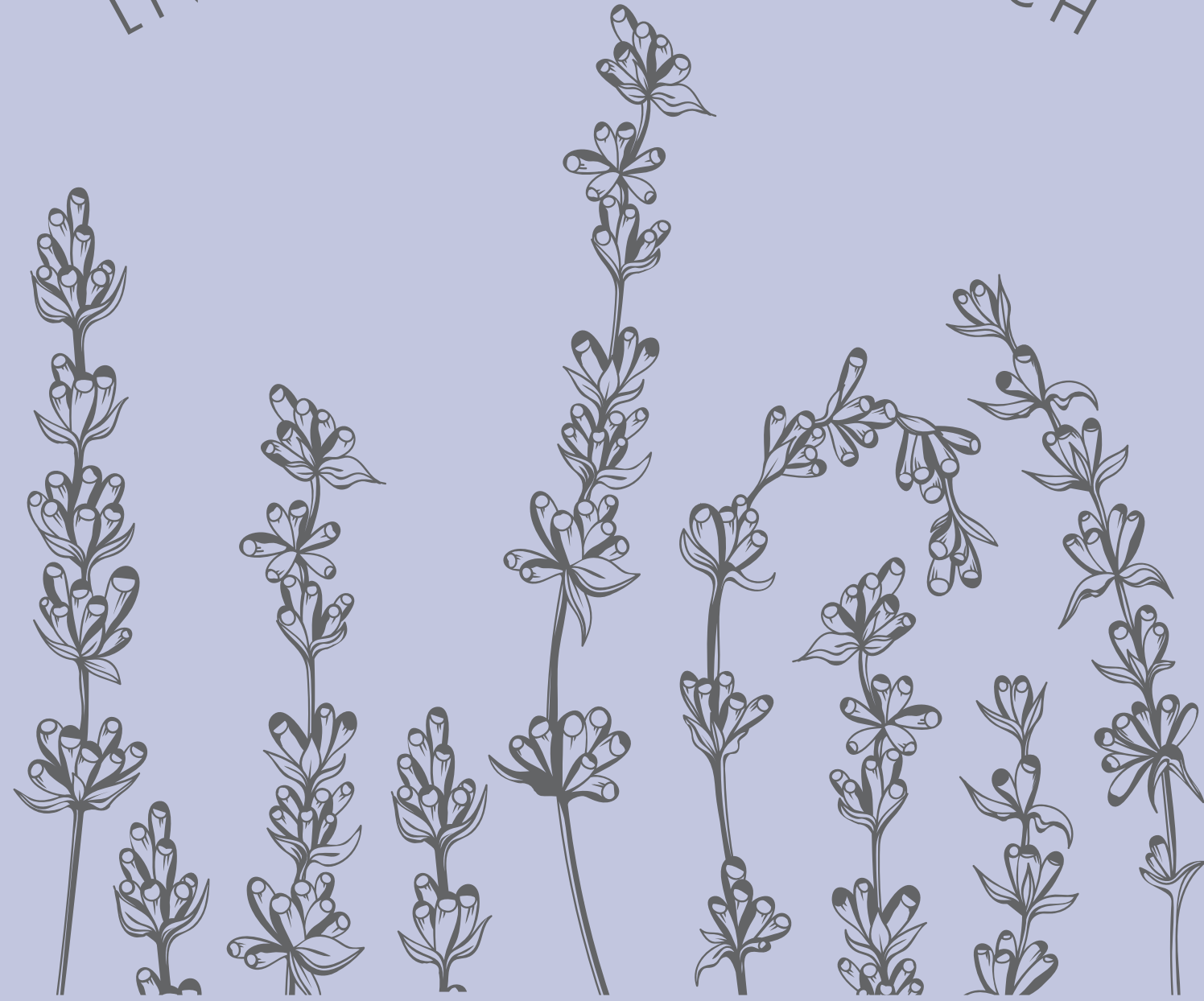


LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY

A lush green field of wildflowers, possibly white clover, with a central text overlay. The background is a soft-focus field of green grass and small white flowers. A dark horizontal bar is centered across the image, containing the text "NATURAL LIVING" in white, serif, all-caps font. The overall mood is serene and natural.

NATURAL LIVING

Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED
TO DIAGNOSE, TREAT, OR CURE
ANY ILLNESS OR CONDITION.

Other Essential Oils...

THE RECOMMENDATIONS I MAKE
ARE FOR YOUNG LIVING PRODUCTS ONLY.
I BELIEVE THESE ARE THE MOST PURE OILS ON
THE MARKET TODAY AND MY EXPERIENCES
ARE FROM THIS BRAND ONLY. I CANNOT
SPEAK ON BEHALF OF ANY OTHER
BRAND AT THIS TIME.





IN TODAY'S WORLD, SOME OF THE MOST DANGEROUS THINGS THAT AFFECT OUR HEALTH ARE PRODUCTS WE WILLINGLY EXPOSE OURSELVES TO ON A DAILY BASIS.

IN FACT, PRODUCTS WE USE ON OURSELVES, IN OUR HOME, ON OUR CHILDREN, AND IN OUR EVERYDAY LIVES, COULD BE THE VERY THINGS THAT ARE MAKING US SICK.

WHEN WE USE THESE PRODUCTS ON OURSELVES AND OUR CHILDREN ON A DAILY BASIS, THE TOXINS BUILD UP AND ACCUMULATE WITHIN OUR BODIES – A PROCESS CALLED **“BIO ACCUMULATION.”** THIS MEANS THAT THE MORE WE EXPOSE OURSELVES TO THESE TOXINS, THE HARDER IT IS FOR OUR BODIES TO BREAK THEM DOWN.

THIS BUILD UP CAN CAUSE BOTH MINOR AND MAJOR HEALTH ISSUES OVER TIME.

THE GOOD NEWS? THESE PROBLEMS ARE PREVENTABLE IF WE SIMPLY QUIT USING THESE TOXINS.

A collection of cleaning supplies is arranged on a blue plastic bucket. In the foreground, a pair of orange nitrile gloves is draped over the left side of the bucket, and a light green microfiber cloth is draped over the right side. Behind the bucket, several cleaning bottles are visible: a yellow bottle with a white cap and red band, a white bottle with a blue cap and blue liquid inside, a red spray bottle, and a yellow spray bottle with a red trigger. The background is a blurred indoor setting with warm lighting.

CHEMICALS TO AVOID



PARABENS



AKA METHYL, ETHYL, BUTYL...

THESE ARE PRESERVATIVES FOUND IN COSMETICS,
BATH AND BODY PRODUCTS, COSMETICS

- » A 1996 STUDY BIOPSIED 20 BREAST CANCER TUMORS AND FOUND PARABENS PRESENT IN THE TISSUE OF EACH.
- » PARABENS HAVE BEEN SHOWN TO MIMIC THE ACTION OF ESTROGEN.



TRICLOSAN



FOUND IN MOST ANTIBACTERIAL PRODUCTS

TOOTHPASTES, SOAPS, DEODORANT, HAND SANITIZERS AND DISH DETERGENTS

- » **ENDOCRINE DISRUPTOR:** ESPECIALLY DANGEROUS TO THYROID & REPRODUCTIVE SYSTEM
- » SKIN IRRITANT
- » CAN PROMOTE GROWTH OF DRUG RESISTANT BACTERIA

PHTHALATES

FOUND IN ALMOST EVERYTHING LABELED WITH “FRAGRANCE”

THESE ARE USED AS LUBRICANTS/SOFTENERS AND ARE TYPICALLY NOT LABELED. PHTHALATES ARE ALSO FOUND IN **NAIL POLISH, MOISTURIZERS, SHAMPOOS, BODY WASH, CANDLES, AIR FRESHENERS, DETERGENTS, ETC.** THESE ARE EVERYWHERE, SO THINK ABOUT HOW MANY PRODUCTS INTRODUCE THIS CHEMICAL TO YOUR SYSTEM!

- » **ENDOCRINE DISRUPTOR:** LINKED TO BREAST CANCER & BIRTH DEFECTS
- » EFFECTS THE HORMONE SYSTEM



QUARternary Ammonium "QUATS"



**FOUND IN FABRIC SOFTENER, DRYER SHEETS,
MOST CLEANERS, ANTIMICROBIAL AND
CONTAIN XENOESTROGENS**

- » HELPS BREED RESISTANT BACTERIA
- » SKIN IRRITANT/DERMATITIS
- » CAN CAUSE RESPIRATORY DISORDERS (THINK OF HOW MANY KIDS HAVE ASTHMA THESE DAYS!)
- » XENOESTROGENS DISRUPT HORMONE BALANCE



2-BUTOXYETHANOL



FOUND IN WINDOW, KITCHEN AND MULTIPURPOSE CLEANERS. CURRENT LAWS DO NOT REQUIRE IT TO BE LISTED ON PRODUCT LABELS!

- » SORE THROATS WHEN INHALED
- » NARCOSIS
- » PULMONARY EDEMA
- » SEVERE LIVER & KIDNEY DAMAGE
- » CLEANING INDOORS IN UNVENTILATED AREAS COMPOUNDS EXPOSURE! THE INSIDE OF YOUR HOME CAN ACTUALLY BE MORE TOXIC THAN THE OUTSIDE.



ALUMINUM



FOUND IN ANTIPERSPIRANTS. CLOGS PORES AND PREVENTS SWEATING. SWEATING IS CRUCIAL TO DETOXING THE BODY.

- » LINKED TO ALZHEIMER'S
- » INTERFERES WITH ESTROGEN LEVELS
- » CONNECTED WITH A HIGHER RISK FOR BREAST & PROSTATE CANCER

FRAGRANCE

THESE ARE BLENDS OF AROMATIC INGREDIENTS THAT HAVE A LOT OF UNKNOWN CHEMICALS IN THEM BECAUSE THEY DON'T HAVE TO BE LABELED!

» SKIN IRRITATION

» HORMONAL EFFECTS

» HEADACHES

» ALLERGIES

» RESPIRATORY ISSUES



SULFATES



FOUND IN MOST FOAMY OR SOAPY PRODUCTS.

THESE BREAK DOWN SLIME AND AT THE SAME TIME BREAK DOWN THE NATURAL OILS ON YOUR SKIN.

- » SKIN & EYE IRRITANTS
- » PULLS NATURAL OILS FROM HAIR AND SKIN
- » POTENTIAL COMBINATIONS CAN LEAD TO OTHER ISSUES
- » CHECK OUT [HTTPS://WWW.EWG.ORG/](https://www.ewg.org/) FOR STUDIES ON SULFATES
- » SLS HAS A BY-PRODUCT: 1,4-DIOXANE (WILL NOT BE LABELED) THAT CAN CAUSE **CANCER, BRAIN TOXICITY, AND ORGAN DAMAGE.** MOST LAUNDRY DETERGENTS HAVE THIS STUFF!

PROPYLENE GLYCOL

IT IS IN A VARIETY OF PRODUCTS FROM LIPSTICKS, SHAMPOOS, FOODS, MEDICATIONS (LIKE BENADRYL), ANTIFREEZE, AND E-CIGARETTES.

- » SKIN IRRITATION & ALLERGIC REACTIONS
- » POTENTIALLY TOXIC TO LIVER & KIDNEYS
- » NEUROLOGICAL SYMPTOMS
- » CARDIOVASCULAR PROBLEMS
- » RESPIRATORY ISSUES

» *AND THIS CHEMICAL CREATES A PATHWAY FOR OTHER CHEMICALS AND AIDS THEM IN ENTERING YOUR SKIN FASTER!*

POLYETHYLENE GLYCOL "PEGS"

PEGS ARE USED TO THICKEN PRODUCTS (COSMETICS)

THEY SOFTEN, LUBRICATE THE SKIN AND USED TO HELP PENETRATE THE SKIN SO THAT OTHER CHEMICALS CAN GET DEEPER INTO OUR PORES.

- » **PEGS ARE SOLVENTS** AND OFTEN CONTAMINATED WITH CHEMICAL IMPURITIES LIKE ETHYLENE OXIDE OR 1,4-DIOXANE WHICH ARE BOTH CARCINOGENS. THEY CAN ALSO BE CONTAMINATED WITH HEAVY METALS.
- » **KIDNEY FAILURE.** ETHYLENE GLYCOL AND ITS ETHERS ARE TOXIC TO KIDNEYS WHEN APPLIED TO DAMAGED SKIN.
- » **CANCER.** EXPOSURE TO THE IMPURITIES IN PEGS SUCH AS ETHYLENE OXIDE HAS BEEN LINKED TO HIGHER INSTANCES OF LEUKEMIA AND SEVERAL TYPES OF CANCER (LIVER, KIDNEY, AND SKIN).
- » **SKIN, EYE, AND LUNG IRRITATION.**



GREENWASHING

Greenwashing *noun*

green•wash•ing | grēn-wò-shīŋ

The practice of using advertising, buzzwords, and suggestive packaging to convince consumers that products or practices are "sustainable" or "eco-friendly" when they are not.



Watch out for companies that engage in greenwashing!

HOW TO AVOID GREENWASHING

If consumer demand for sustainability is the frontier of our transition to a greener, fairer, and smarter global economy, here are 10 basic brand greenwashing tactics to avoid.

- » **Fluffy language:** Throwing around words or terms with no clear meaning (e.g., "eco-friendly" or "natural").
- » **Green products vs. dirty company:** Watch out for hypocrisies, such as efficient light bulbs made in a factory that pollutes rivers.
- » **Evocative pictures:** Branded images that give an unjustified green impression (e.g., flowers blooming from exhaust pipes).
- » **Designations that are just not credible:** Look out for obvious attempts to "green" a dangerous product to make it seem safe. (Eco-friendly cigarettes, anyone?)
- » **Imaginary friends:** Labels that look like a third-party endorsement but is actually made up.
- » **Outright lies:** Totally fabricated claims or data.

THINK DIRTY APP





CHEMICAL FREE RECIPES

HOUSEHOLD CLEANING

MULTI-PURPOSE CLEANER

Windows / Kitchen / Bathroom

1 CAP FULL THIEVES CLEANER IN A 16oz SPRAY BOTTLE,
FILL REST WITH WATER

(Review dilution ratios on Thieves Cleaner bottle)

FLOOR CLEANER

1-2 CAPS FULL THIEVES CLEANER IN BUCKET OF WATER
+ MOP

TOILET CLEANER

EQUAL PARTS BAKING SODA AND THIEVES DISHWASHER POWDER IN A
JAR... SCOOP AND DROP INTO TOILET BOWL AND SCRUB WITH WAND

WOOD FURNITURE CLEANER

Furniture / Cabinets / Tabletops

1 CAP FULL THIEVES HOUSEHOLD CLEANER WITH
3/4 C. OLIVE OIL AND 3 DROPS LEMON ESSENTIAL OIL.

BATHROOM CLEANER

In a 16 oz spray bottle:

+ 2 CAPFULS THIEVES CLEANER
+ 2 TBSP LIQUID CASTILE SOAP
+ 6 OZ. HYDROGEN PEROXIDE
+ 4 DROPS LAVENDER
+ 4 DROPS LEMONGRASS
+ FILL WITH WATER

TUB & GROUT SCRUB

In a bowl or shallow jar:

MIX BAKING SODA AND THIEVES CLEANER TO
DESIRED SPREADABLE CONSISTENCY
APPLY TO DIRTY SURFACES
LET SIT 15 MINUTES
SCRUB AND WIPE CLEAN

FAVORITE DISHWASHER DETERGENT

LEMI SHINE WITH THE LEMI SHINE BOOSTER

LAUNDRY

CLEAN LAUNDRY DETERGENTS

THIEVES LAUNDRY SOAP

MOLLY SUDS LAUNDRY POWDER

FABRIC SOFTENER

ADD 1/2 CUP OF VINEGAR DURING YOUR MACHINE'S LAST RINSE CYCLE. YOU CAN ADD IT TO THE FABRIC SOFTENER DISPENSER, WHICH WILL RELEASE IT AT THE RIGHT TIME.

Vinegar is used for getting rid of static, fighting stains, and cutting soap residue. Do not pour vinegar directly on fabrics, and never mix it with bleach.

LAUNDRY BOOSTER

For whitening power and fabric softening

Mix and store in a glass jar:

+ 2.5 CUPS OF EPSOM SALTS

+1 CUP OF BAKING SODA

+ ADD 20-30 DROPS OF YOUR FAVORITE ESSENTIAL OIL
(I USE LAVENDER OR PURIFICATION).

ADD 2-3 TABLESPOONS TO YOUR WASHER BASIN.

Homemade Laundry Detergent

Powder

This quick and easy **Homemade Laundry Detergent** recipe makes a half gallon of powdered laundry detergent. Simple ingredients that can be used in top loading and front loading washing machines.

Prep Time

15 minutes

Total Time

15 minutes



4.4 Stars (79
Reviews)

Print

Ingredients

- 2 cups washing soda
- 2 cups baking soda
- 2 cups borax
- 1 grated bar of Castile Soap or other all natural choice

Instructions

Step 1: Grate the Bar Soap

Using a cheese grater, grate the bar of soap. Add the grated soap to an airtight container.

Step 2: Mix the Ingredients

In the container, add 2 cups of washing soda, 2 cups baking soda, and 2 cups borax to create the laundry detergent. If using essential oils, add 2-30 drops. Place the lid on the container and shake ingredients to thoroughly mix.

If you have a food processor, add the grated bar soap, washing soda, baking soda, and borax and grind into a fine powder. Add mixture to an airtight container.

Step 3: Store

Store homemade laundry detergent in an airtight container.

Step 4: Use

Use 2-3 level tablespoons of homemade laundry detergent per a load of laundry. Use 1 tablespoon if you have a high-efficiency washing machine.

PERSONAL CARE

LOTION BASE

(MAKES 2.25 CUPS)

*Whip all three of these carrier oils until fluffy
in a medium-sized glass or stainless steel bowl.*

Use an electric mixer:

- + 10 OZ. SHEA BUTTER (20 TBSP. OR 1.25 CUPS)
- + 4 OZ. ALMOND OR GRAPE SEED OIL (.5 CUP OR 8 TBSP.)
- + 4 OZ. COCONUT OIL (.5 CUP OR 8 TBSP.) MELTED

(Break up into smaller jars and refrigerate the jars not being used.)

PAIN LOTION

Add 10 drops of each to your lotion base:

COPAIBA, FRANKINCENSE, WINTERGREEN, PANAWAY

FOAMING HAND SOAP

Add the following to an empty foaming hand soap container:

- + 3 TBSP. DR. BRONNER'S PURE CASTILE SOAP
 - + 6 DROPS THIEVES ESSENTIAL OIL
 - + 3 DROPS VITAMIN E OIL
 - + FILTERED WATER
- GENTLY SHAKE TO COMBINE INGREDIENTS

HAND SANITIZER

Add the following into a 4oz glass spray bottle:

- + 10 DROPS THIEVES ESSENTIAL OIL
- 1 TSP WITCH HAZEL
- DISTILLED WATER

BUG SPRAY

Add the following into a 4oz glass spray bottle:

- + 4 DROPS EACH OF LEMONGRASS, LAVENDER, EUCALYPTUS,
ROSEMARY AND CITRONELLA.
 - + FILL THE REMAINDER WITH WITCH HAZEL
- SHAKE BEFORE USE

ALLERGY BLEND

Add the following in a 10mm roller bottle:

- + 20 DROPS EACH OF LAVENDER, CYPRESS,
WINTERGREEN, PEPPERMINT
- + FILL REST WITH CARRIER OIL OF YOUR CHOICE

MY FAVORITE PRODUCTS

THIEVES CLEANER (YL)
THIEVES AROMABRIGHT TOOTHPASTE (YL)
THIEVES FRUIT AND VEGGIE SOAK (YL)
LEMI SHINE (DISH WASHING DETERGENT)
THIEVES FOAMING HAND SOAP (YL)
THIEVES HAND SANITIZER (YL)
THIEVES LAUNDRY SOAP (YL)
GENESIS BODY LOTION (YL)
SHUTRAN 3-1 SHOWER GEL (YL)
SHUTRAN SHAVE CREAM (YL)
SAVVY MINERALS MAKE-UP (YL)

COPAIBA VANILLA CONDITIONER (YL)
THIEVES KITCHEN AND BATH SCRUB (YL)
MOLLY SUDS
GIOVANNI 2CHIC ULTRA-MOIST SHAMPOO
CORPUS DEODORANT
DR. BONNER'S CASTILE SOAP
PYREX GLASS CONTAINERS
OTHER CLEAN BRANDS I LIKE:
BEAUTY COUNTER
SEVENTH GENERATION

LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY

Join our
Facebook Community!

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