



Personal Care Products
48 Day
 Transformation
 With Dr. Michele Menzel, ND

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Makeup & Nail Polish

The key to finding truly natural cosmetics is looking for products free of paraben, FD&C colors and petrochemicals. This would include non-petroleum, nontoxic, chemical-free (such as formaldehyde) products.

- Searching for organic makeup has been a challenge
- I have found a wonderful mascara called Mineral Fusion, a volumizing mascara that really works
- A lip liner by Gabriel Cosmetics
- Lipstick by Honeybee Gardens
- Most natural cosmetic companies offer nontoxic nail polish. I bring my nail polish with me if I go to a salon. Most health-food stores have a good selection. Do your research first before purchasing—it will save you time and money.

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**Nature's Plus Natural Beauty
Cleansing Bar**

- Works for my face, body, and hair
- Free of soap and the harsh, irritating ingredients found in soap, such as caustic soda, lye, tallow, hexachlorophene, and alkalis
- Made from natural, organic ingredients
- Humectants and emollients are used to help maintain the skin's delicate moisture balance and to soothe irritated skin
- 500 IU of vitamin E and the special astringent and healing qualities of allantoin
- In a mildly acidic base (4.5 pH) to help maintain the body's normal acid mantle

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Coconut Oils



Tropical Traditions

Gold Label® Virgin Coconut Oil

- Used for Cooking
- Amazing lotion /moisturizer
- Unrefined coconut oil
- Organic coconuts are used within 24–48 hours of harvest
- They originate from small, family farms in Philippines

Expeller-Pressed Coconut Oils

- Use in cooking when I don't want the dish to have a coconut flavor
- High-quality refined coconut oil.
- This oil is also *not* hydrogenated and contains *no* trans fatty acids
- Goes through a steam deodorizing process which makes the taste very bland, unlike Virgin Coconut Oil which retains the odor and taste of fresh coconuts

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Tropical Traditions



Lavender Moisturizing Lotion & Baby Silk Moisturizing Lotion

Tropical Traditions Moisturizing Lotions soothe the skin without harming the body.

Tropical Traditions Coconut Oil Deodorants

Tropical Traditions Coconut Oil Deodorants are chemical-free, paraben-free, and aluminum-free deodorant roll-ons made from the organic Gold Label Virgin Coconut Oil as their base

Your underarms are one of the most sensitive and absorbent areas of your body, so don't put harmful chemicals into your body through antiperspirants or harmful deodorants!

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Climb On!



Climb On! Creme

This creme is my favorite nighttime moisturizer.

- We say, "If you can't eat it, don't put it on your skin."
- Climb On! Creme is 100% pure and free from any fillers or synthetics
- Only food-grade base ingredients and therapeutic-grade essential oils are used
- Climb On! Creme is one of the most fabulous, multipurpose products on this planet. It is a deep moisturizer and acts like food for your skin.



Climb On! Lip Tube

- This minty balm is made from peppermint essential oil
- The aromatherapeutic value is one that stimulates the mind and focuses concentration.
- It can be used to moisturize skin after an exposure, for wind-burned cheeks, dry cuticles, or tissue nose
- And it is great for mosquito bites—just a dab and the itchiness seems to disappear
- Use it under lipstick to prolong your color
- Rub it on your temples if you have a headache.

The smell of peppermint essential oil is said to stimulate and refresh.

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Climb On!



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SPF 30 Mineral Sunscreen

- ClimbOn! sunscreen is good enough for humans, the environment, and animals
- The FDA-approved sunscreen agent in this product is the non-nano zinc oxide
- Every ingredient used in this formulation is considered a sunscreen
- If you are going to be out in the sun all day and feel the need to use sunscreen, this is the only one that I personally recommend.
- You can also use a combination of coconut oil and Climb On! Crème to give you an SPF of about 6–8.

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Alba Botanica Un-Petroleum Multi-Purpose Jelly



The Un-Petroleum Jelly was a wonderful find when I was looking to replace Vaseline to remove eye makeup. Beeswax, moisture-rich coconut oil, and soothing, protective vitamin E, makes this natural, non-petroleum jelly perfect as an all-over body moisturizer to soothe skin and protect against irritation.

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Body Brush



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- Assists the lymph to move impurities out of your body.
- Daily skin brushing also helps rejuvenate the nervous system combat cellulite by visibly improving the skin's texture, and sweep away dead skin cells
- The gentle sweeping of the brush actually renews your cells!
Find a good quality brush—many health-food stores sell them.

Brush upwards from the soles of your feet to your groin and inward from your palms to your underarms. Avoid sensitive areas.

Blood circulates through your body by the heart's pumping. As impurities are purged, they are deposited into the lymph; the layer just under your skin. The lymph, itself, has no internal pump to move waste out of your system (as perspiration) and is only stimulated by exercise and brushing. Lumps and hard knots in your groin or underarm areas are sometimes just impurities that have not made their way out of your system.

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Cleaning Products

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Seventh Generation

Established in 1988, this company offers a complete line of natural household products designed to work as well as their traditional counterparts, but use renewable, nontoxic, phosphate-free, and biodegradable ingredients as often as possible, and are never tested on animals.

Ecover

The company is over 30 years old, which means they have had time to refine their products to produce refreshingly safe and effective cleaners for every corner of your home.

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