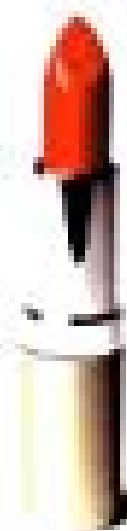


DROP-DEAD



GORGEOUS

Protecting Yourself from the Hidden Dangers of Cosmetics

KIM ERICKSON

Foreword by Samuel S. Epstein, M.D.,
author of *The Safe Shopper's Bible*

Kim Erickson

Drop-Dead Gorgeous: Protecting Yourself from the Hidden Dangers of Cosmetics



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Exposes the truth behind the cosmetic sector Each day, we are exposed to some 200 man made chemicals--without our knowledge. Epidermis, hair, body, and beauty products contain potential irritants, carcinogens, neurotoxins, and hormone disrupters. Drop-Dead Gorgeous was made to empower you.S. The potential health problems associated with brand-name cosmetics are many and varied. Yet, the FDA is practically powerless to protect us. Environmental Protection Company has identified many ingredients found in modern cosmetics as hazardous. As customers of mainstream cosmetic items, we make up the single largest class of involuntary and avoidable carcinogenic exposures. Worse still, such product elements are easily absorbed through your skin. The U. The book manuals you on how to read and interpret misleading product labels. This timely, much-needed source uncovers the hazards of these items and lists the nine most hazardous ingredients. A variety of organic alternatives and dishes for creating safe cosmetics in the home are also included.



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AWESOME BOOK-CHANGED MY ENTIRE LIFE! It's NOT that much costly to use better products! I go through every stinkin' label for everything I purchase.. Definitely well worth buying! As the Founder/Director of HerbNetwork. Well some people say a book can't modify your life but that one did. But even these lists don't help very much. Take a look at the label of your child SHAMPOO! It actually gives recipes so that you can make your own if you would like to. This book presents a lot of information on chemicals and then also recipes should you have time to create your own cosmetics. Highly recommend. GREAT book! I don't therefore i didn't spend that much time reading that part but it's there if you would like it. Follow-up with Not Just a Pretty Encounter . I'm 49 years aged and I made a decision to stop using hair dye.. Life changing book. If you are therefore inclined, Erickson provides information to be an activist regarding this industry. what exactly are these crazy long named chemicals in my own cosmetics? This book teaches you what chemicals in order to avoid and just why. Commit them to storage and gradually replace all your toxic beauty products as you use them up (or instantly toss everything). Over time I've found suitable replacements for most of my old cosmetics (former Sephora junkie here) and used a few of the basic beauty recipes in this book. Highly recommend. At issue may be the desire to enhance beauty with cosmetics versus toxic contamination to the average person along with the environment. 5 Stars! Follow-up with Not Just a Pretty Encounter by Stacy Malkan Toxic vs. Well-researched by environmental journalist, Kim Erickson, the book presents the shocking information of the chemical substance poisoning of consumers by a large percentage of products sold by the beauty industry. Because frankly, how many ladies (or men) have period to create their own kitchen cosmetics? Delightfully, Erickson continues with her logic since she does not stop with just recipes! Erickson quickly moves to solutions and arranges her collection of options harmoniously. After scanning this book I threw out about \$500 well worth of crappy, inexpensive toiletries and went to Whole Foods, saw that brands they make use of, and then visited Focus on/Walmart and bought them there.com, I've the opportunity to learn and review a large volume of Natural Beauty Books. Each chapter explains a basic product, like body lotions, and provides a few types of chemicals which may be in it and what they may cause. Happily, the majority of the book will not linger in the significant and potentially overpowering condition of the cosmetics counter; I can see how it may be eye opening for people who have not researched this topic but it leaves a lot out there. In a succinct manner, Drop-Dead Gorgeous permits the entire impact of the facts without the drudgery of specialized jargon. Each portion of the book relates to a specific body region. Looking at hair care, for instance, this chapter contains history information on complications such as dandruff or hazardous shampoo ingredients along with solutions that add a listing of dishes for shampoos, conditioners, organic colors/dyes, dandruff treatments, rinses, styling gels and also hair spray! The sensible shopping guide allows active women (& guys) to select healthful products off the shelves of the beauty sections of their local shops. If you're new to going organic with cosmetics and skincare after that this would be considered a good book for you. Five Stars Very informative book. When you have browse Drop-Dead Gorgeous, there is no going back to ignorant consumerism in the beauty department of your neighborhood store. There's always been a little voice nagging behind my mind; Sample protest letters in addition to addresses of some dominate beauty market companies simplify the process of confronting the immoral companies with the problems facing 21st hundred years beauty product consumers and how your purpose to boycott their items impacts their bottom-series. If you prefer upbeat letter composing or you want to have a higher selection of beauty products, you'll be pleased to find a listing of Environmentally-friendly noncorporate companies that create a variety of natural products. I must say i liked this reserve. This feature allows the reader to place their new awareness into action immediately! Eh Didn't tell me very much that I didn't know. I could've saved myself some money and googled the topic instead and gotten all the details provided in this book free of charge. The listing contains beauty manufacturing companies as well as an index of relevant products. If you're a veteran it will not give you any new information. Interesting, but lacks information A lot of the information about the chemical substances in cosmetics is fairly simple and was nothing new to me. She gives a shopping guide! Certainly I didn't buy this book merely to read even more of what I already knew. It's almost as if the writer wanted to switch us off buying totally by writing a couple of scary reasons for having purchased cosmetics rather than providing information on how to find items safe to use. Although the book gives lots of information on in the home alternatives including quality recipes, that i didn't expect, it does not provide you with a simple set of chemicals and their problems. The reserve warns us to learn

the label before buying, but there is hardly ever a simple list of chemical substances to consult when you look at a label. There is a chapter on locks care products, a chapter on nail care, makeup, etc. Drop-Dead Gorgeous offers simple dishes, having typically three-five substances, creating user-friendly, natural basic products including shampoos, wash, hair colors, skin lotions and bath oils. Rather the publication is sprinkled with these details in different chapters. You have to visit the section on the merchandise and read through it looking for the chemical substance, and I doubt that it'll list all the most likely chemicals which will be outlined. I was hoping for more information on specific chemicals, even more stories about legal activities taken due to adverse reactions, and of course what things to avoid when purchasing. I would consider betting money on that, if it weren't for the offered lists of natural products. You just have to be prepared to spend a little more now to save lots of your life as well as your child's life down the road. It has a large amount of info on why certain products are bad and alternative products you can purchase. There are natural basic products sprouting up everywhere. What if I wish to try one of them but they aren't on the list? Overall I believe this just touches about them and aims to scare people into being even more conscientious, but doesn't provide much help in where you can go from there unless you decide to purchase only items from a suggested list or make your own. Excellent This book is well-researched, thorough, and insightful. It can help you understand what ingredients to look out for, and how to find safe items. You'd be surprised! Healthy: Choose Your COSMETICS Drop-Dead Gorgeous supplies the beginning of a journey to safeguard your health from corporate-owned/manufactured beauty products that expose consumers to cancer-causing chemicals. I confidently recommend Kim Erickson's Drop-Dead Gorgeous for anyone who has ever washed his / her locks. I still desire to read the labels before I buy, but I've no chemical list to compare to. I also tried many of the recipes you can make on your very own and also have had great success with all of them! I only buy cosmetics that I UNDERSTAND are made in the US, nor have the dangerous chemicals listed in the book.



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