

THE NEXT LEVEL WITH...

# AROMATHERAPY FIRST AID KIT

## FREE BONUS!



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# AROMATHERAPY FIRST AID KIT **BONUS REPORT!**

*The Report you can't afford to miss!*

*Discover how the everyday household products and cosmetics that we trust can be affecting your health day by day without your knowledge*

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## Welcome

Hi there, and welcome to your Free Bonus Report.

You're in for an eye opener as to why you need to ditch the chemically heavy products and opt for more natural alternatives.

This report isn't to scare you, it was made for the purpose of education, what you decide to do with the information after this point is entirely up to you.

I firmly believe that knowledge is power and after today you will be more empowered and better informed when it comes to making your purchasing decisions.

After reading this report you won't look at your innocent household cleaners cosmetics sitting on your bathroom counter in quite the same way again.

When we think of toxins and poisons immediately we think of the heavy duty all purpose cleaners with the special child proof twist off lids but seldom do we ever associate them with the things that we inhale or apply on our skin every day.

Tell me this, if your moisturizer or your shampoo had a skull and cross bones labelled clearly on the packaging would you be so quick to use it? I doubt it, yet we use these things every day of our lives without so much as a second thought.

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We entrust our lives to the cosmetic and pharmaceutical companies that manufacture these items, yet how often have they jumped the gun and released products only to be pulled within months because of their adverse side effects on the health of consumers?

Just because something is supposedly deemed safe by the health authorities doesn't necessary make it so and after today you'll look at the packaging and ingredients more closely before entrusting them with your health. Nothing can substitute your own curiosity or performing your own due diligence, don't let reputation ever substitute your own good old fashioned common sense.

Just because you may have been using the same skin care creams for years doesn't mean that you're safe either. Even though you may not experience any major symptoms today doesn't mean that you're off the hook and won't at some time further down the track.

We live in a toxic cocktail world. We can't turn the corner without seeing some kind of chemical influence in our lives and this applies to our cosmetics, household cleaners, toothpaste, etc.

Without giving it a second thought we reach for the bleach or the shower mold remover, even the very shampoos that we use contain a myriad of chemicals that you can't pronounce outside of a chemical laboratory.

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We used to use these things derived from nature directly from the source, these days it's cheaper to just artificially reproduce it in a lab, but the result?

We are becoming more sensitive to the things around us. We have become a nation of allergy sufferers. All of the chemicals we come into contact with each day eventually have compromised our immune systems.

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## **Hair Dyes**

Here's an interesting little snippet of information, did you know that with some commercial brand hair dyes that it penetrates the skin on the scalp and is carried through the bloodstream?

Got to love that skin, it's the largest of the human body's organs that it absorbs pretty much anything it comes into contact with. We think of it as a protective barrier and it is but there are certain chemicals that can compromise the skin's ability to protect and can actually increase the ability for chemicals to be absorbed.

After having commercial hair dye brands applied to the scalp, chemicals in the hair dye are detected in the urine after treatment. It's frightening to think that the components of your hair dye ended up in your kidneys.

Even more frightening still, you may blissfully go through life dying your hair without any kind of reaction but bit by bit your body begins to build up an intolerance to your favorite hair dye until you break out in a serious allergy and can no longer dye your hair.

This is the result of the insidious PPD (para-phenylenediamine), which by the way has been banned in the United Kingdom from being added to cosmetics and hair products and has been added to its long list of "hot items" to be aware of.



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Unfortunately in the United States and many other parts of the world, the same caution is not being exercised and these potentially hazardous chemicals are still present in our cosmetics and hair dyes.

The reason why PPD is used in permanent hair dyes is because of the ability to adhere the color to the shaft of the hair, it penetrates deeply maintaining permanent hair color until the hairs own natural color grows out.

Unfortunately with PPD, in addition to the hair shaft being penetrated it also tends to deeply penetrate the skin and is what is called a strong sensitizer, this means that it enables the

absorption of other chemicals, potentially harmful to your health, to be absorbed into the skin. With prolonged exposure to PPD through frequent hair dyeing your resistance becomes compromised until one day you suddenly become acutely sensitive to the hair dye you happily used for years with no prior issues. The effects of PPD accumulate with time like a snowball until your body has reached its tolerance and then you can no longer dye your hair with the same product.

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## *So what are the side effects of using hair dye?*

### **Fertility Issues**

A good friend of mine who is a fertility expert recommend that her patients CEASE using commercial hair dyes in order to improve fertility. Using hair dye products containing PPD can decrease fertility. My friend also noticed a dramatic difference between the fertility of women who worked as hairdressers and women who did not. The women who worked within the hairdressing industry and who were exposed to hair dyes on a daily basis had more difficulty falling pregnant than those who weren't.

### **Allergic Reactions**

Especially with PPD (para-phenylenediamine) based hair dyes can be as extreme as anaphylactic shock and even death. Anaphylactic shock is a severe allergic reaction that can constrict the airways obstructing breathing when a person comes into contact with an allergen, around 400 people a year die in the United States from anaphylactic shock.

### ***Chemicals to look out for...***

6-Methoxy-2,3-Pyridinediamine  
2,3-Naphthalenediol  
2-Methoxymethyl-p-Aminophenol  
4-Hydroxyindole  
5-Amino-4-Fluoro-2-Methylphenol Sulfate  
N-Cyclopentyl-m-Aminophenol

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This list is by no means complete, but these are the main ones that you should be looking at the packaging with a magnifying glass to find.

These have the ability to inhibit reproductive ability, can act as a mutagen which can impair normal cellular function and potentially develop into cancer which also makes them carcinogens, can also cause allergies, dermatitis and skin irritations and affect nerve function.

### **So what can you use instead?**

Some alternatives are using vegetable based hair dyes, although the effect is short lived and will only last for around a month, they are ultimately better for your long term health.

Henna is also a better substitute and doesn't contain all of the harsh chemicals that regular hair dye does. Be careful, not all Henna types are good for you. Black Henna has been known to cause allergic reactions and also has been found to contain PPD to help lock in permanent color.

If you absolutely must insist on hitting the hair dye bottle then why not try opting for semi permanent? Again the results are short lived but is much less harmful than its ammonia, peroxide containing cousin.

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## Cleaning Products

Aside from the acute poisoning risk of some household cleaners others such as sodium hydroxide and phosphoric acid can burn the skin and the vapors cause irritation and damage to the eyes as well as burn the lungs.

Some disinfectants contain phenols which are a potential carcinogen (cancer causing) and neurotoxin which can mutate DNA and affect organs such as the kidneys and liver. Because it's a potential neurotoxin it can damage the nervous system. Aerosol furniture polish contains flammable propane and butane gas and contains silicone. Glass cleaners can cause health side effects particularly in those who are exposed daily through their jobs and is linked to reproductive and fertility complications.

The startling thing is that children are more susceptible to the effects of household cleaners than adults in fact so sensitive are children that the toxins can be absorbed by an expectant mother and travel across the umbilical cord and absorbed into the fetus. This can cause developmental problems in the unborn child.

Make sure that you go as green and eco-friendly as you can when it comes to your household cleaning agents. It must be biodegradable and non toxic. Products that use the natural cleaning power of citrus is a great way to go. It has multiple uses, is non toxic and doesn't add phosphates into the environment and it has a refreshing, natural smell.

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### **Toothpaste**

You only associate formaldehyde with preservation but it's also a component in toothpaste, the stuff we use each day to keep our teeth nice and clean. The fact that we use it on a daily basis, year after year means that we have constant exposure to it. In high doses formaldehyde can be fatal if swallowed and also has the ability to be absorbed through the skin.

In addition to being a suspected carcinogen and neurotoxin which can affect the nervous system, the potential side effects are spasms and tissue damage to the mucous membranes.

There are other natural, organic based toothpastes that you can pick up from your local health shop and if you want to make your own try using good old fashioned sea salt which acts as a natural bactericide. To keep breath fresh, brush the tongue. The tongue harbors more bacteria than the teeth and cheeks combined and is more responsible for the cause of bad breath.

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## Cosmetics

Queen Elizabeth the first used to slather on lead based foundation made from a mixture of vinegar and lead to the point where her hair began to fall out and thin.

Don't think that because they used to incorporate lead into cosmetics back in the day that they don't now, because they do. In fact, there are still lipsticks on the market that contain lead based ingredients.

Even that high priced fashion brand lipstick that you pay top dollar for contains lead too. The best way to avoid using lead based lipsticks is to do your homework before you buy. The internet is such a great way to go about this and the 10 minutes you take to do a little detective work can help keep you safe. Check out your favorite brands and see if any of their ingredients appear on the chemical banned list.

**A word of advice:** when cosmetic companies mention “color stay” or “color fast” there is a chance that they could contain lead as the lead allows the color to better adhere to the lips. Just be aware of the terminology buzz words to look out for.

The side effects of lead exposure range from possible seizures to learning disabilities.

When it comes to selecting your cosmetics, a little due diligence will go a long way. Just look for organic cosmetics made with natural ingredients, always read the label.

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## **Perfumes**

You won't believe what they put into perfume. No matter how eco-friendly and "natural" the majority of fragrances claim to be most of them contain toxic, carcinogenic ingredients and have the potential to cause allergies and irritation.

Symptoms can range from skin discoloration to dizziness, nausea and violent coughing. Fragrances are a melting pot of hundreds of different ingredients often containing harmful methylene chloride which is a carcinogen and has been linked to brain damage.

When it comes to fragrances try going for ones that are made from natural, aromatherapy essential oils, ones that you can make yourself. There's no sweeter fragrance than the one you make with your own hands.

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### **Clothing**

Believe it or not formaldehyde is used in the treatment of clothing to keep them mildew and wrinkle free and to hold onto colors for longer. Because the skin is the largest organ of the body it absorbs whatever it comes into contact with, hence the toxicity build up.

Formaldehyde exposure can cause irritation to the mucous membranes causing sensitivity to the eyes, throat and nose. It can also cause coughing and tightness of the chest, bronchitis and in some individuals can cause asthma attacks.

To avoid getting ill from your brand new clothes, always wash them before you wear them to rid them of the majority of the chemicals. Because the formaldehyde treatment is deeply ingrained you will need a few washes to lessen the toxicity levels.

You should also do that with baby clothes, sheets, linens, anything brand new that can potentially come into contact with the skin.



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## Conclusion

If you liked what you read today and you want to go more natural for the sake of your health and that of your family, then check out the Aromatherapy First Aid Kit, no first aid kit should be without it

You won't just learn about the natural alternatives you can use, you'll also learn how to make them yourself from scratch, that way you can truly guarantee that your own home made brand of household cleaners and items are completely natural.

You'll discover the best ways to naturally create your own eco-friendly, health friendly biodegradable household cleaners.

You'll also find practical tips on how to heal yourself from colds, stress and how to create your own natural alternative to shampoos, cosmetics and fragrances.

Improve your health from within with Aromatherapy First Aid kit, get yours now.

To your health and wellness,

The Aromatherapy First Aid Kit Team