

"Our toxic chemical exposure is nothing short of a calamity. This book is essential to understanding what is at stake and how to make healthier choices every day—for the planet and for our families." DAVID SUZUKI

There's Lead in Your Lipstick

Toxins in Our Everyday Body Care and How to Avoid Them

Gillian Deacon
Bestselling author of Green for Life



You should know:

- Before she heads out the door, the average woman has sudsed, soaked, slathered, and spritzed herself with 126 chemicals, many of which are toxic
- Three-quarters of all brand-name cosmetics contain phthalates, chemicals that have been strongly linked with hormone disruption
- The U.S. Food and Drug Administration's "safe for human use" approval rating does not in any way reflect an understanding of that product's impact on internal health

To make better shopping choices to reduce your chemical body burden, keep this wallet card with you. Seek out the best-choice brands on the green panel and avoid the ingredients in red.

GillDeacon.ca

Best Brands

AUBREY aubrey-organics.com
BADGER badgerbalm.com
GREEN BEAVER greenbeaver.com
DR. HAUSCHKA drhauschka.com
DR. BRONNER drbronner.com
DRUIDE druide.ca
GABRIEL COSMETICS gabrielcosmeticsinc.com
LAVERA lavera.com
PANGEA ORGANICS pangeaorganics.com
PURE ANADA pureanada.ca
ROCKY MOUNTAIN SOAP COMPANY rockymountainsoap.com
THE SOAP WORKS puresoapworks.com
WELEDA weleda.com

Toxins to Avoid ...

Benzene	Fragrance	Parfum
Benzoic acid	Hydroquinone	Phthalates
Benzoyl-5	Lead	PEG (1,4) lauryl ether
Butylparaben	MEA	Placental extract
Coal tar	Mercurochrome	Polyethylene glycol (PEG)
Cocamide DEA	Mercuric oxide	Polypropylene glycol (PPG)
Diazolidinyl urea	Mercury	Propylparabens
DEA	Methanone	Propyl ester
Diethanolamine	Methylparaben	Silicone-derived emollients
Dimethicone	Microban	Sodium laurel sulfate (SLS)
Ethoxylated surfactants	Mineral oil	Sodium laureth sulfate
Ethylparaben	Monoethanolamine	Talc
FD & C	Oxomethane	TEA
FD & C (colour + number)	Oxybenzone	Thimerosal
Formaldehyde	Parabens	Toluene
	Paraphenylenediamine (PPD)	Triclosan
		Triethanolamine

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Cut along crop lines. Fold. Carry in your wallet.

