"The Big Five"

five things you don't want to find in your products!

#1) WATER—if water is your first ingredient on the label, that product is 40-60% water

#2)SODIUM LAURETH SULFATE—or anything else that ends with sulfate. This is a car engine degreaser that can cause cell mutation leading to cancer.

#3)PARABENS—Chemical preservatives that mimic the good estrogen in our bodies, and cause bad side effects (found in most breast cancer tumors.)

#4)PROPYLENE GLYCOL— one of the main ingredients in anti-freeze. This has a long list of terrible side effects

#5)COLOR AND FRAGRANCE—These words hide cancer causing ingredients

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