

# Body and Cleaning Products

Many personal care products contain toxic and harmful substances. The following chart was designed as a checklist of standard personal care products and our suggestions for what you can replace them with. Products that cannot be found in the store can often be found on the internet.

Keep in mind that these are not the *only* personal care products than can be used. You are encouraged to utilize The Environmental Working Group's data base to research your preferred products (see "Resources" at the end of this section).

Contact the Gerson Institute's free helpline at 888-443-7766 or at [info@gerson.org](mailto:info@gerson.org) for assistance.

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## Eliminate.

- Any products containing baking soda or sodium
- Deodorants and antiperspirants
- Hair dye/coloring
- Lotion
- Makeup
- Nail polish
- Perfumes
- Fabric softeners

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## Avoid.

**Fragrance:** This term can include hundreds of chemicals. Some may raise health concerns, including triggering allergies. Federal law does not require companies to list any of the chemicals in their fragrance mixture on product labels. For Gerson patients, it is best to use fragrance-free products and avoid products with the term "fragrance".

**Essential oils:** The Gerson Therapy does not encourage oil to be applied to the skin. However, sometimes certain essential oils, such as lavender, can be applied to the temples. While there are many essential oil formulas for cancer, it will be up to the patient if they feel strongly about using essential oils topically. The patient will need to decide if they think the benefit outweighs the risk.

Many common ingredients can contain impurities linked to cancer and other health concerns. Avoid these common ingredients:

- Benzalkonium chloride
- BHA
- Cetareth
- Coal tar ingredients, including hair dyes, aminophenol, diaminobenzene and phenylenediamine

- DEA (diethanolamine), MEA (momoethnanolamine), and TEA (triethanolamine)
- Diazolidinyl urea
- DMDM hydantoin & bronopol (2-Bromo-2-nitropropane-1,3-diol)
- Formaldehyde
- Hydroquinone
- Imidazolidinyl urea
- Lead, mercury and mercury compounds
- Methyl cellosolve (or methoxyethanol)
- Methylisothiazolinone and methylchlorisothiazolinone
- Nanoparticles
- Nitromethane
- Oxybenzone
- Parabens (propyl, isopropyl, butyl, and Isobutylparabens)
- PEG/cetareth/polyethylene compounds
- Petroleum distillates and all petroleum derived ingredients
- Phenacetin, phenolphthalein & phthalates
- Placenta/progesterone
- Polyethylene glycol and PEG
- Resorcinol
- Retinyl palmitate and retinol (Vitamin A)
- Sodium & sodium chloride
- Toluene
- Triclosan & triclocarban

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## Helpful Tips.

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- **Apple cider vinegar**, when used as a rinse, will make hair feel smooth and shiny, provide extra clarification to remove oil and dirt, balance hair's pH, (which in turn helps seal the cuticle and make the hair smoother), clear away dandruff and greasy build-up, and soothe itchiness and irritation of the scalp. Simply mix a tablespoon or two in a glass of water, and rinse hair with it at the end of bathing. Be sure to rinse thoroughly, or hair might feel a little crunchy. The vinegar smell will dissipate once hair dries.
- **Castor oil** can also be used to smooth and strengthen hair. Use a very small amount and massage into scalp (best if you flip your hair and message into the underside) after towel-drying hair. It can also be applied to scalp before shampooing.

## Personal Care.

Shampoo	<ul style="list-style-type: none"> <li>• <b>Dr. Bronner's</b> 18-in-1 Hemp Pure-Castile Soap, Baby Mild</li> <li>• <b>Soap for Goodness Sake</b> Shampoo &amp; Body Bar</li> <li>• <b>Baby Organic</b> 2-in-1 Coconut Foam Coconut Shampoo &amp; Body Wash</li> <li>• <b>Hugo Naturals</b> Smoothing and Defining Shampoo</li> </ul>
Conditioner	<ul style="list-style-type: none"> <li>• <b>Korres</b> Silk Milk Conditioner</li> <li>• <b>Chagrin Valley</b> Soap &amp; Salve Hair Tea Rinse</li> <li>• <b>Miessence</b> Protect Hair Repair</li> <li>• <b>Bragg's Organic</b> Apple Cider Vinegar (mixed with water)</li> <li>• <b>Tea Rinse:</b> use black or green tea (steeped for a few hours or overnight) &amp; allow to sit on hair for 20-30 before rinsing.</li> </ul>
Toothpaste: should not contain fluoride, sodium or baking soda	<ul style="list-style-type: none"> <li>• <b>Weleda</b> Children's Tooth Gel</li> <li>• <b>Vita Myr</b></li> <li>• <b>Just the Goods</b> Vegan Toothpaste (unflavored or anise)</li> </ul>
Soap/Body Wash	<ul style="list-style-type: none"> <li>• <b>Dr. Bronner's</b> 18-in-1 Hemp Pure-Castile Soap, Baby Mild</li> <li>• <b>Be Green</b> Bath &amp; Body Lavender Hand &amp; Body Soap</li> <li>• <b>Ekota</b> Kids Body Wash, suitable for sensitive skin</li> <li>• <b>Whole Foods 365</b> Vegetable Glycerin Soap, Unscented</li> </ul>
Skin: A Gerson patient should not use any topical skin care products. The skin is a highly absorbent organ, and toxins absorbed directly through the skin bypass the liver detoxifying enzyme system & go directly into the bloodstream.	<ul style="list-style-type: none"> <li>• <b>Bragg's Organic</b> Apple Cider Vinegar</li> <li>• Glycerin (alone) or with aloe vera gel</li> <li>• Small amount of flax or castor oil for small, dry spots.</li> </ul>
Deodorant and antiperspirants: prohibit sweat from being secreted. However, sweating is one of the body's methods of detoxification. Blocks this can cause toxins to be reabsorbed in the body. For this reason, it is not advisable to use any sweat-blocking agents, so as to allow the body to eliminate toxins naturally	<ul style="list-style-type: none"> <li>• Lemon juice while bathing</li> <li>• Clay powder</li> <li>• Food-grade hydrogen peroxide or pure grain alcohol</li> <li>• Apple cider vinegar</li> </ul>

## Cleaning Supplies.

There are many non-toxic alternatives to most cleaning supplies, many of which are multi-purpose and can be easily made from basic ingredients. The following chart was designed as a checklist of standard cleaning supplies and our suggestions for how you can make them on your own.

Below the chart are suggestions for store-bought brands. Products that cannot be found in the store can often be found on the internet. Keep in mind that these are not the *only* cleaning products that can be used. You are encouraged to utilize The Environmental Working Group's data base to research your preferred products (see "Resources" at the end of this section).

Application	Recipe
Laundry	<ul style="list-style-type: none"> <li>• Add ½ cup white distilled vinegar to rinse as a fabric softener.</li> <li>• Soak white clothes for 30 minutes in 3% hydrogen peroxide, rather than using bleach.</li> </ul>
All-Purpose	<ul style="list-style-type: none"> <li>• Surface cleaner: Mix 1 part apple cider vinegar with 1 part water.</li> <li>• Creamy soft scrub: Mix 2 cups of baking soda with ½ - 2/3 cup of liquid castile soap (CANNOT contain sodium lauryl/laureth sulfate, or SLS) such as Dr. Bronner's and vegetable glycerin. In a sealed jar, this can last up to 2 years.</li> </ul>
Air Freshener	<ul style="list-style-type: none"> <li>• Fresh flowers</li> <li>• Baking Soda</li> </ul>
Glass/Surface	<ul style="list-style-type: none"> <li>• Mix 1 part apple cider vinegar with 1 part water. Add 10-15 drops of essential oil. Shake well.</li> </ul>
Basin, Tub and Tile	<ul style="list-style-type: none"> <li>• 50/50 mix of vinegar and water</li> <li>• Baking soda and water paste (use vinegar instead of water for really tough stains).</li> </ul>
Ceramic Tile	<ul style="list-style-type: none"> <li>• Mix ¼ cup vinegar in 1 gallon of warm water. Generously apply solution to tile with sponge.</li> </ul>
Floor	<ul style="list-style-type: none"> <li>• Mix 1 cup white vinegar with 2 gallons of hot water.</li> </ul>
Furniture	<ul style="list-style-type: none"> <li>• Use soft cloth dipped in cool tea.</li> <li>• Olive oil</li> </ul>
Drain	<ul style="list-style-type: none"> <li>• Pour ¼ cup baking soda followed by ½ cup vinegar. Close the drain until it stops fizzing and flush with boiling water.</li> </ul>
Garbage Disposal	<ul style="list-style-type: none"> <li>• Grind ice and a lemon or orange peel in the disposal.</li> </ul>
Oven	<ul style="list-style-type: none"> <li>• Make a paste using baking soda and water. Sponge onto stains and wipe clean.</li> </ul>

Mildew	<ul style="list-style-type: none"> <li>• Make a paste using baking soda and water. Sponge onto stains and wipe clean (ideal for removing mildew stains).</li> <li>• Apply full strength peroxide for at least 10 min., then wipe away.</li> <li>• Add 2 teaspoons of tea tree oil to 2 cups of water and spray onto affected surfaces.</li> <li>• Add tea tree oil to vinegar and apply to affected surfaces.</li> </ul>
Toilet	<ul style="list-style-type: none"> <li>• Sprinkle baking soda into the bowl. Drizzle with vinegar. Scour with toilet brush and rinse.</li> </ul>
Insect Repellent	<ul style="list-style-type: none"> <li>• Ants: spray pure lemon juice, or citronella with water, at entry points.</li> <li>• Mosquitos: Fill spray bottle ½ full with distilled water. Add natural witch hazel to fill almost full. Add ½ teaspoon of vegetable glycerin. Add 30-50 drops of essential oils (choose from citronella, clove, lemongrass, rosemary, tea tree, cajeput, eucalyptus, cedar, catnip, lavender or mint)</li> </ul>

## Store-Bought Products.

All-Purpose	<ul style="list-style-type: none"> <li>• <b>Method</b> has environmentally safe and non-toxic cleaning products</li> <li>• <b>Dr. Bronner's</b> 18-in-1 Hemp Pure-Castile Soap Baby Mild</li> <li>• <b>Bon Ami</b> Cleanser</li> </ul>
Bathroom	<ul style="list-style-type: none"> <li>• <b>Bon Ami</b></li> <li>• <b>Earth Friendly</b> Products Toilet Kleener, Natural Cedar</li> <li>• <b>Green Shield</b> Organic Toilet Bowl Cleaner</li> <li>• <b>Seventh Generation</b> Natural Tub &amp; Tile Cleaner, Emerald Cypress &amp; Fir</li> <li>• <b>Attitude</b> Bathroom Mold &amp; Mildew Cleaner</li> </ul>
Dishwasher	<ul style="list-style-type: none"> <li>• <b>Nature Clean</b> Automatic Dishwasher Packs</li> <li>• <b>Nature Clean</b> Rinse Agent</li> <li>• <b>Nice!</b> Dishwasher Packs Single Dose</li> </ul>
Dish Soap	<ul style="list-style-type: none"> <li>• <b>Better Life</b> Dish it Out Natural Dish Liquid, Unscented</li> </ul>
Carpet	<ul style="list-style-type: none"> <li>• <b>Martha Stewart</b> Clean Carpet Stain Remover</li> <li>• <b>LA's</b> Totally Awesome Power Oxygen Base Cleaner</li> </ul>
Upholstery	<ul style="list-style-type: none"> <li>• <b>LA's</b> Totally Awesome Power Oxygen Base Cleaner</li> </ul>
Floor	<ul style="list-style-type: none"> <li>• <b>Aussen</b> Natural Floor Cleaner Concentrate</li> </ul>
Mirror/Glass	<ul style="list-style-type: none"> <li>• <b>Attitude</b> Window &amp; Mirror Eco Cleaner</li> </ul>

Bleach Alternatives	<ul style="list-style-type: none"> <li>• <b>OxiClean</b> Laundry Baby Stain Soaker</li> <li>• <b>Ecover</b> Non-Chlorine Bleach Liquid</li> <li>• <b>Nature Clean</b> Oxygen Bleach</li> <li>• <b>Earth Friendly Products</b> OXO Brite Non-chlorine Bleach</li> <li>• <b>Ecover</b> Non-Chlorine Bleach Powder</li> <li>• <b>Seventh Generation</b> Chlorine Free Bleach, Free &amp; Clear</li> <li>• <b>GrabGreen</b> Bleach Alternative</li> <li>• <b>Rit</b> Laundry Treatment Color Remover</li> <li>• <b>LA's</b> Totally Awesome Power Oxygen Base Cleaner</li> </ul>
Laundry	<ul style="list-style-type: none"> <li>• <b>Dr. Bronner's</b> 18-in-1 Hemp Pure-Castile Soap Baby Mild</li> <li>• <b>Green Shield</b> Organic Laundry Detergent, Free &amp; Clear</li> <li>• <b>Molly's</b> Suds Laundry Powder</li> </ul>

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## Resources.

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Environmental Working Group: The “EWG” is a non-profit, non-partisan organization dedicated to using the power of information to protect human health and the environment. The EWG offers several databases that allow consumers to research personal care and cleaning products in order to make educated decisions about what is used on the body and in the home.

[www.ewg.org/guidescleaners](http://www.ewg.org/guidescleaners)

<http://www.ewg.org/skindeep/>

*Disposal of Toxic Cleaning Products:*

Many cities and towns have regular collection days or local collection sites that will take toxic waste. Contact your local Department of Public Works for additional information.

[www.Earth911.com](http://www.Earth911.com)

*I Love A Clean San Diego:* <http://ilacsd.org/>

[www.lifekind.com](http://www.lifekind.com)