

Personal Health

by Kelly Stripling, Certified Biblical Health Coach

Recently, I saw an interview with Sophie Uliano, author of the upcoming book *Gorgeously Green*. She said that by the time a woman shows up to breakfast in the morning, she has already exposed herself to approximately 15,000 chemicals! Wow!

While many women are helping to make their homes and families healthier, they are unknowingly inundating their bodies with hundreds and perhaps thousands of harmful substances in the name of Beauty. Labels do not tell the whole story. Most ingredients are not listed by names we would recognize, and some additives are not required to be listed. I interviewed a woman, certified in make-up technology, who indicated that she no longer felt comfortable wearing make-up after years of researching the ingredients. One of the most surprising things she told me was that almost all cosmetics contain—get ready for this—horse urine!

In his new book, *Perfect Weight America*, Jordan Rubin says that lipstick deserves an award for being the most toxic cosmetic, not only due to its list of toxic ingredients, but also because a woman regularly applies and reapplies it, licking her lips, delivering the toxins rapidly to the remainder of her body. Rubin also comes down hard on perfume, lotions, shampoos and conditioners, toothpaste, hairspray, hair dye, nail polish, and other beauty products. He acknowledges that women want to look their best, and even women who are aware of what they are putting on their bodies often think the tradeoff is worth the risk. However, a major concern for women is the effect these chemicals often have on estrogen levels and the health concerns that are a result of altering hormones.

Healthy beauty is just as important as healthy eating. The good news is that for just about every appearance-enhancing product, there is a better choice. Health stores usually carry an array of hair and skin care products, which not only enhance external beauty but often improve the quality of skin and hair. You can look better and feel better, naturally. Natural mineral make-ups provide coverage and color without compromising your health, and these can be found online. Typically, less of these products are required to achieve the same or better results.

A bit of research and better choices can lead to better skin, better hair, better health and can reduce the toxic load on the body God gave you. Health is a personal responsibility. Being made in God's image, we must take responsibility for being informed and for making choices that will keep us functioning our best for whatever the Lord has in store for us.