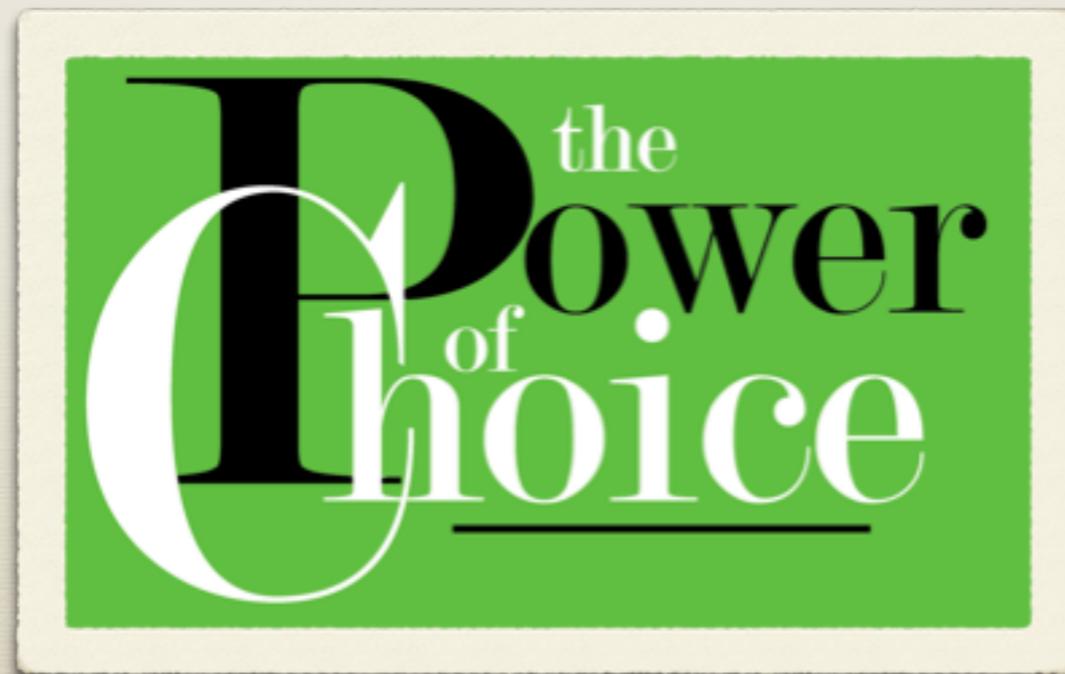


Detox Your Home and Body  
REPLACING  
CHEMICALS WITH  
ESSENTIAL OILS



# Goal: Empowerment

- \* Education = Power. Power to initiate change and maintain the wellness of your family
- \* Be Dr. Mom or Dad
- \* Join the natural health care movement



# What is another expression used to describe “spring cleaning”?

- \* A) Throwing out all your husband’s junk
- \* B) Forcing your children to clean your home
- \* C) Dousing yourself and your home in toxic chemicals
- \* D) Nothing, lazy is the new green



# The Journey to Wellness

Where health is the destination,  
wellness is the journey.

*Dr. Jim Nicolai*



Phase 1: Get the facts about chemicals

Phase 2: Learn to identify the major chemical offenders

Phase 3: Learn how to replace chemicals with essential oils to begin healing your home

BRGLiving.com



## The Chemical Onslaught: *By the Numbers*



Since *1965*, more than *4 million* distinct *chemical compounds* have been *formulated*.



At least *250,000* new formulations are *created annually*.



Approximately *3,000 chemicals* are added to *our foods*.



*700 chemicals* have been found in our *drinking water*.



*400* have been identified in *human tissues*.



More than *500 chemicals* on average can be found in *American homes*.



Over *800 neurotoxic* chemical compounds have been used in the *cosmetic and perfume industries*.

# Chemical Stats



- \* 80,000 out of 143,000 commercial chemicals are produced in the US
- \* American's spend 80-90% of their time indoors
- \* Average home has 63 hazardous products
- \* Every year > 7 million accidental poisonings, 75% involve children under 6
- \* Chemical cleaners are #1 contributor to air pollution indoors
- \* 15 yr study found women working from home have 54% higher risk for cancer due to chemical cleaners
- \* 1:3 gets cancer and rise in birth defects, infertility, asthma, ADD etc.

# Chemical Nation

- \* Health and safety data exist for only 15% of new chemicals each year
- \* Only 30% of 17,000 chemicals in household products have been tested for human safety.
- \* Toxins are synthetic, we can't break them down in the body so we experience bio-accumulation in fatty tissue
- \* Lack of time = purchasing out of habit = companies are off the hook!
- \* In the U.S. there is no testing requirement for adding chemicals to consumer products
- \* Legislation does not protect us, many companies are non-disclosure = we don't know all ingredients!

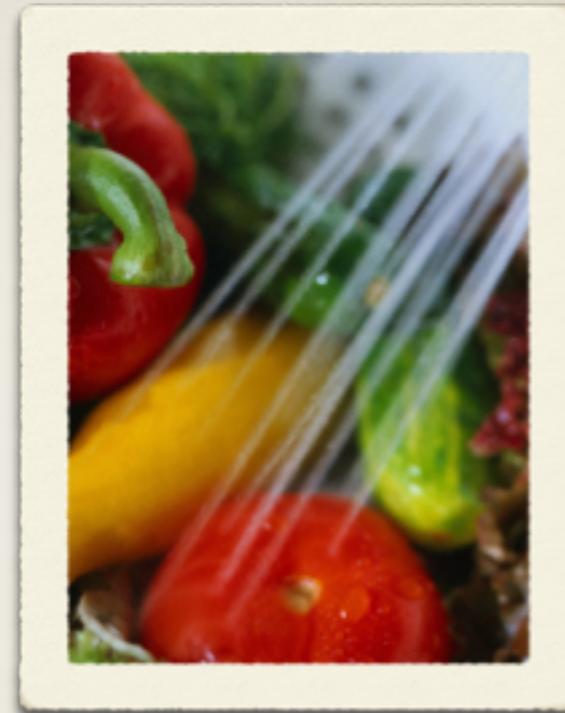
# Toxins Cause

- \* obesity
- \* antibacterial resistance
- \* hormone disruption
- \* cancer
- \* metabolic, developmental, hormonal and neurological disorders
- \* miscarriage, pre-term labor



# Easy Tips to Reduce Exposure to Toxic Chemicals

- \* Use a damp cloth when cleaning
- \* Circulate fresh air through home frequently
- \* Wash non-organic produce in wash made from lemon oil or thieves cleaner
- \* Use plant based cleaners with baking soda and essential oils
- \* Use plant based personal care products



# The Chemical Offenders

*Details on handout in folder*

- \* SLS (the worst!)
- \* Tricolsan
- \* DEA, MEA, TEA
- \* Propylene Glycol
- \* Phthalates and Parabens
- \* FD&C Dyes
- \* “Fragrance”
- \* Formaldehyde Derivatives
- \* PEG
- \* Mineral Oil
- \* Talc
- \* Isopropyl Alcohol
- \* Aluminum
- \* Mercury
- \* Ethanol
- \* Lead

# 9 REASONS TO AVOID SLS

Corrosive

Eye Damage

Pollutant

Pesticide

Causes carcinogenic nitrosamines

Weaken skin

Irritant

Mouth Ulcers

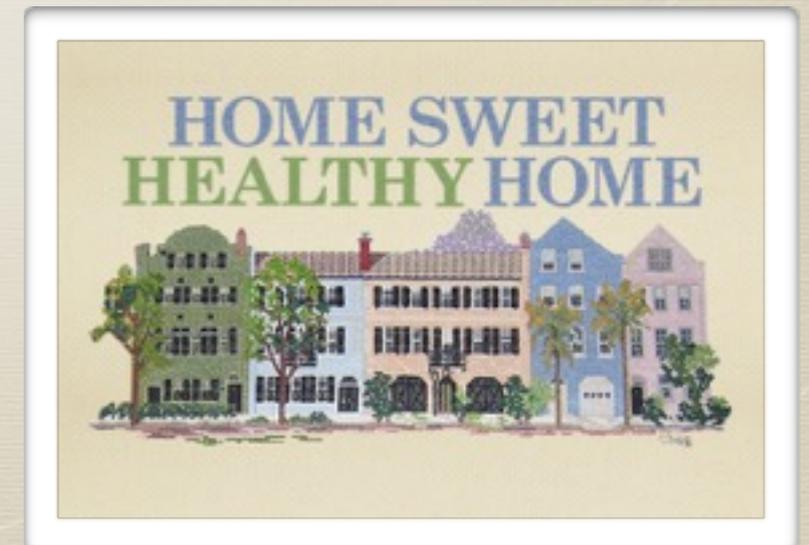
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# Call to Action!

- 
- \* Chemical complacency combined with unwillingness to take action is costly to public health
  - \* It's our job to be informed and to protect our families
  - \* Future impact of maintaining status quo?
  - \* We can't afford inaction
  - \* Consumers have ultimate control

# Green Home vs. Healing Home

- \* Green home = Toxin Free
- \* Healing home is green, but with one conscious step further
- \* Remove toxins, then support, enhance and improve health within the home
- \* How? Essential Oils! They support the immune system and counter issues of bioaccumulation



# Essential Oils 101

- \* The “life blood” of the plant = immune system of plant
- \* They work pharmacologically (like medicine), physiologically ( target tissues and organs), psychologically (affect brain neurotransmitters)
- \* They act as hormones to restore balance and “sense” our needs
- \* 3 modes of application: topical, ingestion and inhalation

# The Young Living Difference

- \* Full disclosure company
- \* Seed to Seal promise
- \* 100% organic
- \* Industry leader for therapeutic quality
- \* 3rd party lab analysis of oils to verify purity and potency

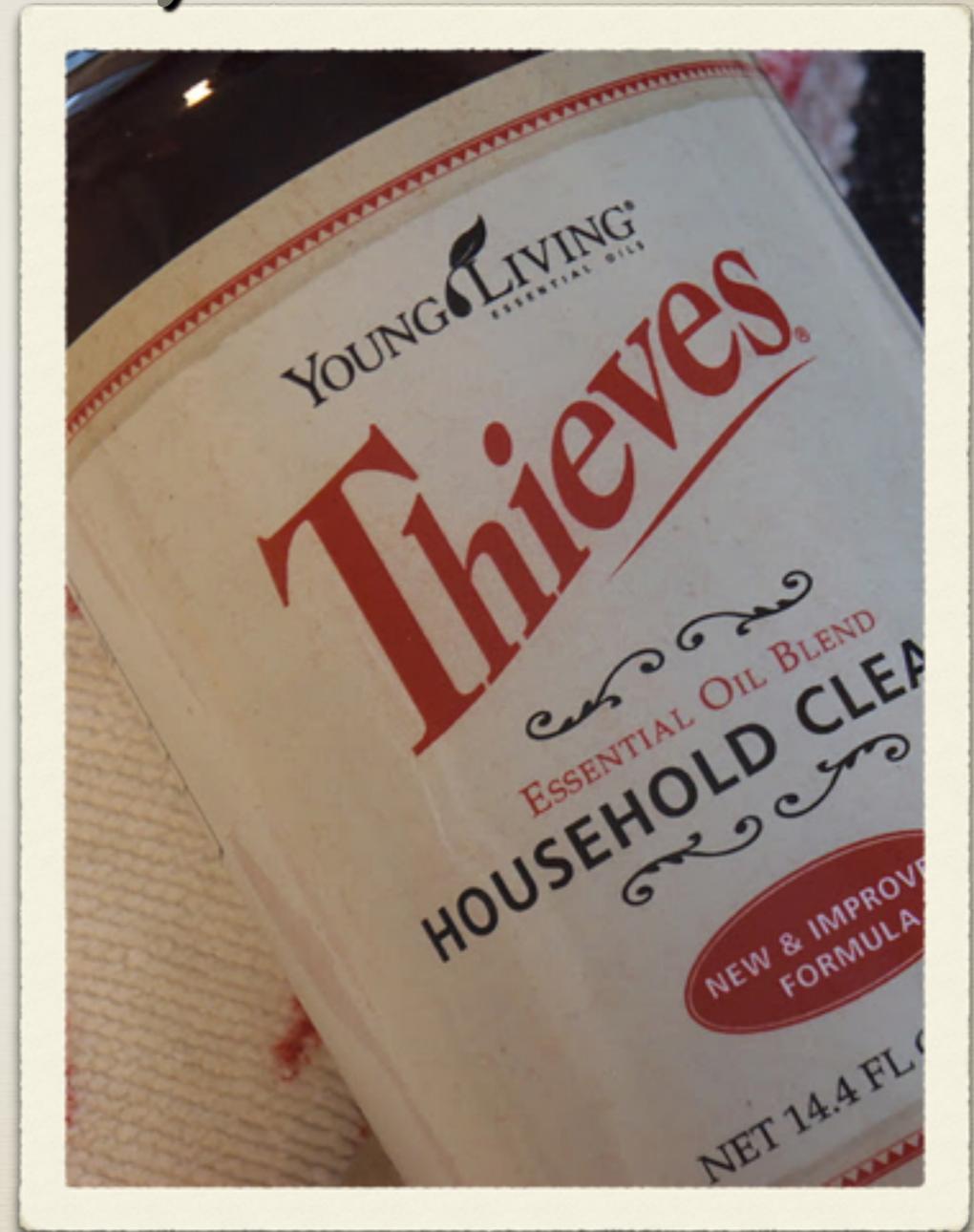
# “Cleaning”?

- \* Could the chemicals we “clean” with be harmful?
- \* Not all green products are created equal
- \* Our homes need to protect us from the inside out first, and we have the power to make that happen with essential oils!



# Thieves Essential Oil Infused Cleaner: You only need 1!

- \* Clove, Lemon, Cinnamon Bark, Eucalyptus and Rosemary
- \* Organic and biodegradable materials
- \* Kills mold
- \* You control strength with dilution
- \* Germ fighting and immune-boosting
- \* Smells amazing
- \* Use with baking soda for grease and scum



# Cinnamon Oil



Scientifically proven to kill bacteria.

In a recent study, cinnamon oil killed a number of common and hospital-acquired infections, like streptococcus and methicillin-resistant *Staphylococcus aureus*, or MRSA. The study found it was just as effective as several antiseptics widely used in hospitals.

Another study by French researchers in 2008 had similar results, showing that at concentrations of 10 percent or less, cinnamon oil was effective against *Staphylococcus*, *E. coli* and several antibiotic-resistant strains of bacteria.

# Rosemary Oil

Scientifically proven to be antibacterial.

Study based on using rosemary to fight listeria in raw beef.

Another study proved that rosemary oil can kill E.Coli when conventional antibiotics didn't work.



# Clove Oil

Scientifically proven to be antibacterial.

Another study proved that clove oil in herbal mouth rinses combat the bacteria and gingivitis.



# Eucalyptus Oil



Scientifically proven to be antibacterial.

One study proved that eucalyptus can combat mastitis in livestock.

Another study proved eucalyptus to kill E.Coli and Staph infections.

# Lemon Oil

Scientifically proven to be antibacterial.

One study found that lemon can effectively inhibit the growth of strep.



# Thieves Usage

*Details on the handout  
in folder*

- \* In tub, sprinkle baking soda then scrub with thieves cleaner
- \* In toilet, add 1/4 cup of baking soda and 3 drop of thieves oil, scrub then sit. Rub oil on seat
- \* Mold/Mildew: drop oil on area, for larger areas use cleaner (Dr. Edward Close's research is impressive on this topic)
- \* Dishwashing: add 4 drops of oil to water in addition to cleaner
- \* Laundry: 1 capful of cleaner plus 1/4 cup borax to wash
- \* Air purifier: diffuse to kill germs and mold spores
- \* Produce wash: 2 drop oil in sink with 1 tbs of apple cider vinegar
- \* Paint remover: add oil straight on affected area

# Thieves Product Line

- \* Bar soap
- \* Floss
- \* Toothpaste
- \* Hand Soap
- \* Hard/Soft Lozenges
- \* Spray



- \* Wipes
- \* Essential Oil
- \* Mouthwash
- \* Cleaner
- \* Hand Purifier

# No Thieves, no worries!

## Best Oils for Cleaning

### Single Oils

Cinnamon

Clove

Eucalyptus

Thyme

Spruce

Lemon

Lemongrass

Grapefruit

Melaleuca

**10 AMAZING**  
uses for  
**Purification**  
essential oil

- purify air
- sterilize cuts
- relieve stings
- neutralize odors

YOUNG LIVING  
PURIFICATION  
Essential Oil Supplement  
0.5 fl oz. (15 ml)

myblessedlife  
Young Living #1360804

### Blend Oils

Thieves

Purification

Citrus Fresh

*Essential oil cleaning recipes are in folder*

# Cost Effective!

You only need 1 cleaner now!

Multiple uses for oils beyond  
cleaning

One 15 ml bottle = 250 drops  
of oil



## Personal Care



“... the harmful chemicals that you apply to your skin are much more toxic and pose greater cancer and other risks than if you eat them.”

-Dr. Samuel Epstein, Toxic Beauty, Former Chair of Cancer Prevention Coalition

Just 26 seconds is how long it takes for certain chemicals to enter our bloodstream!

You are what you put on your skin!

## A Summarized List of the Most Common Toxic Ingredients in Personal Care Items

Ingredient	Toothpaste	Deodorant	Shampoo	Soap	Lotion	Mouth-wash	Baby Products	Cosmetics
DEA	X		X	X	X			
Propylene Glycol	X	X	X	X	X			
SLS/SLES	X		X	X				
Talc							X	X
Alcohol						X		
Aluminum		X						X

### SHAMPOO

AVERAGE NUMBER OF CHEMICALS: 15  
MOST WORRYING: Sodium Lauryl Sulphate; Tetrasodium and Propylene Glycol.  
POSSIBLE SIDE-EFFECTS: Irritation; possible eye damage.

### EYE SHADOW

CHEMICALS: 26  
MOST WORRYING: Polyethylene terephthalate.  
POSSIBLE SIDE-EFFECTS: Linked to cancer; infertility; hormonal disruptions and damage to the body's organs.

### LIPSTICK

CHEMICALS: 33  
MOST WORRYING: Polymethyl methacrylate.  
POSSIBLE SIDE-EFFECTS: Allergies; links to cancer.

### NAIL VARNISH

CHEMICALS: 31  
MOST WORRYING: Phthalates.  
POSSIBLE SIDE-EFFECTS: Linked to fertility issues and problems in developing babies.

### PERFUME:

CHEMICALS: 250  
MOST WORRYING: Benzaldehyde.  
POSSIBLE SIDE-EFFECTS: Irritation to mouth, throat and eyes; nausea; linked to kidney damage.

### FAKE TAN

CHEMICALS: 22  
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben.  
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

### HAIRSPRAY

AVERAGE NUMBER OF CHEMICALS: 11  
MOST WORRYING: Octinoxate, Isophthalates.  
POSSIBLE SIDE-EFFECTS: Allergies; irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

### BLUSHER:

CHEMICALS: 16  
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben.  
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruptions.

### FOUNDATION

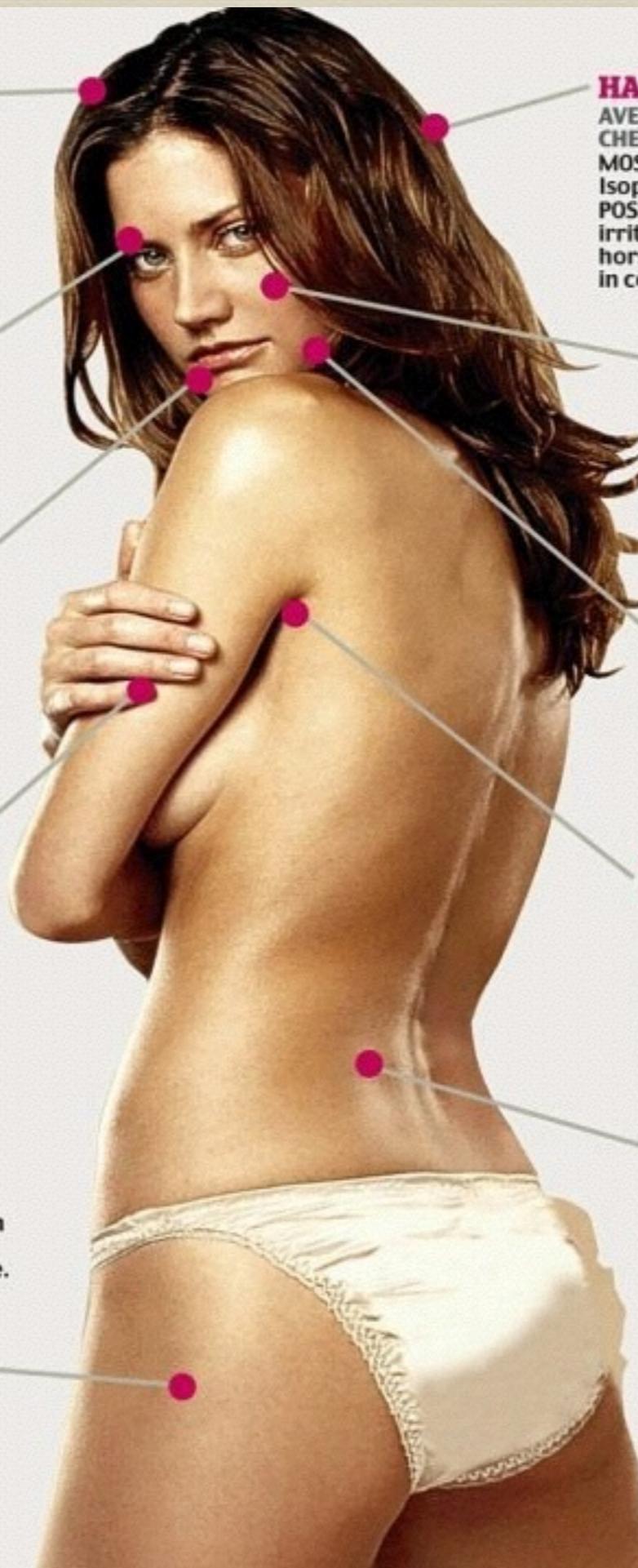
CHEMICALS: 24  
MOST WORRYING: Polymethyl methacrylate.  
POSSIBLE SIDE-EFFECTS: Allergies; disrupts immune system; links to cancer.

### DEODORANT:

CHEMICALS: 15  
MOST WORRYING: Isopropyl Myristate, 'Parfum'.  
POSSIBLE SIDE-EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

### BODY LOTION

CHEMICALS: 32  
MOST WORRYING: Methylparaben, Propylparaben, Polyethylene Glycol, which is also found in oven cleaners.  
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.



# Do you really want fluoride in your toothpaste?

## Fluoride Is an **ENDOCRINE DISRUPTER** EPA Lists Fluoride as a Contaminant

The screenshot shows the EPA website's navigation bar with the EPA logo and the text "United States Environmental Protection Agency". It includes links for "Advanced Search" and "A-Z Index". Below the navigation bar are tabs for "LEARN THE ISSUES", "SCIENCE & TECHNOLOGY", "LAWS & REGULATIONS", and "ABOUT EPA". The main content area is titled "Water: Drinking Water Contaminants" and includes a breadcrumb trail: "You are here: Water » Drinking Water » Drinking Water Contaminants". A "Water Home" link is also present. The page features a table under the heading "Inorganic Chemicals" with the following data:

Contaminant	MCLG <sup>1</sup> (MG/L) <sup>2</sup>	MCL or TT <sup>1</sup> (MG/L) <sup>2</sup>	Potential Health Effects from Long-Term Exposure Above the MCL (unless specified as short-term)	Sources of Contaminant in Drinking Water
Fluoride	4.0	4.0	Bone disease (pain and tenderness of the bones); Children may get mottled teeth	Water additive which promotes strong teeth; erosion of natural deposits; discharge from fertilizer and aluminum factories

At the bottom of the page, there is a copyright notice: "COPYRIGHT©2013 YOUNG LIVING ESSENTIAL OILS" and the Young Living Essential Oils logo.

# How clean are you really getting your hair?



**SHAMPOO**

**Ingredients**

- Quaternium 15 → **Formaldehyde**
- Propylene Glycol → **Industrial antifreeze & brake fluid**
- Sodium Lauryl Sulfate → **Engine Degreaser**
- Sodium Laureth Sulfate → **Car wash soap & floor cleaner**
- Parabens, PEG, Polysorbates → **Potentially dangerous preservatives, carcinogenic, and endocrine disruptors**

**YOUNG LIVING**  
ESSENTIAL OILS

Freedigitalphotos.net

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## Toxic Ingredients in Deodorant

- **Aluminum**
- **Parabens**
- **Propylene Glycol**
- **Phthalates**
- **Triclosan**



“Women with breast cancer who shaved their arm pits and applied deodorant regularly were diagnosed 19 years earlier than those who did neither.”

*-European Journal of Cancer*

# Young Living is Safe for Your Body

- \* 100% toxin and preservative free
- \* 100% plant based essential oils and products
- \* aromatic, nourishing, antimicrobial, cleansing, invigorating, smoothing
- \* Skin, oral and hair care
- \* Nutritional supplements

# Everyday Oils

**Lemon** - cleaner, clears blemishes

**Lavender** - Swiss Army knife of oils

**Peppermint** - aids digestion, eases discomfort

**Frankincense** - anti-aging, heals respiratory issues

**Purification** - air freshener, deodorant

**Thieves** - cleaning, air purifying, immune boosting

**PanAway** - eases aches/discomfort , nature's ben-gay

**Peace and Calming** - promotes relaxation

**Valor** - supports sleep, confidence booster

**Joy** - mood boosting, perfume alternative



*More info on  
handouts in  
folder*

# Want to Start Healing?

- \* Having awareness and knowledge is the first step, now you have to take action
- \* Your global responsibility is to share this information
- \* Replace products slowly
- \* Identify your needs

# Private Seminars

- \* Want me to come to your home to teach your friends and family about essential oils?
- \* Topics include: everyday oils, babies/children, emotional release, healing homes, first aid
- \* Fully customizable