



PRODUCT REPLACEMENT GUIDE

The products listed are better options than ones that are commercially available. [Note: To see how your currently used products rank in terms of their levels of carcinogens (cancer related chemical ingredients), you can go to the Environmental Working Group's site at www.ewg.org]

This is by no means a complete list. It is more of a work in progress to help you start making basic changes to reduce your overall toxic burden. ***Always be mindful of what you eat, drink, breathe and put on your skin.***

Personal Care Products

❖ Deodorant

Alvera All Natural Roll-On Deodorant Aloe and Almonds -- 3 oz

<http://www.vitacost.com/alvera-all-natural-roll-on-deodorant-aloe-and-almonds-3-oz-6>



❖ Shampoo

Honey & Virgin Coconut Restorative Shampoo, 8oz

<http://www.100percentpure.com/collections/shampoo/products/honey-virgin-coconut-restorative-shampoo-8oz>



Aubrey Nourishing Shampoo Rosa Mosqueta® -- 11 fl oz

<http://www.vitacost.com/aubrey-nourishing-shampoo-rosa-mosqueta-11-fl-oz>



❖ **Conditioner**

Honey & Virgin Coconut Restorative Conditioner, 8oz

<http://www.100percentpure.com/products/honey-virgin-coconut-restorative-conditioner-8oz>



Aubrey Moisturizing Conditioner Rosa Mosqueta -- 11 fl oz

<http://www.vitacost.com/aubrey-moisturizing-conditioner-rosa-mosqueta>



❖ **Toothpaste**

Theraneem Mint Toothpaste - 4.23 oz

<http://www.amazon.com/TheraNeem-Mint-Toothpaste-4-23-Paste/dp/B000YA7OUA>



❖ **Soap**

Out Of Africa Organic Shea Butter Bar Soap Vanilla -- 4 oz

<http://www.vitacost.com/out-of-africa-organic-shea-butter-bar-soap-vanilla-4-oz>



South of France Liquid Soap Moisturizing Shea Butter -- 12 fl oz

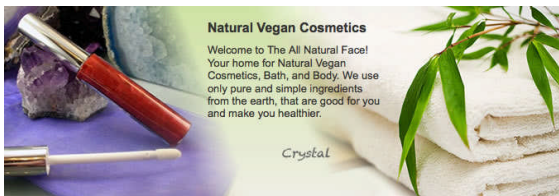
<http://www.vitacost.com/south-of-france-hand-wash-shea-butter-8-fl-oz>



❖ **Make-Up, Lotions & Skin Care**

The All Natural Face

<http://www.theallnaturalface.com/>



Lavera Soft Eyeliner Brown -- 0.04 oz

<http://www.vitacost.com/lavera-soft-eyeliner-brown-0-04-oz-1>



100% Pure Cosmetics

<http://www.100percentpure.com/>



Aubrey Natural Herbal Facial Cleanser -- 8 fl oz

<http://www.vitacost.com/aubrey-revitalizing-therapy-moisturizing-intensive-cleanser>



❖ Hair Color

Susan Henry Natural Color Process

<http://naturalcolorprocess.com/>



Organic Color Systems

<http://www.organiccolorsystems.com/>

**NOTE: Not technically organic - in name only - but a gentler, effective formula*



❖ Cleaning Products

Seventh Generation Laundry Detergent

<http://www.amazon.com/dp/B000C9NMQI>



Seventh Generation, Free & Clear All-Purpose Cleaner 32 Ounces
http://www.amazon.com/Seventh-Generation-All-Purpose-Cleaner-Ounces/dp/B0004JKPN4/ref=pd_sim_hpc_8



Simple Green Naturals Carpet Cleaner - 24 oz.
<http://www.amazon.com/Simple-Green-3110000612304-Naturals-Cleaner/dp/B001CWIU98>

