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3 Common Bathroom Items May Be Causing You To Age Rapidly

By Hanan, Natural Beauty Consultant

Did you know: Certain soaps, shampoos, and skin care creams you and your family are using (found in grocery or beauty stores) contain several **toxic chemicals** that age you faster. **This causes wrinkles** to form on your face, especially around your mouth and eyes.

Did you know: The majority of these soaps, shampoos, and skin care creams contain **hormone manipulators**. These hormone ‘breakers’ mess with your normal endocrine system, and the unfortunate side effect is it **increases your weight gain** and cellulite formation.

Did you know that the Food and Drug Administration is well aware of these facts - yet due to the multi-billion dollar beauty industry’s special interest monies, do absolutely nothing about it?

However, there is some really **good news:** there are natural, inexpensive alternatives to these age-inducing, hormone-disrupting soaps, eye creams, anti-wrinkle solutions, shampoos, conditioners, and masks. **In fact, the solution is right in your own kitchen.**

That’s right - you can reverse the damage done by these chemicals by using simple mixtures of fruits, a \$.30 protein food, and some other goodies. I’ll reveal specifics on the next page. For now, you **absolutely must be made aware of these “Beauty Enemies.”**

Beauty Enemy #1: Parabens

Parabens are preservatives used in most store-bought cleansing and beauty products. Parabens are also *estrogen mimickers*. This means that these toxins

act to increase the production estrogen in your body.

Over a dozen university studies have linked these parabens to breast cancer, increased body weight in the form of **belly** and thigh fat, and accelerated aging, specifically *women between the ages of 22 and 67*.

You can either purchase expensive paraben - free soaps, shampoos, creams, conditioners and detergents, or you can use my home-made remedies that work for **pennies** on the next page.

Whatever you do, avoid these **nasty beauty destroyers**.

Beauty Enemy #2: Nanos

Nanos may sounds like something out of a science fiction movie, but for your **skin**, they are scarier than a horror movie. Nanos cause a normal skin cell growth to break down, which results in early wrinkling, and deepening the wrinkles you already have.

Here's the **shocking part**: nanos are usually found in *anti-aging skin lotions*. It's scary that the creams we ladies are using to look younger can actually make us look older! Nanos are also found in the majority of sunscreen lotions, so beware.

One of my really simple “look like you’re aging backwards” home-based remedy involves mixing strawberries, egg whites, and orange extract into a blender. Put this on your face for just 10 minutes, and you’ll have noticeably smoother skin—and it costs you a few pennies to do.

Beauty Enemy #3: Synthetic Fragrances

Often labeled “fragrance”, due to the fact that it *sounds* harmless, synthetic fragrances are anything but harmless.

Here's what you need to do: Look for the term *phthalate-free* on the label. That is the only way you can be sure that the synthetic fragrances in soaps, shampoos, skin creams, and laundry detergent is safe.

WARNING: Phthalates are a friend to *cellulite and body fat*. They cause your normal hormonal system to be disrupted. Your estrogen and progesterone balance is disturbed, and you will end up moody, with increased food cravings (that lead to weight gain) and increased cellulite on your lower body.