

•**MINERAL OIL:** Would you put gasoline on your child? According to Environmental Working Group, **40% of all baby lotions and oils contain petroleum, a non-renewable hydrocarbon made from crude oil. This oil coats your baby's skin in a non-breathable toxic film.**

According to Australia's National Occupational Health and Safety Commissions (NOHSC),

"Prolonged contact with mineral oil has the associated risk of developing skin conditions such as oil folliculitis, eczematous dermatitis, melanosis of the face and plantar warts."

Petroleum also disrupts hormones and diminishes the skin's ability to detoxify. It is the 2nd most likely cause of premature skin aging following excessive sun exposure. Mineral oil based sunscreens are now being implicated in promoting skin, colon and breast cancer and in fact, are found in most breast cancer tissue. Petroleum is a known carcinogen, known to adversely effect health, yet still approved as safe by the FDA.

•**SODIUM LAUREL SULFATES(SLS)/SODIUM LAURETH SULFATES(SLES):** These ingredients are used to make shampoos, soaps, toothpaste etc sudsy. (frothy and bubbly) According to the Journal of American College of Toxicology (Vol. 2, No. 7, 1983), SLS can damage the immune system; cause separation of skin layers and inflammation of the skin. The American College of Toxicology states that SLS/SLES can cause malformation of a baby's eyes. These chemicals are absorbed easily through the skin and wind up in the heart, liver, lungs and brain.

•**PARABENS:** Are often used as a preservative in everything from food to shampoo to baby wipes. Even at very low doses, parabens are known to cause repro-

ductive damage and systemic organ toxicity
•**"NATURAL":** This term is not regulated and no guarantee of safety. Most products labelled "natural" contain at least one of the above ingredients and have petroleum chemicals in them.

HOW TO REDUCE YOUR CHILD'S TOXIC LOAD:

•**READ LABELS:** Carry a list of the above ingredients with you when you go shopping if need be.

•**KEEP IT SIMPLE:** Before a baby becomes mobile, warm water and a washcloth is usually all you need.

•**CHOOSE CERTIFIED ORGANIC:** When you do use products, choose products that are certified organic. You can be assured that these products contain nothing but pure, truly natural, non-toxic ingredients that are safe for your baby, your family and the environment. Do take note of the country of certification as they have different regulations—N.Z, USA & AUSTRALIAN certified organic labels are safe.

Remember, the skin is the largest organ in the body and readily absorbs almost anything placed on it.

The above ingredients are just some of the major toxins. There are many more!

Assure your children's future health by protecting them now.

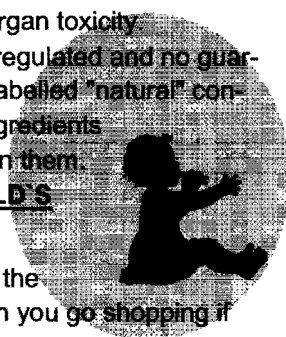
If you can't pronounce the ingredients or have no idea what something is, if the label reads like a chemistry textbook instead of a garden, don't buy it. Know what you are putting on your baby's (and your own) skin.

Sources:

www.ewg.org/node/8683, April 2, 2008

www.naturalnews.com/ - www.greenlivingonline.com/

www.safbaby.com/ - www.vjcorganics.com



A word on Washing Powder/Liquid

I was going to include some recipes for making your own laundry liquid, and there are tonnes on the internet mainly comprising of: Borax, Washing soda, lux or a soap and water—however I couldn't find washing soda the day I intended to make it, and had decided to do without the borax (used for extra cleaning and brightening but is a skin irritant) That day I happened to stumble across **SOAP NUTS**, no less and did some investigating. I have to say I am totally impressed and sold on these as a very economical, eco friendly, sustainable and natural alternative to laundry powder.

There are two small New Zealand companies I have found on the net that import these using fair trade—locals harvest them from spray free Organic sustainable native trees in India (not farm crops), no chemicals are used in the harvest, production, packaging etc... They are fruit from the Sapindus Mukorossi tree and contain natural Saponin—the natural form of soap suds with detergent and softening properties.

They can be used to clean anything and come with lots of recipe ideas and cleaning solutions including: Dish-wash, liquid hand soap, shampoo, plant wash and pest repellent, jewellery cleaner, window/glass cleaner.... And cost aprox 11cents per load (as opposed to 35-90 cents for supermarket laundry powder) Convinced yet??? Well the first load of washing I tried them on was a BIG load of grungy nappies and my grunty stiff cloth nappies came out super soft and fluffy??!! Yep pretty cool! They are very easy to use and come with a little cotton draw string bag—place 6-8 soap nuts into the bag and throw in with the wash—leave them in the machine in-between loads, they last aprox 6 loads before you need to replace the nuts.

They are 100% Biodegradable and can be popped into the compost when finished with. If that sounds too tricky?? They also come in a box of sachets (powdered soap nuts) which you throw in the wash and last for 2 loads—these sachets also go strait into the compost.

We have a big box of these sachets to give away. All new or renewing subscribers to "B Magazine' for the next 2 months will go into a draw for them..

For more information on the products and prices, check out: www.soapnuts.co.nz