

# ditch & switch

why make the switch?

clean, plant-based goodness

## TRICLOSAN

Found in most antibacterial products, toothpastes, soaps, deodorant, hand sanitizers and dish detergents

- Endocrine disruptor - especially dangerous to thyroid & reproductive system
- Skin irritant
- Can promote growth of drug resistant bacterial



## THIEVES HAND PURIFIER & FOAMING HAND SOAP

Includes several different essential oils! Oils boost the immune system and do not disrupt the good bacteria

## PHTHALATES

Found in almost everything labeled with "fragrance". These are used as lubricants/softeners and are typically not labeled. Phthalates are also found in nail polish, moisturizers, shampoos, body wash, candles, air fresheners, detergents, etc. These are everywhere, so think about how many products introduce this chemical to your system!

- Endocrine disruptor, linked to breast cancer & birth defects
- Effects the hormone system



## THIEVES LAUNDRY SOAP

Ultra-concentrated, free from SLS, petrochemicals, phosphates, synthetic perfume and optical brighteners

## QUARTERNARY AMMONIUM COMPOUNDS OR "QUATS"

Found in fabric softener, dryer sheets, most cleaners, antimicrobial and contain xenoestrogens

- Helps breed resistant bacteria
- Skin irritant/dermatitis
- Can cause respiratory disorders (think of how many kids have asthma these days!)



## DRYER BALLS!

Just add essential oils

## 2-BUTOXYETHANOL

Found in window, kitchen and multipurpose cleaners. Current laws do not require it to be listed on product labels! Can cause:

- Sore throats when inhaled
- Narcosis
- Pulmonary edema
- Severe liver & kidney damage

*Cleaning indoors in unventilated areas compounds exposure! The inside of your home can actually be more toxic than the outside.*



## THIEVES HOUSEHOLD CLEANER

Ultra-concentrated, can be used on ALL surfaces, simply dilute accordingly depending on purpose. A little goes a LONG way. Plant based and free of chemicals. Add baking soda for scrubbing power.

## ALUMINUM

Found in antiperspirants. Clogs pores and prevents sweating. Sweating is crucial to detoxing the body.

- Linked to Alzheimer's
- Interferes with estrogen levels
- Connected with a higher risk for breast & prostate cancer



## YOUNG LIVING DEODORANTS OR MAKE YOUR OWN!

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## FRAGRANCE

These are blends of aromatic ingredients that have a LOT of unknown chemicals in them because they don't have to be labeled! Can cause:

- Skin irritation
- Hormonal effects
- Headaches
- Allergies
- Respiratory issues



YOUNG LIVING  
ESSENTIAL OILS!

## SULFATES

Found in most foamy or soapy products. These break down slime and at the same time break down the natural oils on your skin.

- Skin & eye irritants
- Pulls natural oils from hair and skin
- Potential combinations can lead to other issues

**Check out <https://www.ewg.org/> for studies on sulfates**

*SLS has a by-product - 1,4-dioxane (will not be labeled) that is super bad and can cause cancer, brain toxicity, and organ damage. Most laundry detergents have this stuff!*



YOUNG LIVING  
BATH GELS, SOAPS,  
SHUTRAN LINE OF PRODUCTS  
FOR MEN

## PROPYLENE GLYCOL

It is in a variety of products from lipsticks, shampoos, foods, medications (like Benadryl), antifreeze, and e-cigarettes. Can cause:

- Skin irritation & allergic reactions
- Potentially toxic to liver & kidneys
- Neurological symptoms
- Cardiovascular problems
- Respiratory issues

**AND this chemical creates a pathway for other chemicals and aids them in entering your skin faster!**



YOUNG LIVING  
HAS A VARIETY OF  
SHAMPOOS AND PERSONAL  
CARE PRODUCTS TO MEET  
OUR NEEDS

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also please remember...

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All oils are **NOT** created equal! And they aren't regulated by the FDA, so make sure and do your research before choosing a brand. We use Young Living products for a reason!

**For more information visit: [www.seedtoseal.com](http://www.seedtoseal.com)**

Other clean products to consider:

Savvy Minerals makeup, Insect Repellent, Sun Screen, Seedlings baby line, Ningxia Red and so much more! [www.YoungLiving.com](http://www.YoungLiving.com)