



MAGNOLIA APOTHECARY



TOXIN FREE HOME

FIND THE TOXINS IN YOUR HOME

Table of CONTENTS

03	Our Story
04	The Chemical Story
05	Highlights
06	The Problem
10	Useful Apps

copyright of Magnolia Apothecary 2021
www.magnoliaapothecary.com.au





OUR STORY

MAGNOLIA APOTHECARY

I have been conscious about chemical load for many years now. I see the damage to health on a regular basis. I know there are so many simple changes you can make to help reduce your toxic load

So we want to help inform you of the importance of understanding the chemicals in your products.

As a Naturopath I would often be asked in clinic about the best products, having a retail background I had already done some of this research so it was an easy answer.

I converted my whole house to be chemically free many years ago. I started doing this when I was young due to allergies, but went fully toxin free when I started studying Naturopathy.

I firmly believe in this process as I see the difference in my clients when they take stock of their chemical load.

The impact it can have on your health is immense.

If you are suffering from chemical sensitivities, hayfever, eczema, psoriasis, thyroid disorders, menstrual disorders, conception issues, mental health, pain and many different inflammatory conditions then lowering your toxic load will bring about positive change.

Not only are you helping your health but your are also helping the environment by using a more eco-friendly product. Bonus!

I hope you find this little booklet helpful!

Regards
Jan

Creating a toxic free home is key.

THE CHEMICAL STORY

Rating

Chemicals and toxins are found everywhere, we cannot avoid them. You find them in the environment, in your food, at work, and at home. Some chemicals are considered as safe, but the ones that are not can cause serious harm, especially when exposed long term.

o what can you do to help?

Reducing your toxic load is one area that you can make a big difference.

As I stated above we cannot eliminate all chemicals and toxins but by reducing your load, you allow your body a bit of a break.

Your body has an amazing built in detoxification process, and this does a wonderful job. The problem is that these days the amount of chemicals your body is expected to deal with can overwhelm this process. When this happens you may experience issues such as eczema, psoriasis, or many other inflammatory conditions.

One of the other issues around chemicals is that they can disrupt your hormones.

Many chemicals are hormone disruptors in that they stop your own hormones from working properly or they mimic your hormones and take their place. This is not a good outcome for your health as it can stop or interfere with your natural hormones and the job they need to perform.

Our HIGHLIGHTS

Where would you likely find these Chemicals?

There are many different chemicals and they are all around us. But here at The Conscious Spender we are focused on personal care and cleaning products.

So some of the areas you will find them include:

- Make up and skin care
- Hair care, shampoo, conditioner, and hair sprays
- Toothpaste, mouth wash and floss
- Soaps, face and body washes
- Cleaning products for kitchen, bathroom and laundry.



Some Chemicals To Look For

There are many different chemicals to consider but here is a list of ones particularly found in your home and personal care products.

- Sodium lauryl sulfate (SLS)
- Sodium saccharin
- Triclosan
- Microbeads
- Phthalates
- Parabens
- Resorcinol
- Benzophine
- Triphenyl phosphate
- PEG's - polyethylene glycol
- BPA's - bisphenol A.

*This list is not
extensive*

The PROBLEM

Health Risks

- Known skin irritant
- Carcinogen

Health Risk

- **Reproductive disruptor**
- **Development disruptor**
- **Skin rashes and hives**

Saccharin
(Sodium saccharin)
pure, 99.9%

Health Risk

- Hormone disruptor
- Immune disruptor
- Thyroid disruptor
- Banned by FDA in 2017, but still used under name of "antibacterial"

1

Sodium lauryl sulfate (SLS)

SLS are a surfactant, which allows oil and water molecules to bind together. This is what's found in soaps and detergents, to allow us to wash our oily faces or dishes and get the grime to disappear.

SLS are also touted as an antibacterial product which sounds good in theory but can often be a petroleum based or palm oil derivative. Clearly palm oil unless sourced ethically is an issue. Petroleum is not something you want on your skin. Often when found in products it is alongside numerous other chemical products as well, these are not studied or measured as a combination

2

Sodium saccharin

This is another petroleum derived chemical. It is used to add sweetness to products like toothpaste, medicines, food and drinks.

In fact this one has been used for a very long time to artificially sweeten food products.

This product has been found to cause changes to the bladder epithelium (lining) and increased risk of inducing hyperplasia.

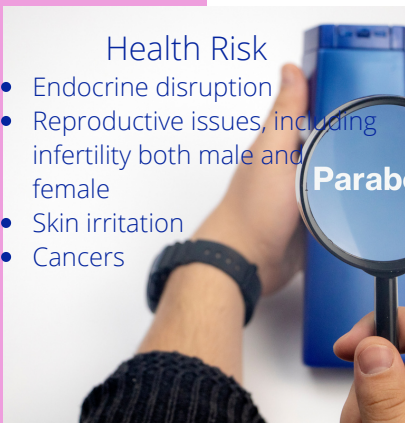
3

Triclosan

Triclosan is petroleum derived and was declared a pesticide in 1969. It is used as an antibacterial and is found in face washes, hand sanitizers, antibacterial products and toothpaste.

Beware of it is often hidden the ingredients list especially on well known brands of toothpaste.

The PROBLEM...



4

Phthalates

Phthalates are “plasticizers” which are used to give products flexibility. Found in food, food packaging, personal care products, medical devices and toys. They can also be used to make fragrances last longer. So ditch those fake smells from your home.

Most people can handle exposure to small amount of these chemicals, but when there is daily exposure it can lead hormonal, endocrine and respiratory issues.

5

Parabens

Parabens are a group of chemicals that are widely used as artificial preservatives in cosmetic and body care products. Cosmetic ingredients can biodegrade quickly, and parabens prevent and reduce the growth of harmful bacteria and mould, increasing the shelf life of the product.

Parabens are estrogen mimickers, which means they can trick the body into thinking it is estrogen and uses it accordingly. These products have been found in breast tissue and cancerous tissue suggesting a link between the two.

6

Benzophinone

This is used to protect things from UV light, so you will find this product in your sunscreen and any cosmetics that contain UV protection.

It can also be found in lipstick, nailpolish, sunglasses and food packaging.

The PROBLEM...

Health Risks

- Developmental/reproductive toxicity (moderate)
- Allergies/immunotoxicity (low)
- Neurotoxicity (moderate)
- Endocrine disruption (low)
- Multiple, additive exposure sources (moderate)

Health Risk

Endocrine disruption
Reproductive issues,
including infertility both
male and female
Skin irritation
Cancers

7

Triphenyl Phosphate

This is an endocrine disruptor that is mostly found in nail polish.

Constant exposure to this chemical has been shown to cause weight gain and reproductive changes.

8

Resorcinol

This product is found in hair dyes and is used to break down tough scaly skin, so also found in face and body products.

9

BPA's

BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s. BPA is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages.

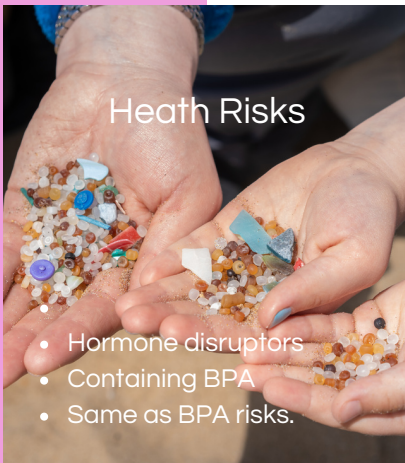
BPA can imitate the body's hormones, and it interferes with the production, secretion, transport, action, function, and elimination of natural hormones. BPA can behave in a similar way to estrogen causing them to become xenoestrogens which are the more harmful estrogens that can contribute to breast cancer.

Health Risk

BPA-FREE

- Hormone disruptor
- Metabolic diseases
- Fertility issues
- Breast and Prostate Cancer

The PROBLEM...



10 Microbeads

Microbeads are plastics that often contain phthalates and BPA. There can be many hundreds of thousands of these found in a single product. They are used for their exfoliating and scouring properties and can be found in toothpaste.

Not only are they just a plastic but they are an environmental hazard as they are being found in our waterways and our fish population. So we then recycle these back into our food supply.

11 PEG's - polyethylene glycol

These are petroleum based derivatives that are used as emollients and emulsifiers for cosmetics especially oil and water based products that help soften the skin.

12 Others

PFA's - polyfluoroalkyl substances.

This is a group of manufactured chemicals often found in carpets, clothes and non-stick saucepans.

Surfactants - skin irritants found in most cleaning products with some being hormone disruptors.

Anti-bacterials - like ammonia, bleach, quaternary ammonium compounds, chlorhexidine are eye, skin and lung irritants. Some causing thyroid and reproductive issues.

Solvents - many hundreds of products including d-limonene in citrus based products contain terpenes which can cause asthma and allergies.

REFERENCES

EWG - Environmental Working Group

<https://www.ewg.org/>

Low Tox Life

Alexx Stuart

Heathly Homes Healthy Family

Nicole Bijlsma

One Bite at a Time - reduce toxic exposure &
eat the world that you want

Sarah Lantz (PHD) & Tabitha McIntosh (ND)

copyright © Magnollia Apothecary

www.magnoliaapothecary.com.au

info@magnoliaapothecary.com.au

EWG - Skin Deep App



Chemical Maze App



Let's stay in touch

The Conscious Spender
www.theconsciousspender.com.au
hello@theconsciousspender.com.au