

## WHAT YOU DO NOT KNOW MAY HURT YOU

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I would not have thought that I would be” Goo-goo-googling” all over the computer at this age! Sounds like a baby, doesn’t it? However, I have found that I have become a little wiser from it and do not intend to stop the habit.

My latest issue is a growing one with many of my friends and acquaintances. Most people are growing more and more concerned about what they eat and what they put on their skin. That’s where I jump in and start exploring my own make-up, lotions and soaps.

The “nastiest” word seems to be PARABENS, yes, and these are chemicals that many feel should not be there anyway. Reports have shown that 60% of what you put on your skin is absorbed. Parabens include these, but many more: methyl, propyl, ethyl, and anything that ends with “ben”.

The FDA will not be conclusive about the evidence, but if we waited for them to find out, we would all be dead! Most people want to be on the safe side and avoid things that have been shown in lots of tests and research to be unhealthy.

Paraben chemicals are shown in many reports to be estrogen-mimicking and when absorbed through the skin affects people with allergies and organ system toxicity. I am watching products and reading all the time, seeing many new products identify themselves as Vegan, Natural, Paraben-Free and Organic. This will steer you towards the products with out the culprits.

You may find out that there are some foods that naturally have a minute part of a paraben (as in blueberries) to protect it from bacteria. This is a natural thing created by God and is teeny. I have found in my own search that natural things differ greatly than man-made.

If you are using home-made lotions and soaps, please use a recipe that will not only enhance your product healthy-wise, but keep it up on the market in a great spot with the competition!

