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Body Wash

Is This Body Wash Worth Keeping? Titanium and all.

It seems that my sense of smell has become acute since I began making my own organic drinks most mornings and then juicing once to twice a week. I noted this change in my olfactory sense in the shower suddenly. We had been buying the same body soap for at least 8 years for its creaminess, its smell, and our purchase represents a passive support of the activism by the company for natural beauty via its video of pictures of young women, the process of photoshopped pictures before printing for marketing.

The composition of this product is listed below with questions and knowledge I had about each ingredient:

Water: where do they access the water? How is the water tested? By whom?

Glycerin: It is a natural by product from animal. It reminded me of stories my grandmother shared when she learned how to make soap in Laos when growing up and how every animal part was used for the greater good of the household. The questions that popped up: Is this glycerin chemically produced? If from animal fat, what type of animals, where? Were the animals treated humanely? How about the people behind the scenes? How are they treated? Karma, reincarnation, forgiveness, and compassion are the topics that popped up.

Cocamidopropyl Betaine: something long, difficult to pronounce and to remember the spelling off. Definitely non organic as organic for me lately has equaled simplicity. I decided to look into my memory of what I remember from Latin and Greek classes.

Blank. Coca: reminds me of drinks and the ingredients of several products, denotes addiction of sorts.

Glycine Soja (Soybean) Oil or Helianthus Annuus (Sunflower) Seed oil: seeds! Meaning plants, are these from genetically modified plants or organic?

Sodium Hydroxypropyl Starch Phosphate: salt of some sort combined with starch. Starch meaning it sticks, because I used to use starch to iron shirts. Does this mean that the smooth skin I feel is really an illusion of smoothness from starch like I used to feel the shirts to double check their smoothness after ironing?

Sodium Laureate Sulfate: another salt of sort with sulfate which has been shown to cause headaches and other discomfort to people via olfactory or digestion.

Hydrogenated Soybean Oil: what type of plant did this come from?

Lauric acid: acid. We all need some acid in our bodies to break things down. What is it breaking on my body? Or is it in my body?

Sodium Cocoyl Glycinate: salt of some type. Cocoyl: is it in the same family of coca?

Sodium Chloride salt

Stearic Acid: acid

Sodium Lauroyl Isethionate: salt of some type

DMDM Hydantoin: no idea, plus acronyms can mean anything

Citric Acid: acid

Fragrance: what fragrance? what is it made from?

Guar: used in chewy gum and many foods. Difficult to digest.

Hydroxypropyltrimonium Chloride: too long, cannot pronounce.

Tallow Acid or Palmitic Acid: acid

Sodium Isethionate: salt of some form.

BHT: acronym

Tetrasodium EDTA: salt with four something and acronyms

Iodopropynyl Butylcarbamate: related to iodine which can cause allergies in some?

Methylisothiazolinone: too long

Etidronic Acid: acid

Titanium Dioxide: metal, expensive metal.

When we bathe or shower, most of us tend to turn on the water to warm or hot. It feels good on tired muscles and the feeling of being totally enveloped in warmth is similar to the same feeling as when we were in utero. What we have forgotten is that our skin is the largest organ of the body. It is there to protect us, and our inner body. With just warm water, our pores open up. These pores play several roles including aiding in perspiration which is the body's natural way to control temperature, and expulsion of toxins. With the pores open, under warm water, the simple process of putting on soap to wash ourselves causes some other ingredients from the soap to enter our body. The second largest organ of our body is the liver which also supports our body in getting rid of toxins amongst other jobs it does. In many ways, utilizing this soap all these years, I have opened my whole body, interior and exterior, to toxins. As the ingredients travel into the skin, they enter the blood stream into the muscles and eventually into all the organs. Because these ingredients enter the blood stream, the brain is also affected. How long does this process take and when do we see the effects? I don't know. I just know I can now smell at least one chemical in this body wash.

To enhance my process to a healthier body where exposure to toxins is decreasing daily, I have researched favorite scents of oils and companies that provide organic oils to place into a homemade organic body wash to support cleanliness and well being of the body, mind and spirit:

Young Living Lemon essential oil therapeutic grade: lemon for smell,

Young Living Frankincense essential oil therapeutic grade: frankincense known for over 5000 years for its gifts. Great for body, Mind, Spirit

Young Living Geranium essential oil therapeutic grade: Geranium blends well with Lemon and Frankincense for a great body wash.

Organic Glycerin

Water