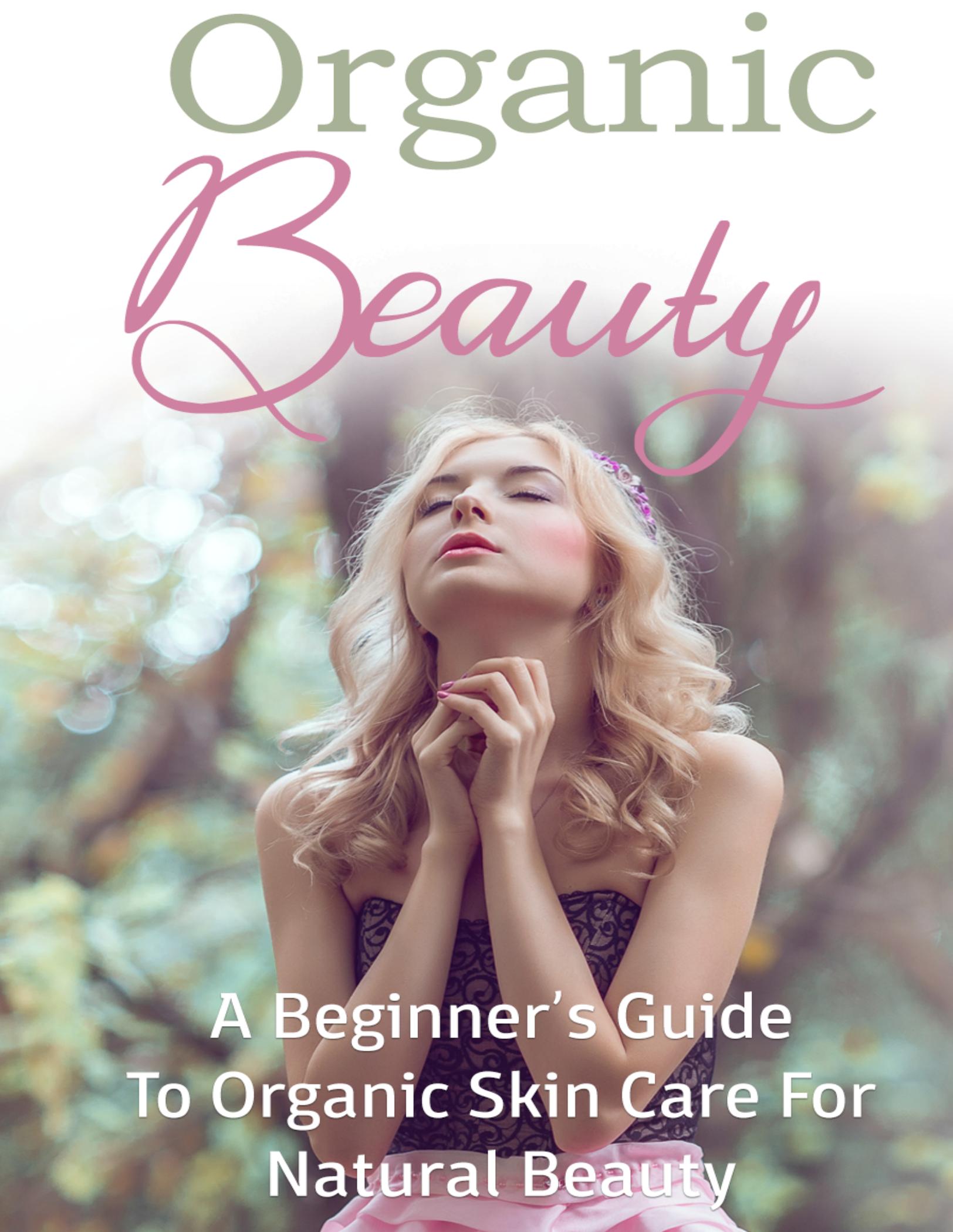


Organic *Beauty*



A Beginner's Guide
To Organic Skin Care For
Natural Beauty

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Introduction



What does beauty mean to you?

It's a concept that has been somewhat lost along the way in the digital age. Companies trying to sell products with photo shopped women wearing far too much makeup, Instagram accounts run by “influencers” who spend their time pouting at the camera and taking selfies.

These influences have warped our perceptions of what it means to be attractive in the modern age, and they have unfortunate, destructive impacts on our health and happiness.

And this is a serious problem.

Before we get ahead of ourselves and start attacking the health and beauty industry, we should first remember that this is nothing new. Culture has shaped perceptions of beauty for centuries, which has a huge impact on how we feel about ourselves, our aspirations, and our health. It guides how we treat ourselves, and ultimately what we look for in partners.

Unfortunately, it just so happens that this can be a toxic and harmful influence.

But there is a truer type of beauty that transcends trends and fads. It is the natural, glowing beauty that comes from being truly **healthy** and happy.

Because while you can try and hide or alter your looks with expensive products, they are ultimately all trying to emulate the appearance of natural youth, energy, and vigor (we'll discuss this more in the final chapter).

When you *naturally* look and feel great, you don't need to do this. You will simply look naturally healthier, more vibrant, and more attractive.

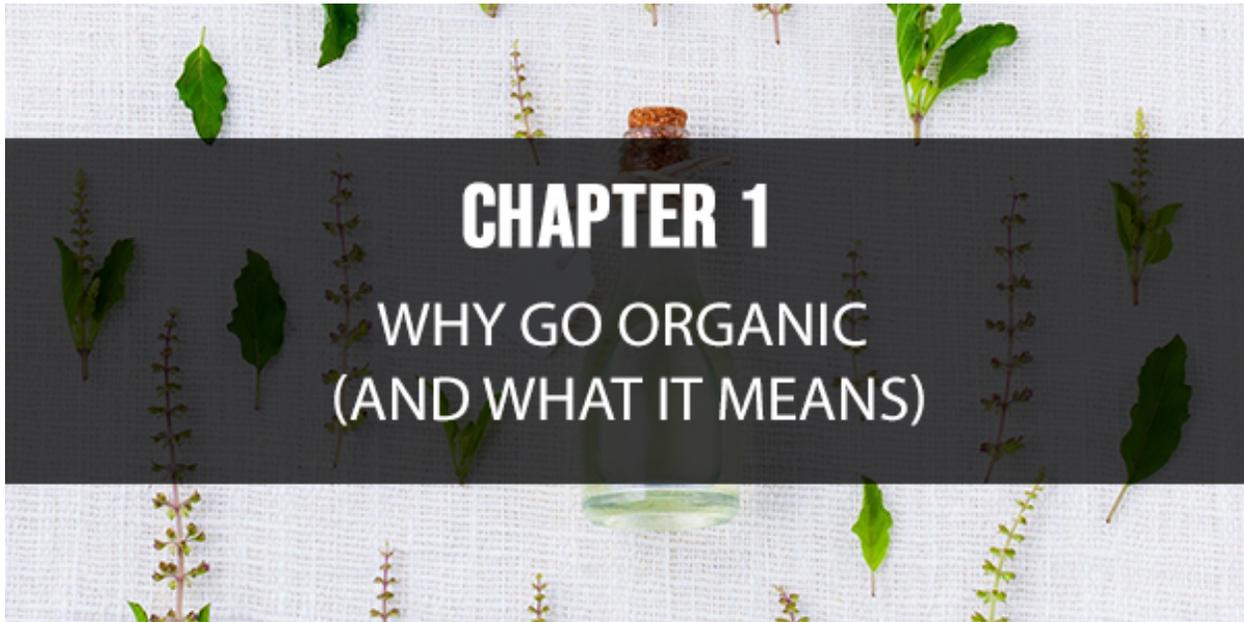
People will notice that you look different, but they won't be able to put a finger on it. They'll say you have a "glow." You'll feel and look great, and people will be drawn to you.

The best part? The journey it takes to get here doesn't involve using damaging chemicals, or going through painful procedures. It is the very act of nourishing and caring for yourself that will *lead* to that organic beauty. That outward glow is simply a reflection or a projection of your inner state of being.

This is the appeal of organic, natural beauty. And it's something that anyone can achieve.

In this book, you'll learn more about what it means to chase after "organic beauty" and how it can change the way you think about your appearance and your grooming. Are you ready?

Chapter 1 Why Go Organic (And What It Means)



Before we get ahead of ourselves, let's consider for a moment precisely what we mean by the term "organic beauty."

By "organic," what we really mean is "without using artificial products." The term organic can be explained as "relating to or derived from living matter." That doesn't mean that the ingredients are necessarily alive, but means that they must be natural and "related" to living things.

Minerals count as organic for instance, but rocks aren't alive! Because rocks *are* created by the tides however, and because they are found naturally inside the body (yes, your bones are

made from calcium and magnesium just like that found in nature), they count as “organic.”

The fewer steps the product had to go through before it was packaged, the more “organic” we consider it to be.

How does this relate to beauty?

Organic beauty means creating the beautiful look that you want, but without resorting to the use of chemicals, compounds, and other unnatural substances.

Why you ask?

There are actually a huge number of reasons to go organic when it comes to your beauty. Let’s take a look at just some of them.

Synthetic Products Can be Harmful

One of the biggest and best reasons to go organic, is that non-organic products designed for health and beauty will very often include synthetic products that can actually be harmful. Here are just some of the dangerous compounds you might encounter if you rely on mass-produced cosmetic products:

1 Estrogenic Compounds

One of the biggest dangers when it comes to using non-organic products, is the large number of estrogenic compounds that are found in many cosmetics and even in our water!

Estrogenic chemicals are found in everything from shampoos, to Tupperware, to makeup. They include parabens (used as preservatives), placenta extracts and more.

So what's so bad about this? Well essentially, it increases the amount of estrogen in the body. For men, this is particularly bad news as it means lower muscle mass, more body fat, lower sperm count and possibly even depression, lethargy and infertility!

Many of these compounds are even found to be carcinogens, meaning that they increase the likelihood of developing breast cancer specifically in men and women.

2 Aluminum

Aluminum is found in a large number of different products, including antiperspirants and some makeups. Aluminum works by temporarily blocking the skin's sweat ducts but it can be absorbed into the skin where it will also have estrogen-like effects.

3 Parfum

Parfum is a catch-all that describes a large number of synthetic compounds used to add 'fragrance' to our products. That means products that are specifically designed to be fragrances and it also means other things like shampoos and fabric softeners.

These products are well known to cause a range of problems including headaches, dizziness, rashes, skin discoloration and more. Some studies also suggest that they can affect the central nervous system and lead to mood disorders such as anxiety and depression.

4 Phthalates

Phthalates are very difficult to avoid and are found in everything from body lotions to nail polishes and hair sprays. These are used to strengthen the parfums and introduce more issues all of their own – including reproductive problems and an increased risk of breast cancer.

Why do companies insist of adding artificial scents to their products when there are so many fantastic smelling essential oils out there already?

5 DEA, TEA and MEA

This sounds like the name of Nickelodeon program about three twins... In fact though, these three products are additives found in

cosmetics such as sunscreens, moisturisers and foundations. They are used to act as surfactants, which are well known to combine with nitrates to form nitrosamines – potential carcinogens.

This is quite ironic because some research suggests that a number of natural sunblocks may actually slightly increase your risk of skin cancer. Repeated application of DEA is also shown to cause liver and kidney damage in animals.

6 Led

Led was removed from school pencils long ago because it was found to cause a number of health issues. And yet it is still commonplace in your makeup...

7 Ammonia

Ammonia is found in a lot of cleaning products and is a powerful irritant that can cause headaches and breathing problems. It's almost always inhaled during use and it can lead to bronchitis and asthma in the most serious cases. This is maddening too, seeing as baking soda and vinegar can clean most surfaces just fine!

8 Fluoride

Fluoride is found in toothpastes and is very effective in preventing tooth decay. Unfortunately, though, it's also strong enough to actually cause damage to the enamel and it's something that you're better off avoiding where possible unless you want to experience 'mottling' or 'fluorosis'. This is especially true seeing as there's also lots of fluoride added to our water!

The golden rule to remember here is that anything that comes into contact with your skin, or anything that you inhale, will eventually enter your blood stream. If you wouldn't feel comfortable eating it, then don't rub it on your body or spread it around your house!

And we were just scratching the surface here too – we hadn't even gotten to chlorine, triclosan or the many harmful food additives out there...

More Reasons to Go Organic

Another reason to go organic is simply that organic products tend to *work better*. In the place of potentially harmful substances, companies are now instead forced to use natural ingredients that help to nourish and heal the skin. That's *hugely* preferable and far more effective at providing stronger skin for longer.

Instead of burning away the top layer of oil for instance and potentially destroying your natural skin barrier, an organic product would use substances that help to health the hormone balance of

the skin to *naturally* fix those oil levels. Which sounds like it would get better long-term results?

Finally, organic products are kinder to the environment AND your wallet. Instead of ordering products that have been mass produced at a factory that billows smoke into the air, you'll be using products made from natural ingredients you can find around your home. Many of these you don't even need to buy – you can just make them yourself!

Chapter 2 Organic Skin Care – Nutrition and Rejuvenation



Where to begin? When many people think of beauty, they think of the skin. Smooth, porcelain skin is a hallmark of health and beauty. It also reduces the need for other harmful products that are used to *mask* bad skin, allowing you to enjoy a much more natural and healthy glow.

In this chapter, we'll explore some organic strategies for creating healthier skin.

Organic Facials and Face Masks

The whole idea of facial masks is to help nourish the skin, soothe the individual and help to improve skincare while alleviating stress.

It's a nice idea, so it's just a shame then that so often these products include harmful, synthetic ingredients that can trigger allergic reactions, damage the skin and potentially even cause other, more serious health problems.

Fortunately, it's possible to make your own organic mask and to give yourself a natural facial at home. This is the perfect introduction to organic beauty, so it's a great place for us to start.

Let us start by looking at the benefits of face masks and facials *in general*. Essentially, the aim of a facial will normally be to open up the pores on the skin and thereby allow them to breathe. At the same time, this helps to unclog the pores that might otherwise be blocked by dirt or bacteria.

This is of course how spots and other blemishes often form, so by using facial products, you can actually reduce the likelihood of that happening.

Meanwhile, many facial products are also designed to help you scrub away the top layer of the skin. This is where dead skin cells

and dirt can collect and by removing that layer, you can reveal the much fresher and healthier looking skin underneath. People who use face masks and facials regularly, will often look as though they are glowing!

Another nice benefit is that when you use face masks and scrubs before going out into the sun, it will allow the sun's rays to penetrate deeper, thereby giving you a healthier boost in vitamin D.

On top of that, face masks are usually left for a short time to be absorbed into the skin. This, combined with the opened up pores and cleared upper skin layer, means that those all-important nutrients are better able to reach the deeper layers of the skin where they can rejuvenate and support your tissue for a healthier look.

As we'll see in a moment, using the best natural face mask will allow you to enjoy all of these benefits to an even *greater* extent.

Facials for Relaxation

But let's not forget the simple pleasure of a facial – especially a natural facial at home. Rubbing in these oils and lotions will essentially feel like a massage right on those tight face and head muscles.

This is ideal for relieving tension headaches and especially when you combine that with the fact that you're lying back and being indulged, while at the same time probably listening to soothing music.

Most of us spend all our time rushing around feeling very busy while being exposed to toxic and dirty elements in the air. What better to come home and be nourished by a natural organic facial cleanser?

Benefits of Organic Facial Products

As for the benefits of choosing organic facial products, this comes down to the type of ingredients you're using as well as the experience.

For starters, making your own organic facial products is both a lot cheaper than buying them *and* a lot more rewarding. These make great gifts that you can give to people and especially if you work hard to keep them looking and smelling beautiful.

And that is where organic products really have the edge. These will be made from essential oils, which creates a very gentle and fully natural-seeming scent that is far more calming and soothing than anything that can be accomplished with harsh chemicals.

What's more, is that these products will almost always be much healthier for you. That's because you're getting the naturally occurring nutrients, vitamins and minerals from the natural products and it's because you're able to choose precisely what's going to go into it.

Moreover, a lot of the unnatural scents, dyes and astringents used in the commercial products will often do more harm than good to the skin. Some of them have been linked with cancer, others with infertility, others still with dementia. The list goes on and it's not hard to find long lists of 'ingredients to avoid'. We know this and yet a lot of people carry on using them!

Just some of the harmful agents included in non-organic skin care products include coal tar, DEA, ethoxylated surfactants, formaldehyde, parfum, hydroquinone, lead and mercury.

Common Ingredients and Getting Started

There are a ton of common ingredients you can choose to make your own organic mask or organic facial cleanser.

One of the most popular methods is to make a facial scrub using sugar and coconut oil. Here, the coconut oil will nourish the skin and hold the mixture together in a pleasant lubricant, while the sugar will provide the slight corrosion needed to open up the pores and remove those dead skin cells on the surface.

All you need is:

- ¼ cup of granulated sugar
- ½ cup of coconut oil
- 1 tablespoon of citrus fruit zest (optional)
- ½ teaspoon of citrus essential oil

Of course, this also has the rather pleasing added bonus of saving you a lot of money versus shop-bought options!

Generally though, common ingredients you'll want to stock up on include avocado, oatmeal, honey, lemon, banana, melon, coconut oil and all of the essential oils. Pretty much any essential oil will act as a great massage oil that also nourishes and protects the skin.

Another option is to go out and buy yourself a ready-made organic face mask.

Organic Sunscreen

It's a less obvious option for improve your skincare regime, but sunscreen is important if you want your skin to look great for years to come.

Organic sunscreen and after sun care are some of the most important items to add to your organic shopping list...

Spend too long out in the sun and you're going to get burned! This is one of the most unfortunate facts about spending time outside and it's one of the only ways in which this *isn't* a way to improve your health.

Otherwise, spending more time in the sun means more vitamin D, stronger bones, better sleep and more fresh air.

So with that in mind, it's just a real shame that the sun's rays are so damaging. The question then becomes: how can you get all those benefits without the downsides?

One answer is to use the right products – with the right aftersun and the right sunblock, it's possible to greatly improve your overall health by nourishing your skin and by deflecting the sun's rays. And with the right organic sunscreen and moisturiser, you can do this in a way that is free from harmful chemicals.

Why Use Organic Sun Products?

This may come as a surprise but 75% of sunscreens are made with toxic chemicals. Specifically, they can actually release free-radicals when they are exposed to sunlight. This is bad news seeing as free radicals and oxidative damage is one of the key things that you would wear sunscreen in order to try and *prevent*.

Usually, you wear sunblock in order to deflect the sun's rays and specifically, the harmful UV (ultraviolet) rays that can cause mutations to the cells. These rays can damage the cell walls making your skin look older but more alarming is that they can also penetrate deeper into the nucleus of the cell where they can impact on the actual DNA.

This causes mutations that then spread as the cells proliferate – thereby leading to cancer. Free radicals do the exact same thing and according to the Environmental Working Group, synthetic sunblocks *increase* free radical exposure.

Others cause allergic reactions and damage the skin. Many can contain synthetic estrogens which can prevent men from producing enough testosterone. And all of them get absorbed into the blood stream.

Think about that next time you're lathering some on without really knowing what went into it! Oh and those estrogenic compounds (including oxybenzone, methoxycinnamate and PABA) are all *also* potentially cancer-causing.

What many of these products *do* do however, is to prevent the positive benefits of the sun such as vitamin D production!

Another issue is that sunscreens aren't actually regulated in the US – and they haven't been since 1978. The only information you

can glean from the packaging in most cases is the SPF factor but this doesn't tell you anything about the effectiveness of the product against UVB rays. In fact, the FDA is quoted as saying:

“The FDA is not aware of data demonstrating that sunscreen use alone helps prevent skin cancer”

And after sun lotions and self-tanning lotions aren't much better! There's no doubt about it, the best sun cream is an organic sun cream!

How to Make Your Own Organic Sunblock

The thing to recognize is that you can use any ingredient that is able to reflect the harmful rays of the sun. And guess what? A vast majority of oils you'll find naturally actually *do* reflect these harmful rays to some degree – at least to the same extent as regular sunblocks and often moreso!

Here is a list of natural ingredients and the amount of sun production they can each offer:

- Almond oil – SPF 5
- Coconut oil – SPF 4-6
- Zinc oxide – SPF 2-20
- Red raspberry seed oil – SPF 25-50

- Carrot seed oil – SPF 35-40
- Shea butter – SPF 4-6

So any of these ingredients will act as an organic sunblock and do just the trick if you're trying to protect yourself from sun damage!

Of course you'll need to add a few other things as well in order to make this into the best sun cream. Otherwise, it won't have the right smell or viscosity to fulfil this use!

So follow this recipe:

- ½ cup of almond oil
- ¼ cup of coconut oil
- ¼ cup beeswax
- 2 tablespoons zinc oxide
- Essential oils for smell

You can then mix these altogether by heating them over a pan of hot water. Stir well and then add to mason jars!

It might seem like a fair bit of work but what's key to note is that you'll be able to create a huge amount of product like this and then store it for repeated use. In the long term, it's a great time saver and definitely a money saver!

How to Make Your Own Organic After-Sun

As for after-sun, this is something you can easily create using any number of organic products you already have around the home. For example, any essential oil that is moisturising and anti-inflammatory will work great as after sun by helping your skin to repair itself and restoring the lost moisture.

Likewise, a lot of people like to use coconut oil, which is again filled with nutrients as well as being naturally cooling. Many essential oils also have an analgesic effect too – such as lavender oil or eucalyptus which is also antispasmodic.

Buying After Skin Care Products

The key thing to look out for here is that the product lists its ingredients. Many “organic products” are not really true to their word and a warning sign is if they don’t include a full list of what’s going into them.

Try to make a habit of always wanting to know what’s going into or onto your body. That’s the key to a successful and healthy organic lifestyle.

Chapter 3 Skin Problems



In the last chapter, we looked at some steps you could take to better nourish and care for your skin. While this can work wonders to improve your appearance, it also makes the assumption that your skin is relatively healthy to begin with.

What if your aim is not to improve the quality of normal skin, but to treat a range of skin problems? In that case, you might find yourself considering over-the-counter treatments.

But have you considered that perhaps the issue is related to the synthetic products you're already using? That maybe if you weren't using harsh soaps and other chemicals, your skin might not *have* those issues?

That's what we'll be addressing in this chapter.

Organic Soap

If you suffer from any number of different skin problems, then you might wish to consider taking a long, hard look at your current choice in *soap*. Soap may seem innocuous enough but the reality is that a lot of the commercial soaps you buy in stores actually contain large amounts of harmful ingredients.

Not only can these irritate the skin by drying it out and causing rashes and allergies but they can also cause a wealth of other problems – potentially even making you ill! This is why more and more people are choosing to make the switch to organic hand soap – and it's why you should maybe consider doing the same...

The Problem With Soaps

Your regular commercial soaps tend to use a large number of synthetic ingredients. What this means, is that they were formulated in a lab and not based on any original, healthy ingredients.

Examples of these compounds include dyes, fragrances and even estrogenic elements that can lower testosterone levels in men leading to infertility and even impotence! This is in combination of phthalates, which are also linked with reproductive disorders.

One of the most worrying regular ingredients is something called triclosan, which is a carcinogen and toxin. This substance can potentially continue acting for up to 12 hours after initial contact! And the thing to remember here is that the skin is porous.

If a soap touches your hands, that means it will be absorbed into your blood stream. So if you wouldn't feel happy eating it, you should probably avoid rubbing it all over your body!

Even the soaps that don't include any outright dangerous chemicals will often be so astringent as to completely dry out the skin as well as removing all of the 'good' bacteria that the skin (and our overall health) actually benefits from.

The Benefits of Natural Organic Soap

When you use organic hand soap on the other hand, you'll be using a product that is made from only naturally occurring ingredients. These are all derived from various plants, herbs and foods – things that you literally *would* feel happy to eat.

And that doesn't just mean that the soaps *aren't bad for you*, it also means they *are good for you*. In other words, there are specific benefits that come from using soaps made with ingredients that come from nature.

For example, most natural organic soap will use some kind of essential oil. Essential oils are regularly antimicrobial and antibacterial (hence why they work) but they're also highly fragrant, naturally moisturising and filled with great nutrients. Instead of stripping your hands of their natural chemicals and smelling like a hospital, you are providing your skin with natural and helpful vitamins and minerals while lathering with a natural, pleasantly scented ingredient!

Can Organic Soaps Really Work?

The question a lot of people will ask at this point, is whether an organic hand soap can *really* work as well as something formulated in a lab. How can this possibly be as effective?

The answer is that the best organic soap is every bit as effective and the thing to remember here is that we evolved in the wild, during which time we survived and thrived on *only* ingredients we could find that way. Our idea of moisturising back then was to cover our bodies with mud – which actually *are* filled with natural beneficial minerals and nutrients!

Nature can provide literally everything that we need to be healthy and happy – and if that wasn't true then we wouldn't be here today!

How to Make Organic Soap

If you're interested in living a more organic lifestyle and trying to avoid hurtful chemicals (which you should be!), then the good news is that there are plenty of resources online that provide recipes and instructions for making your own homemade soaps.

Here are the ingredients for a great organic soap:

- 3 cups of glycerine soap base
- ¼ cup infusion of lavender flowers and rosemary leaves
- 1 ½ teaspoons of lavender oil
- ½ teaspoon of rosemary oil
- 1 teaspoon of pulverized dry rosemary

To make your own infusion, you simply need to pour steaming water over plant parts and steep for around 10 minutes. For the true organic effect, the water should also be non-chlorinated!

Changing the Recipe

Some people with very dry skin may find this a little harsh, in which case you can try using different combinations of essential oils to try and avoid those stronger ingredients.

As mentioned, essential oils don't just smell great, they can also act as anti-inflammatories, anti-fungals, anti-bacterials and even

analgesics. This means that the soap described above will not only look and smell beautiful but it will also be perfect for soothing, healing and cleaning the skin. You can add and remove essential oils to your liking, to create something safe for your skin and that you'll enjoy the smell of!

And the best part? Not only are these organic bar soap recipes fun to make, they're also highly affordable *and* they can make fantastic gifts.

Sleep Better for Glowing Skin

Having beautiful skin isn't just about the way you apply skin care products, or how much time you spend in the sun. What's actually just as important is the rest of your lifestyle and your overall health. Things like your diet, your mood and your sleep all play a big role in defining the health and appearance of your skin and this is an important part of the puzzle if your aim is to look your very best.

Of these lifestyle factors, sleep is undoubtedly one of the most important. That's why we're going to look into its role in more detail here and provide some tips on how to sleep better and thus improve your complexion.

This is of course a truly “organic” approach to healthy skin, as it will ensure that you are looking after your natural health, such that your skin becomes an outward reflection of that.

The short story? Sleeping better may well help you to undo a huge number of different skin issues – ranging from acne, to psoriasis, to poor circulation.

Why Sleep Matters for Skin

So just what is the importance of sleep when it comes to your skin?

What's important to remember here is that it's when we sleep that our body is at its most restorative. This is when it will get to work healing wounds, rejuvenating cells and generally ensuring that we are looking and feeling our very best. Throughout the day our skin is bombarded by radiation, by dirt and grime and by physical stress and it's only by sleeping that we can fully recover from this.

This is something that you know intuitively; when you've had a rough night's rest you'll see big bags under your eyes and if this continues for a long time then you'll tend to have a somewhat grey complexion. The longer this continues, the more your skin will suffer. And if you *really* aren't getting enough sleep, then you'll find it can even upset your hormonal balance.

How to Get More Restorative Sleep

So better sleep = better skin. That's all well and good but what can you do about your sleep if it's not very good quality right now? Here are a few suggestions that can make a big difference...

Take Sleep Seriously

The first and most important point is simply to start treating sleep with the respect it deserves. Don't go to bed late thinking you'll 'make up for it later'. Sleep will impact every aspect of the way you feel, look and perform and the negative effects can be cumulative with time. Make getting enough, high quality sleep a priority.

Drink Less

If you are drinking even a couple of glasses of wine or beer a night, then this will be badly hurting the quality of your sleep. Alcohol leads to dehydration, it increases your heartrate and it prevents you from getting fully restorative deep sleep. If you aren't out socializing, pick a fruit juice instead.

Oh and the same goes for caffeine past 4pm as well!

Take a Hot Shower Before Bed

This is one easy change that can have a huge impact on your sleep. A hot shower will stimulate the production of melatonin (the sleep hormone) in your body and thus help you to sleep like a baby. It also naturally relaxes the muscles.

Avoid Screen Time

For an hour before bed, avoid looking at computer screens or phones. Your brain registers this wavelength of light as sunlight because it's a similar point on the spectrum. Spend the last hour reading quietly and you'll reduce your cortisol and sleep much better as a result! Many unnatural lights can cause this problem too – in fact, just going to the bathroom in the night can trigger the release of enough cortisol to have quite profound negative effects on your sleep subsequently.

Consider a Daylight Alarm

While you want to avoid screen time during the evening though, this same 'blue light' is actually very beneficial when you're just waking up. That's because cortisol is one of the things that helps us wake up and it's a lack of this natural light that often makes it hard to get up in winter.

Try getting a daylight alarm which works by simulating the effects of a sunrise first thing in the morning by producing light at just the right wavelengths and then getting gradually brighter.

Chapter 4 Organic Makeup



Now you have improved the quality of your skin and prevented some of the skin issues associated with “modern” approaches to skin care, the next step is to make the most of your natural beauty. That means applying makeup.

Many women these days wouldn't be caught dead without their makeup and yet most will tell you that their objective is nevertheless to look “natural.” This might seem like something of a contradiction – how can a woman wear lots of makeup *and* still look natural?

Well, there is one option – and as it happens, this option will also improve your health, help your wallet and do good for the

environment. That answer is of course to choose organic makeup. Let's take a closer look at why this is a great choice and at how it can help to offer all those benefits we just listed...

What is Organic Makeup?

First: what exactly *is* organic makeup?

As with other organic products, organic makeup is made from living or once-living material. That means plants, herbs, minerals and other things that come from the earth.

This is in stark contrast to a lot of modern makeups that couldn't be more artificial if they tried. It's common practice to use bright, synthetic lipsticks and all manner of ingredients designed to make sure that our faces stay plastered from morning until night.

The Benefits of Organic Makeup

As you might imagine, placing too many chemicals around your face *isn't* terribly good for you. While different products vary, the general truth of the matter is that unnatural products are more likely to cause health problems. Often these products release toxic fumes for instance, in other cases they can irritate the skin. So there are tons of different reasons to use organic lipstick and mascara.

Of course, all the reasons to use organic face masks and soaps also apply to your makeup!

How to Make and Buy Your Own Organic Makeup

If you want to start making your own organic makeup, the good news is that it is very easy. Take a look online and you'll find you can quickly come across a huge selection of different recipes and methods for making organic lipstick

, organic mascara and any other organic beauty products you can think of. You'll also find a lot of organic skin care products and generally just tons of advice and information to get you started.

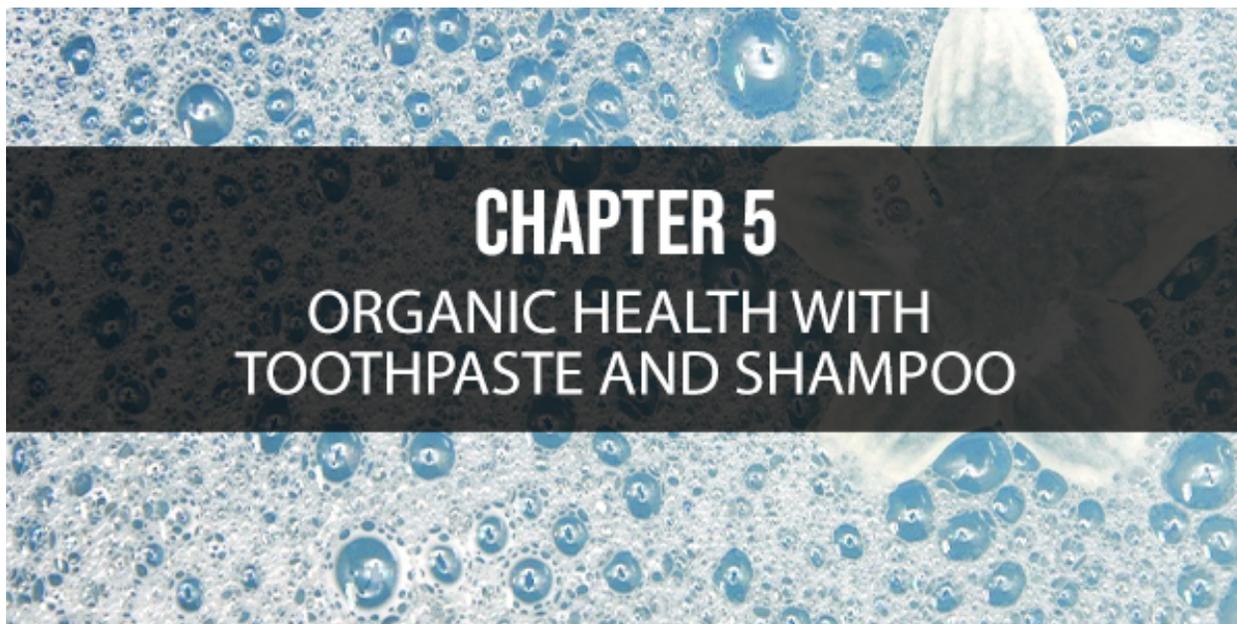
Cocoa butter is one of the most popular ingredients in a lot of organic beauty products. This is great for liquid foundation because it goes on very smoothly and has a nutritious and soothing feel directly against the skin.

Other common inclusions are tea, grapes, apricots and even pomegranate seeds – any of which will provide a lot of antioxidants while also helping to maintain the elasticity of the skin (thanks to elastase).

Buying Organic Makeup

If you want to buy your own organic makeup on the other hand, then this can make things a little simpler and also save you time by effort. This is the best option for those not confident in their DIY skills!

Chapter 5 Organic Health With Toothpaste and Shampoo



Beauty is more than skin deep – it also applies to your teeth and your hair. Both these things have a huge impact on your looks, and of course they also require the same care and attention as your skin and your makeup.

And once again, using organic products rather than synthetic compounds can make a world of difference. In this chapter, we'll look at why and how to use organic toothpaste and shampoo.

Organic Toothpaste

Brushing your teeth is an important habit to get into and one that's very good for you. Of course, brushing your teeth is a great way to kill bacteria in your mouth that can otherwise cause bad breath (halitosis) and also damage the enamel of your teeth and your gums.

Moreover, cleaning your teeth is not *just* important for your oral hygiene – it's also important for your overall health. That's because your mouth is the number one entry point for any bacteria that might cause disease to get inside your body and make you ill.

But have you ever stopped to question exactly what it is that you're putting into your mouth? Because unfortunately, not all toothpaste is made equal. And if you're not using organic toothpaste, chances are that you're actually causing a bit of damage to yourself as well!

That's because your average, store-bought toothpaste actually includes a number of harmful ingredients. In fact, the 'key ingredient' in most toothpastes is fluoride and even that is bad for you! Consider switching to organic toothpaste then and use this post as your guide to doing so!

Downsides of Non Organic Toothpaste

The key ingredient in most toothpastes is fluoride. This substance – which is also added to our water – is actually made by extracting it from airborne industrial waste given off by fertilizer manufacturers! Not only that, but fluoride is actually *neurotoxic*. That means it can cause damage to your nervous system: AKA your brain!

There are more issues with non=organic toothpaste too. For example, a lot of them include SLS – Sodium Laurel Sulfate which is used to make toothpaste foam. It's actually a skin irritant for many people.

Then there's saccharin. You may have heard of saccharin because it is actually a natural form of sweetener. It has been shown to cause cancer in lab rats and it can also upset natural blood sugar levels causing food cravings and other issues.

And then there's the fact that a lot of toothpastes – particularly 'whitening toothpastes' – can actually damage the enamel o the teeth and even corrode the gums. This is simply because the ingredients used are too potent and may therefore cause more damage than good.

Again, this is particularly true for young children who really don't need strong chemicals applied to their teeth. In fact, avoiding using commercial toothpastes can actually ensure that a child's

adult teeth will come through looking a lot whiter and a lot stronger.

Organic Toothpaste Ingredients

Thankfully, there are a ton of great organic toothpaste ingredients that you can use instead of fluoride. You can then either buy products that use these ingredients instead, or you can try to create your own organic toothpaste or organic mouthwash using them.

Some of the best toothpaste ingredients include:

1 Neem

Neem is an incredible ingredient with a lot of promising evidence surrounding it. It has even been suggested to outperform traditional dental products for reducing the amount of plaque. Other studies show that it is highly effective at combating gingivitis. It's extracted from a type of leaf and is entirely natural, making it a perfect alternative to fluoride if you're trying to make your own natural, organic toothpaste.

2 Coconut Oil

Another popular option is coconut oil. Yes, coconut oil is useful for just about everything it would seem and it is certainly going to be

your best friend when it comes to living an organic lifestyle! Coconut oil can be used to help thicken the product you make and it will also help to nourish the mouth and also reduce the growth of bacteria.

But you can also use coconut oil – or any other oil for that matter – another way. The practice of ‘oil pulling’ dates back a long way and has been used for centuries to kill bacteria and improve the whiteness of teeth. It’s a great, natural way to *really* improve your dental health!

3 Oregano Oil

As mentioned, any oil can be used for oil pulling but there are also a wide range of other good oils you can use specifically in toothpaste recipes. These include oregano oil, which also has great analgesic qualities. This means it can be used to reduce pain and discomfort and it’s also great at fighting swelling and other problems.

Buying the Best Organic Toothpaste

Most people though will probably just want to buy readymade organic toothpaste. This can save a lot of time and it ensures you should be getting a good product.

The only challenge is finding the right organic mouthwash or toothpaste – which is where we come in! If you choose to look yourself, then just make sure to only consider products that list their ingredients. Not all toothpastes do (they don't have to) but you should consider this a warning sign when they do not!

Organic Shampoo

Organic shampoos are relatively easy to come-by and you have plenty of options on the market if you want to try them out. What's more, is that an organic shampoo can offer immediate tangible benefits and really help you to see the benefits of switching to a more organic lifestyle. It's fun, it's easy and it's a great learning experience. Read on then and we'll take a look at how to find the best organic shampoo!

Why Use Organic Shampoo?

The big benefit of an organic shampoo is that it is much kinder to your hair, your skin and your overall health. While you might not realise it, many of the unnatural shampoo and hair products you buy in stores will actually be doing more harm to your hair health than good!

This is due to a number of factors: for starters, many synthetic, chemical-based shampoos will use much too astringent ingredients. These are designed to help remove the bacteria that

can otherwise smell, while also helping to eliminate grease. The downside of that though is that they're often just *too* efficient.

The result is that they can end up completely stripping the hair of all its natural moisture, which leaves it looking dry, coarse and more prone to splitting. This makes your hair instantly appear a lot less healthy and the more you wash it, the worse it becomes!

What's more, is that these ingredients can also end up stripping the skin of its natural moistures too. This is particularly true for the skin on your scalp of course and it can lead to irritation making your head flaky and itchy.

Of course, this is one of the contributing factors to dandruff! Likewise, you'll also be rubbing your hands and your face with the shampoos, which means that they can also affect other parts of your skin – possibly even leading to acne and other blemishes!

With all that in mind, let's take a look at how to find the best organic shampoo and conditioner...

Making Your Own Organic Hair Shampoo

Want to make your own organic hair shampoo?

There are plenty of different ingredients and recipes you can use, each of which uses different natural ingredients to help you avoid

chemicals and really support the natural health of your hair and scalp.

Otherwise, another good recipe you can start right away is to use:

- Coconut milk
- Liquid castile soap
- Essential oils (peppermint, lavender, rosemary and orange are all good)
- For dry hair, add a little almond oil

Now just combine all the ingredients in an old shampoo bottle or jar. Shake well to mix and then keep in the shower for up to a month. Shake before each use and use about a teaspoon each time you wash your hair.

While the coconut milk will moisturise your hair, the soap will kill off any bacteria and cleanse your scalp and the essential oils will help to provide a pleasant smell. Use about $\frac{1}{4}$ cup of coconut milk, $\frac{1}{4}$ cup of soap and 20 drops for your essential oils.

Conclusion



At this point, you now understand the real benefits of organic beauty products, and the very serious potential dangers of non-organic options. Switching to organic makeup and skincare can help you to nourish your skin, avoid unwanted reactions, and improve your overall health.

It's fun, it saves money, and it's kinder to the environment... what's not to like!

Of course, there are many more options for taking care of your looks and your health with organic products.

But now you have the basic understanding of what *makes* something organic, what the most popular ingredients are, and how to mix new products yourself... there's nothing to stop you going all-in on your organic beauty!

Time to glow!