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### Antiperspirant vs. Deodorant

In this newsletter we are focusing on healthy and natural alternatives to antiperspirants. We thought this would be an appropriate topic since its looking like a humid summer. Most of us know deodorant is a healthier option compared to antiperspirant, but just in case you are not sure why, or which deodorant to choose - Read On!

There are two main problems with antiperspirants. First, they stop our axillary glands from sweating, which prevent us from releasing toxins through one of our main detoxification pathways (i.e., emunctories). These toxins build up in our system and can contribute to cancer. Secondly, the ingredients in antiperspirants and even some deodorants are toxic. Next we will outline which ingredients to watch for and why.

### Harmful Ingredients to Avoid

1. **Aluminium** is used because it enters the cells that line the axillary sweat glands and attracts water inside these cells. As the cells fill up with aluminium and water they swell, which temporarily blocks the release of sweat from the sweat glands. However scientifically intriguing this is, there is some evidence suggesting aluminium causes cancer, specifically of the breast and prostate. Firstly, the lack of detoxification from the sweat glands causes toxins to build up in the body. Secondly, some studies suggest that aluminium has an estrogen effect, promoting the growth of estrogen-responsive cancer cells in the breast tissue (Ref: McGrath, 2009). Another study found that although it's not directly carcinogenic, aluminium induces proliferative stress in normal sweat gland cells (Ref: Sappino et al., 2012), meaning the cells will multiply. It should be noted that the natural deodorant crystal is made of "Alum" which is actually "potassium aluminium sulphate", therefore its use is not advisable.

2. **Parabens** are another class of toxins found in some antiperspirants and deodorants. These serve as preservatives and are not as common in hygiene products as they are in cosmetics and soaps. Parabens are estrogenic as well, having been found to build up in breast tumours (Ref: Charles & Darbre, 2013).

3. **Phthalates:** are aromatic chemicals used in cosmetics, nail polishes, aspirin, insecticides and flexible plastics. These cause fertility issues, cancer and physical abnormalities with *in utero* exposure (Ref: Canadian Cancer Society).

4. **Propylene glycol** is a synthetic liquid substance that absorbs water (or sweat), and increases the absorption of chemicals its mixed with. It has low toxicity and not thought to be carcinogenic, but can irritate the skin, causing scaling (contact dermatitis) and even eczema for some people. (Ref: Agency for Toxic Substances & Disease Registry).

5. **Triclosan** is a chemical that has antibacterial properties and been used for the last thirty years in deodorants, soaps, lotions, toothpastes, skin cleansers, dish detergents and creams. It is absorbed through the skin and detectable in urine (Ref: Centre for Disease Control). Triclosan has been shown to disrupt fertility in animal studies. Other studies have suggested that triclosan contributes to antibiotic resistant bacteria (Ref: Food and Drug Administration). Even though this information cannot be fully extrapolated to humans, safety in humans is not known.

*Natural deodorant may seem safe enough, but their safety may not go any further than the word "Natural". Please watch that they do not contain any of the abovementioned, harmful ingredients.*

### Upcoming Classes with Lori, see website for details

- July 10<sup>th</sup> – Compassionate Communication Course
- July 17<sup>th</sup> – Healing Inner Conflict
- July 24<sup>th</sup> – Emotional Freedom Technique
- July 31<sup>st</sup> – An Introduction to Five Tibetan Yogas
- August 7<sup>th</sup> – Energy Healing for Calming and Healing

## Harira - for the Slow-Cooker

*This recipe, adapted from Canadian Living Slow Cooker Magazine, is a version of the Traditional Muslim soup served during Ramadan. It is quite delicious and summery!*



- 1 tbsp grape seed oil
- 2 small onions, chopped
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp turmeric
- 1 tsp of ground pepper
- 1 large bunch of fresh coriander and parsley
- 1 cinnamon stick
- 6 cups of organic chicken or vegetable broth
- 1 cup green or brown lentils, rinsed and hydrated
- 1 cup of dried chickpeas, rinsed and hydrated
- 1 can of organic, diced tomatoes
- ¼ cup lemon juice

### Garnish:

- 1 tsp ground cinnamon
- 1 thinly sliced lemon
- 12 pitted dates, halved

1. Heat oil over medium heat in skillet, fry onions until softened. Add cumin, ginger, turmeric, and pepper, stirring for 1 more minute. Scrape into slow-cooker.
2. Chop ¼ cup each of coriander and parsley and set aside. Tie the remaining coriander and parsley together with the cinnamon stick and add to slow-cooker.
3. Add broth, lentils, chickpeas, and tomatoes to slow-cooker. Cover and cook on low for 6 hours or until veggies are tender. Discard herb bundle, stir in lemon juice and reserved herbs.
4. Ladle soup into bowls and sprinkle with cinnamon, then top with lemon slices and dates.
5. Enjoy!

## Clean, Green & Confident!

Looking for deodorant that is safe for you, your family and the environment? Here are our top five homemade alternatives to keep you fresh all summer:

1. Use a fresh cut lemon wedge under arms after each shower / bath. Caution: avoid immediately after shaving.
2. Essential oils (5-10 drops) added to 1/4 cup coconut oil carrier can improve scent and have added benefits. Geranium oil works well to transform odour while doing a detox.
3. Dust on a combination of 1 part aluminum free baking soda and 5 parts cornstarch.
4. Add chlorophyll to drinking water to reduce toxin-related odours from the inside out.
5. Witch hazel's astringent properties will help keep you dry while tea tree oil deodorizes and keeps bacteria at bay. Add 10 drops of tea tree to every one drop of witch hazel.

### Remedies for Bug Bites

1. **Apis homeopathic** - for swelling, heat and stinging pain
2. **Ledum homeopathic** - for any stings or bug bites
3. **Yarrow** - reduces the itching and swelling. Crush leaves and rub on the bite.
4. **Sea Salt and Water** - Mix sea salt in water and apply to a bite to stop the itching.
5. **Aloe vera gel** - is excellent to soothe and heal the skin. Apply a small drop and massage in to the affected area.

## Converting over to Deodorant

You have to educate your body to use deodorant instead of antiperspirant. You might decide to go cold turkey and apply more than once a day. But if you are someone who perspires a lot, you may want to try a more commercial deodorant first and then move on to a natural deodorant. Definitely reapply as needed while your body gets used to the change! Your neighbours will thank you 😊



### Natural Bug Repellent

1. **Garlic and B1** - supplements are effective, as they give off an unfavourable scent to the insect. Garlic is more effective against ticks
2. **Avoid Bananas** - Mosquitoes love them; do not eat bananas during the mosquito season
3. **Citronella oil** - a natural repellent to be rubbed on the skin and is safe for children over two and pregnant women:
  - 10 to 25 drops essential oil
  - 2 Tbsp (30 mL) vegetable oil
 Combine ingredients in a glass jar with a screw top, stir to blend. Dab a few drops on your skin or clothing, avoiding your eyes. Shelf life: six months.

## Naturopathic Perspectives

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