

Cosmetic Makeover Action List

Compiled by Chris Pickard B.Sc

Our environment, our homes, our cleaning products and even cosmetics are full of chemicals. Many of which are doing us harm every time we inhale them, or get them on our skin.

Cleaning products and cosmetics are designed to help us either combat germs or make us look good, but the reality is that many may be speeding up the ageing process.

Many of these chemicals can increase pain and disability and have been classed as carcinogens (cancer causing), obesogens (causing obesity), diabetogens (causing diabetes), AGE's (advanced glycation end-products – these are literally ageing you), and hormone disruptors.

It is possible that the very products you are using to make you look good could be the very thing that's making you feel sick and tired (and making you age faster).

Step 1: Stop using any of your cosmetics until you have identified if you have already been effected by environmental toxins, of which cosmetics, perfumes and hygiene products are just one source.

The first free resource is: The Quick Environmental Exposure and Sensitivity Inventory or QEESI.

This questionnaire is just as valid as hundreds of pounds worth of blood tests.

You can download here:

<http://www.thepainreliefcentres.co.uk/wp-content/uploads/2018/09/qeesi.pdf>

The second is the Visual Contrast Sensitivity test.

This is an eyetest which can actually determine if your nerves are either nutritionally deficient, or toxic. It can not tell you exactly what, but it is a very useful screening tool. The first online test you can do for free, or if you would like me to see the results spend £8 and make sure you select me 'Dr Christopher Pickard' from the 'who referred you' list: www.vctest.com

Step 2: Check to see if your present products contain any of these:

- Formaldehyde-Releasing Preservatives
- Parabens
- Parfum
- PEG Compounds
- Petrolatum
- Siloxanes
- Sodium Laureth Sulfate
- Triclosan
- Benzophenone
- Homosalate
- Hydroquinone

For more information on the above, download this article:

<http://www.thepainreliefcentres.co.uk/wp-content/uploads/2018/09/Toxins-in-Cosmetics.pdf>

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Save time by downloading this app which will tell you about most cosmetics, hygiene, bathroom & household cleaning products:

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

Step 3: Replace your toxic toiletries with non-toxic ones. Use the app or make your own from essential oils.

Step 4: If you have a health concern, or wish to maximise your health, then consult a True Cellular Detox practitioner to help you eliminate all the obesogens, diabetogens, carcinogens and hormone disruptors that are already in your system.

If you would like our help you can reach us here:

bp@bodyinbalanceuk.com

Or call direct on 01707 662 704