

## Anti-Bacterial Hand soap

By

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Anti-Bacterial hand soap, is it really as good as they say it is? Recently I found myself in a public restroom at a local grocery store. As I was washing my hands with the provided soap I wondered, "What's in this stuff?" I noticed it was Dial's anti-bacterial hand soap. I decided to do a little research on the product and what I found intrigued and shocked me at the same time.

I went on [www.dialsoap.com](http://www.dialsoap.com) and found the soap I had just used and looked up the ingredient list. Active ingredient: **Triclosan**. I have never heard of Triclosan before so I did a Google search the ingredient. As found on [Wikipedia](http://Wikipedia) it states, "Triclosan was used as a hospital scrub in the 1970's. Since then, it has expanded commercially and is now prevalent in soaps, shampoos, deodorants, toothpastes, mouthwashes and cleaning supplies." There is a wide variety of opinions and research regarding this ingredient and its potential health and environmental risks. It has been linked to endocrine disruption, developmental and reproductive toxicity and hormonal imbalances. What scares me is that this is just ONE of the many controversial ingredients found in the nation's leading brand of anti-bacterial hand soap that have harmful effects on the human race and ecosystem in general.

Vinegar, as it turns out, is an excellent alternative to these toxic hand soaps and many other consumer goods as well. It is great for killing surface bacteria and when diluted, can be used as a hand cleanser as well as a furniture polish. I remember sitting in a Health seminar a few years ago hosted by Dr. D Gary Young and he said something I shall never forget. He said, or rather asked everyone in the audience, "...If you won't put something in your mouth, why would you put it on your skin? It will find its way into the blood stream regardless..." I consume vinegar in many different meals, so this alternative goes along perfectly with Gary's research and beliefs.

I have also found that essential oils from Young Living have been found to be one of the best choices for those trying to eliminate toxins out of their homes and their lives. A lot of research has been conducted on a product Young Living carries called "Thieves" and its anti-bacterial properties. "Thieves" essential oil is comprised of the essential oils of clove, lemon, eucalyptus radiata, cinnamon, and rosemary. The beautiful thing about this blend is that there is a cleaning product line ranging from an all-purpose cleaner and surface wipes; even dental care and throat lozenges. ([www.youngliving.com/thieves](http://www.youngliving.com/thieves))

Vinegar may be the most "cost-effective" choice to protect your health, but Thieves can be your bodyguard 24/7 literally! I'm not sure about your beliefs, but I believe health is our first wealth. Young Living is my first and final choice to protect my health, home, family and world. I recommend you do some research for yourself before you use that hand soap that is everywhere, it may just save your life.