**Do you use----Shampoo, Toothpaste, Cosmetics, Skin Care, Moisturisers, Sun Lotions, Washing Up Liquid, Deodorants, Hair Spray, Air Fresheners, Disinfectants, etc.**

**If you do, did you know that you could be exposing yourself and your family to** harmful ingredients that compromise your immune system

**But there are alternative products on the market.** A few years ago I discovered Coconut oil (add a link) now a large tube costs approx 10e and I use it for makeup remover – the vitamin e helps with skin problems. On my feet – the acrylic acid is anti-fungal. I use it to protect my dyed hair while sitting in the sun. The heat actually deep conditions my hair while I just sit there relaxing

https://**authoritynutrition.com**/top-10-evidence-based-health...

The more expensive the makeup doesn’t necessary mean that it is chemical free, or that it will fulfil the promise on the package. Sometimes, you don’t have to look very far for a more effective and definitely cheaper beauty enhancer.

**Check out the just three hidden toxins**

**A-terpineol:** Highly irritating to mucous membranes and can produce depression and headaches. Found in perfume, cologne, laundry detergent, Vaseline lotion, soap, hairspray and roll-on deodorant

**Methylene chloride:** Absorbed and stored in body fat. Adverse effects include headaches, giddiness, irritability, fatigue, tingling in the limb. Found in shampoo, cologne, paint and varnish remover

**Ethyl acetate:** It is a narcotic that is irritating to the eyes and respiratory tract. It can cause headache and stupor and

Causes dry cracked skin. In extreme cases it may cause anaemia and damage liver and kidneys. Found in aftershave, cologne, perfume, shampoo, nail polish and remover, fabric oftener and dishwashing liquied.

The more you check, the more you find. So if you want to protect your immunity or if for some reason your immunity is being compromised with a chronic illness, eliminate all dangerous products found in everyday use and it doesn’t have to be expensive

I highly recommend the following book:

<http://f071d1pfuv34ta0-q0yd4atdq2.hop.clickbank.net/?tid=AIM3GAINMAR17>

<http://lizzienolan.flp.com/homee.jsf> (a company that specializes in non toxic products)