



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

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### **Making the Switch to Natural Skin Care Products ....**

#### **Where Should you Start?**

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“What are the most important products to switch to chemical free alternatives”. This is a question that I get asked on an almost daily basis! I have compiled a list of where to start for people who want to make the

move to natural products, as I know it can be very overwhelming for people to change all of their products at once! That being said, as I have said many times before, it is very important to use natural products on babies, and this list applies to them as well.

#### **The List of What to Change.... Starting with the Worst Offenders!**

**1) Body Lotion/Body Butter-** This is the first thing I suggest that everyone changes. This

is so important because most people put the lotion on every day, it goes on a large surface area of the skin (the whole body) so it has an even greater opportunity to be absorbed into the blood stream, and it is a leave on product, also increasing the chances of toxin absorption.

**2) Facial Moisturizer-** Typically applied twice a day, and is a leave on product. The face on the skin is delicate and thinner than other areas of the body, meaning increased absorption of toxins.

# Recipe Corner

## MOROCCAN QUINOA~ SWEET & SPICY

1 cup	quinoa
2 cups	filtered water
1 Tbsp.	unrefined olive oil
1 cup	celery, diced
1 cup	carrot, diced
1 cup	Spanish onion, diced
1 cup	blanched, slivered almonds
½~¾ cup	raisins
½~¾ cup	diced Turkish apricots
	salt and pepper
	cinnamon and allspice
	cayenne
Spice bag:	bay leaf
	parsley
	coriander
	fennel seed
	cinnamon stick
	mint

- Make a spice bag by wrapping the last 6 ingredients in cheesecloth and tie with string. Set aside.
- Rinse quinoa well in fine sieve and set aside to drain.
- In a dry pan over medium heat, toast almonds until aromatic and golden brown, set aside.
- In the same dry pan, toast quinoa until aromatic and golden, 5~10 minutes.
- In large saucepan add water cayenne, cinnamon, allspice, raisins, apricots, spice bag and bring to a boil.
- Add quinoa, stir, lower heat, and cover.
- Let quinoa cook until all liquid is absorbed, approximately 15~20 minutes.
- While quinoa is cooking, heat olive oil in frying pan over medium-low heat. Add diced vegetables and sauté for 5 minutes, adding pepper and salt. Set aside.
- When quinoa is done, remove spice bag and fluff with a fork. Fold in vegetables and almonds. Cover and let stand 5 minutes.
- Adjust seasonings to taste.

**3) Foundation-** Similar to facial moisturizer, and conventional make ups contain many harmful ingredients including but not limited to: lead, 1,3-butadiene (known carcinogen), polycyclic aromatic hydrocarbons, parabens and phthalates.

**4) Lipstick/Lip balm-** Lead is commonly found in many conventional lipsticks. Lip products are concerning because some of what you put on your lips inevitably ends up getting ingested.

**5) Shampoo/Body Wash-** although they are not leave on products, the combination of shampoo and body wash are in contact with a large surface area of your skin and are used frequently. Shampoo often contains ethylene oxide which is a known carcinogen, and is identified as a mammary carcinogen.

**6) Perfumes-** usually worn frequently, and are full of parabens and ethylene oxide.

**7) Nail Polish-** this one depends on the frequency of use. If you are someone who paints your nails, or gets them painted weekly, I would seek out a natural alternative (Sparitual is one of my personal favs <http://www.sparitual.com/>) . If you are someone who paints your nails once every 4 months, then it is not as concerning.

**8) Mascara-** Although worn frequently by most people, it is not in direct contact with the skin. If it is removed properly daily, it is less concerning than other products. Mascara does typically contain parabens, aluminum and propylene glycol, so it should be phased out once you get your natural beauty regime rolling.

**9) Eye Shadow-** the skin on the eyelids is quite thin and has a fairly large blood supply to it, but the overall amount of make-up actually applied to the eye lids is small, limiting the exposure to toxins. Eye shadow does contain talc, which is a well established respiratory irritant.

# Holiday Hours

*Wednesday December 24th 9am - 3pm*

*Thursday December 25th closed*

*Friday December 26th closed*

*Saturday December 27th 9am-3pm*

*Sunday December 28th closed*

*Monday December 29th 9am-7pm*

*Tuesday December 30th 9am - 7pm*

*Wednesday December 31st 9am-3pm*

*Thursday January 1st closed*

*Friday January 2nd 9am-7pm*



**10) Eye Liner-** similar to eye shadow, although applied directly to skin, applied in small amounts. Eye liner can contain arsenic and cadmium so it is best to phase this out eventually to avoid exposure to these heavy metals.

I hope you found this list to be helpful, and to help reduce some of the anxiety over making the switch to natural skin care products. With Christmas right around the corner, this is a great time to start making these changes. Ask your friends and family to pick you up a quality natural body butter/ lotion instead of the chemical and toxin laden alternatives from Bath and Body Works and the Body Shop.

[www.ecochicmovement.com](http://www.ecochicmovement.com)

*For more information or to make an appointment please call:*

*(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*