

Research Assignment

Young and old may use cosmetics in some fashion in their daily routine. It is said that many cosmetics contain hidden toxins that may disrupt our endocrine system. "Endocrine disrupters are chemicals that may interfere with the body's endocrine system and produce adverse developmental, reproductive, neurological, and immune effects in both humans and wildlife" (National Institute of Environmental Health Sciences) It is in our best interest to keep our endocrine working properly.

Things to avoid for a more healthy lifestyle that may be found in cosmetics are:

1. Parabens
2. Phthalates
3. Synthetic colors
4. Synthetic fragrances
5. Sodium Lauryl Sulfate
6. Formaldehyde

7. Lead

8. Mercury

9. Oxybenzone

10. DEA, TEA, MEA

11. Diethylene DEG

Awareness of what we are exposed to in everyday life is crucial to keep our bodies in optimum health. Young Living Essential Oils have many products to fill this need. Not only do they have total skin care lines, they have makeup, soaps, lotions and pure essential oils. I make my own blend of Young Living essential oils and argon oil to use as a moisturizer. (1oz. Argon oil with Frankincense, Lavender, Myrrh, Carrot Seed, Sandalwood Young Living essential oils.) Finding a credible company like Young Living keeps the toxins out of your life. It is important to know and read labels to protect ourselves and our loved ones from the toxins in our skin care products that require no regulation.

Research Assignment

1/18/19

Liz Pilotto