

Parents want the very best for their children. Coming forth into this physical world, babies are vulnerable to their surroundings. We may be aware of the importance within their developing stages, but are we aware of the toxicity that surrounds them? Every day the seemingly insignificant moment-to-moment choices in personal care products have a drastic impact on your child's well-being. A couple of these products in particular are "Huggies" and "Pampers" baby wipes.

Huggies and Pampers baby wipes may seem harmless being "leading brands" but they actually contain a wide range of hazardous ingredients that are detrimental to your child's health. It is so important to realize that the skin is the largest organ, and what you put on yours and your child's skin is absorbed into the body. Being a parent, having a million other things going on, may have overlooked this idea. Figuring that, "If they were made for newborn's skin, they must be safe, Right?" But unfortunately this is not the case.

Baby wipes, whether they are called "natural" or not, contain dangerous chemicals that are absorbed through the skin and leeches into every organ in the body. A PDF provided from the [safe mama](#) website, shows the dangerous ingredients that are in common wipes such as Huggies and Pampers. According to the PDF the common ingredients in your baby wipes include: Polysorbate 20 (has not been assessed for safety); DMDM Hydantoin (a type of formaldehyde and rated "high hazard" and cancerous); Perfume (possible phthalates) which are banned in Europe's cosmetics, disrupt the hormone levels in the body among other dangers. Propylene glycol and parabens (anti-freeze) which found on www.wikipedia.com, "causes erythema, dryness and defatting." It also states that larger exposure "may cause reproductive and fetal effects and central nervous system depression. Chronic ingestion may cause lactic acidosis and possible seizures." Tetra sodium EDTA (not assessed for safety) is an ingredient that enhances all of the other ingredients, soaking them deeper into the baby's system. (www.blog.younglivingcircle.com)

Through my discovery on the baby wipes led me to a healthy alternative. We have found a way to create chemical-free homemade baby wipes, which are also easy to make and fairly in-expensive. What you will need is one roll of natural

paper towels made from 100% cotton/ natural fibers (typically brown); One BPA-free plastic round container with a tight fitting lid; two cups of distilled or boiled water that has cooled to room temperature; two tablespoons of Young Living's lavender or [kidscents](#) shampoo; 2 tablespoons v-6 mixing oil blend, and 5 drops of any Young Livings essential oil of choice. (www.essential-oils-4-healing-.com)

This is only one of many recipes that you can easily find online. Note that this is also **only one** product being discussed here. There is a simple and healthy alternative to everything; all you have to do is look. Read your labels, look for alternatives and live chemical free. Wellness, Purpose, and Abundance.