



Skin foodie



LOVE WHAT YOUR SKIN EATS.

KNOW YOUR BOD.

SOME CHEMICALS IN PERSONAL CARE PRODUCTS (SUCH AS MAKEUP, LAUNDRY DETERGENT ON CLOTHES, AND HEAVY LOTIONS AND MOISTURIZING PRODUCTS) CAN PENETRATE THE SKIN IN SIGNIFICANT AMOUNTS, BECAUSE THEY HAVE PROLONGED EXPOSURE TIME TO THE SKIN MEMBRANES. WHEN IT IS ABSORBED, IT PASSES INTO THE BLOODSTREAM.



THE SKIN IS EXTREMELY PERMEABLE, AND PLACES SUCH AS YOUR INNER THIGH, ARMPIT AREA, AND NECK CAN ABSORB UP TO 100% OF WHAT YOU APPLY ON THE SKIN.



TAKE A LOOK.

GO THRU YOUR SKIN CARE PRODUCTS AND SEE WHAT IS LURKING INSIDE. IT COULD BE HARMFUL IF IT CONTAINS THE FOLLOWING:

PARABENS
PROPYLENE GLYCOL
BUTYLENE GLYCOL
BENSOYL PEROXIDE
DEA, MEA, OR TEA
DIOXIN
DMHM HYDANTION
TRICLOSAN
FD&C COLOR
PHYLATES
SUNSCREEN CHEMICALS
SODIUM LARRYLYL SULFATE
FRAGRANCE
PEG (POLYETHYLENE GLYCOL)

toxic & carcinogenic

avoid

THE FDA DOESN'T REGULATE THE PERSONAL CARE INDUSTRY HEAVILY.



THE UNITED STATES ONLY BANS 11 CHEMICALS FROM PRODUCTS WHERE AS EUROPE BANS 1,371.

Be AWARE.

EWG.org has noted the link of allergies, reproductive problems, learning disabilities, birth defects, cancer, and gut problems to chemicals found in skin care products.

4 Action Steps

FOR NON-TOXIC SKIN CARE

and vibrant skin :)

FEED YOUR SKIN HEALTHY FOOD & WATER

THERE ARE HEALTH PROBLEMS LINKED TO TOXIC CHEMICALS IN THE BODY

would you eat your deodorant?
● if you wouldn't, ● why would your skin want to?

Clean it up. choose real food for your skin.

for more info
ewg.org
safecosmetics.org

www.skinfoodie.net

