lightweight moisturizer infused with skin-loving lavender essential oil. Added nutrients such as wolfberry seed and jojoba oils fortify your skin's natural moisture barrier for long-lasting hydration.

Lavender Bath & Shower Gel

Relax your body and rejuvenate your mind with a soothing bath of nature's finest lavender essential oil. All-natural ingredients refresh and condition your skin as you unwind from your busy day. Pour directly into water for a luxurious bubble bath or drop a quarter-sized amount onto a bath sponge and lather up.



Lavender-Rosewood Moisturizing Soap

Soothe and soften the skin as you cleanse with a nourishing, all-natural formulation of ingredients such as aloe vera, jojoba oil and nature's finest lavender essential oil.

LavaDerm™ Cooling Mist

Bring relief to stressed skin with this blend of gentle, skin-soothing ingredients including lavender essential oil and aloe vera. Spray directly onto the affected area and repeat every 10-15 minutes until desired relief is achieved.

Lavender Lip Balm

Repair and moisturize lips with this nourishing blend of lavender essential oil, jojoba oil and vitamin E.

Lavender Foaming Hand Soap

Creamy puffs of this soap will cleanse and condition even the most sensitive skin without drying or irritation.¹

Try one, two or all of the **Lavender Signature Series**. They are of premium quality, a pleasure to use, certain to become household favorites and most important, you can trust that they're safe to use.

Live Green Now - Healthy Personal Care Products

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Lavender essential oil	#3575 15 mL	\$20.75 \$24.03 \$27.30
Lavender hand & body lotion	#5201 8 fl oz	\$17.50 \$20.26 \$23.03
Lavender bath & shower gel	5202 8 fl oz	\$16.75 \$19.39 \$22.04
Lavender-rosewood moisturizing soap	#3673 3.75 oz	\$8.75 \$10.13 \$11.51
LavaDerm cooling mist	#3249 2 fl oz	\$12.75 \$14.76 \$16.78
Lavender lip balm	#4203	\$3.75 \$4.34 \$4.93
Lavender foaming hand soap	#4431 3-8 oz	\$26.75 \$30.97 \$35.20

Resources

¹<http://www.cosmeticsdatabase.com/research/exposures.php>

²<http://www.safecosmetics.org/companies/compactguide.cfm>

³ http://www.pureprevention.org/act_safecosmetics.php

⁴<http://www.cosmeticsdatabase.com/research/whythismatters.php>

⁵www.youngliving.com. 2008.

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