

## Healthier Body Products

### Introduction

All of the products below were rated as “A” in the Environmental Working Group (EWG) Skin Deep Database (an online database). The EWG defines the “A” category as having “Few or no known or suspected hazards to health or the environment. Good ingredient disclosure.” To search for other products in the “A” category or to look up other specific products or ingredients, visit <http://www.ewg.org/skindeep>.

The Gerson Institute does not have expertise in product toxicity or chemistry. We used the EWG database to research some of the least toxic products we could find to get you started with a few in each category. Feel free to conduct your own research on non-toxic products and to make your own products as well. If you find other good products, please let us know.

We left out products that contained sodium chloride and a lot of oils.

You may not be able to find the products listed below at your local health store and may have to order them online. Also note that you may not find some of the products from your local stores in the Environmental Working Group database.

Make sure to look for organic products whenever possible. Always read the label for ingredients. There are some small companies that don't reach the markets and may be reliable sources of homemade products. You may find them at farmer's markets, local co-ops, and on-line sites such as [www.etsy.com](http://www.etsy.com). You can research their individual ingredients on the internet.

**Books:** *Toxic Beauty*, Samuel Epstein  
*Safe Shoppers Bible*, Samuel Epstein

### Other Websites:

[www.safecosmetics.com](http://www.safecosmetics.com)  
[www.preventcancer.com](http://www.preventcancer.com)

### Link for wallet size shoppers guide to safe cosmetics:

[http://static.ewg.org/skindeep/pdf/EWG\\_cosmeticsguide.pdf](http://static.ewg.org/skindeep/pdf/EWG_cosmeticsguide.pdf)

### Product List

#### Body Wash and Soap

- Be Green Bath and Body Lavender Hand & Body Soap
- Be Green Bath and Body Lemongrass Foaming Hand & Body Soap
- Dr. Bronner's 18-in-1 Hemp Pure-Castile Soap Baby Mild
- Ekota Kids Body Wash suitable for all sensitive skin

#### Shampoo

-Dr. Bronner's 18-in-1 Hemp Pure-Castile Soap Baby Mild ([www.drbronner.com](http://www.drbronner.com))

-Soap for Goodness Sake Shampoo and Body Bar

-Baby Organic 2 in 1 Coconut Foam Coconut Shampoo & Body Wash

Caution- Dandruff Shampoos: Most of the active ingredients approved by the FDA for use in dandruff shampoos have significant safety concerns, such as selenium sulfide, ketoconazole, salicylic acid, and coal tar.

### Conditioner

-Korres Silk Milk Conditioner

-Chagrin Valley Soap and Salve Hair Tea Rinse

-Miessence Protect Hair Repair, Certified Organic

### Toothpaste

Make sure that it does not contain fluoride, sodium or baking soda

-Weleda Children's Tooth Gel

-Vita Myr

-Just the Goods vegan toothpaste (unflavored or anise)

### Natural Solutions

A Gerson patient should not use any topical skin care products. Glycerin and water can be used as a moisturizer. You can also try castor oil as a lotion and hair moisturizer/styling product.

You can use apple cider vinegar as a cleanser, toner and moisturizer → 2-3 cups distilled water + ½ cup raw unfiltered organic apple cider vinegar (The brand Bragg's is available in most stores and online).

### Deodorant

Lemon juice while bathing - put on at beginning of shower/bath then rinse off with soap at end of shower/bath.

Clay powder

Swab with hydrogen peroxide or pure grain alcohol

Clay powder

Apple cider vinegar

### Ingredients to avoid

**"Fragrance"**: This catch-all term can include hundreds of chemicals and trigger allergic reactions. Federal law doesn't require companies to list on product labels any of the chemicals in their fragrance mixture. Recent research from Environmental Working Group and the Campaign for Safe Cosmetics found an average of 14 chemicals in 17 name brand fragrance products, none of them listed on the label. Skip products that use the term "fragrance" in the list of ingredients and instead opt for those that list each fragrance ingredient. Better yet, use fragrance-free products.

**Ingredients can have harmful contaminants:** Many common ingredients can contain impurities linked to cancer and other health concerns. Avoid these common ingredients:

- Benzalkonium chloride
- BHA
- Cetareth
- Coal tar hair dyes and other coal tar ingredients (including Aminophenol, Diaminobenzene, Phenylenediamine)
- DEA (diethanolamine), MEA (momoethnanolamine), and TEA (triethanolamine)  
(All Petroleum derived ingredients)
- 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 methylchloroisothiazolinone
- Nanoparticles
- Nitromethane
- Oxybenzone
- Parabens (Propyl, Isopropyl, Butyl, and Isobutylparabens)
- PEG/Cetareth/Polyethylene compounds
- Petroleum distillates
- Phenacetin
- Phenolphthalein
- Phthalates
- Placenta/Progesterone
- Polyethylene glycol and PEG
- Resorcinol
- Retinyl palmitate and retinol (Vitamin A)
- Toluene
- Triclosan & Triclocarban