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Personal Care Products

Removing interference is one of my four key strategies when creating a Personalized Active Care Plan for clients. Interference can be foods, thoughts, products, supplements and habits that are incompatible with your bodymind.

According to the US-based Environmental Working Group, we shouldn't make assumptions about the safety of any personal care products. Here are a few of the myths and facts from the EWG's Skin Deep

- **Myth:** If it's for sale at a supermarket, drugstore or department store cosmetics counter, it must be safe.
 - **Fact:** The US Food and Drug Administration has no authority to require companies to test cosmetics products for safety.
- **Myth:** Cosmetic ingredients are applied to the skin and rarely get into the body.
 - **Fact:** People are exposed to cosmetics ingredients in many ways: breathing in sprays and powders, swallowing chemicals on the lips or hands, or absorbing them through the skin. Cosmetics frequently contain enhancers that allow ingredients to penetrate deeper into the skin.
- **Myth:** Products made for children or bearing claims like "hypoallergenic" are safer choices.
 - **Fact:** Most cosmetic marketing claims are unregulated, and companies are rarely, if ever, required to back them up, even for children's products.
- **Myth:** Consumers can read ingredient labels and avoid products with hazardous chemicals.
 - **Fact:** Federal law allows companies to leave some chemical ingredients off their product labels, including those considered to be trade secrets, components of fragrance, and nanomaterials (FDA 2011).

[EWG's Skin Deep](#) website gives you:

- product and ingredient safety ratings (including the annual guide to sunscreen)
- health information about cosmetics ingredients
- smart shopping tips