

## 25 Ways You Are Poisoning Yourself Before Breakfast

Product	Known Chemicals
1. Air Freshener	1.....4.....7..8
2. Bath Soap	.....3..4..5..6..7..8
3. Shampoo	1.....3..4.....8
4. Conditioner	1.....4.....8
5. Skin Lotion	1.....3..4..5..6..7..8
6. Shaving Cream	.....3..4.....8
7. Aftershave	1.....4.....8
8. Rash/Acne Cream	1.....3..4..5..6..7..8
9. Moisturizers	1.....4..5.....7..8
10. Antiperspirant	1.....4..5.....7..8
11. Cologne	1.....4.....7..8
12. Deodorant	1.....4.....6..7..8
13. Hair Spray	.....4.....7...
14. Toothpaste	.....3..4..5..6.....
15. Mouthwash	.....4..5..6.....8
16. Cosmetics	1.....3..4..5.....7..8
17. Sanitary Napkins	.....4.....7....
18. Perfumes	1.....4.....7..8
19. Facial Cleanser	.....3..4.....8
20. Nail Polish	.....4..5.....7..8
21. Mattress & Pillow	.....4.....7...
22. Detergent	1.....3..4..5..6..7...
23. Fabric Softener	.....3..4..5.....7...
24. Chlorine Bleach	1..2.....
25. Dry Cleaning	1.....7...

When using common household cleaners in the shower, on mirrors, toilet, etc. you also inhale and absorb a whole new range of poisonous chemical.

Day after day, week after week, year after year, people may be unaware they are being exposed to sooo many chemicals in our everyday products.

**What you can do: Replace toxic personal care products with safe, natural Young Living Oils & Products.**

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### Negative Health Effects Associated with Ingredient (partial list)

- Alcohols:** Acid & Alkali: rashes, muscle weakness, headaches, dizziness, nerve damage, vision problems, sleeping problems, stomach cramps, disorientation, depression, coughing, respiratory problems, anemia, organ damage, fatigue, heart damage, cancer, death.
- Chlorines:** headaches, mental function difficulties, pulmonary edemas and heart disease, anemia, diabetes, gastrointestinal and urinary tract cancer, organ and gland cancer, severe eye problems, immune system breakdown, and more.
- Detergents/Emulsifiers:** strip skin of protective oils, skin irritation, scalp eruptions, interference with nutrient absorption, hair loss, allergic reaction, cataract formation, organ damage, reproductive damage, blindness, cancer.
- Synthetic Fragrance & Dyes:** allergic reactions, skin rashes, stomach upsets, muscular aches and pains, violent coughing and sneezing, irritability, vertigo, hyperactivity, convulsions, emotional and behavioral problems, Leukemia, Hodgkin's, ADD, multiple tumors, reproductive damage, headaches, dizziness, organ damage, depression, cancer.
- Heavy Metals:** Abdominal cramps, nausea, muscle weakness, mouth sores; muscle, joint, and bone pain; cancer, motor difficulties, immune disorders.
- Pesticides & Fungicides:** Flu-like symptoms (fatigue, muscle and joint pain), stomach cramps, nervous system disorders, insomnia, memory loss, swelling of body parts, dizziness, genetic mutations, birth defects, gland tumors, organ damage, cancers, death.
- Petrochemicals:** inhibit skin functions, pimples, rashes, splitting nails, sensitivity to sun, headaches, premature aging, allergic reactions, depression, fatigue, intestinal gas, asthma, respiratory failure, and immune system disorders.
- Preservatives (synthetic):** headaches, skin rashes, eye damage, asthma, respiratory problems, tumors, cancer, digestive problems, mental confusion, organ damage, muscle weakness & cramps, loss of motor control, joint pain, reproductive damage, etc.

### What products do you use every day?

Next time, look at the list of ingredients. How might these chemicals be affecting your body? What are some better choices for you and your family?

*Data Source: The Politics of Poison by Nina G. Silver, PhD, 20000*

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