



Maximized Living Non-Toxic Resource List

Personal Care Products*

- Toothpaste
 - Make your own – see last page
 - Kiss My Face Aloe Vera (Pomegranate or vitacost.com)
 - Redmond Earthpaste (vitacost.com or earthpaste.com)
 - Usana Sense Toothpaste (Lois Anderson 605-310-1601 loismanderson@q.com and sold at events)
- Hand Soap
 - Make your own – see wellnessmama.com
 - Kiss My Face Olive Oil Bar Soap – Fragrance Free (Pomegranate or vitacost.com)
 - Aubrey Organics Bath Bar
 - Desert Essence Castile Liquid Soap with Teatree oil (vitacost.com)
 - Kiss My Face Peace Soap foaming castile hand soap – Lemongrass (vitacost.com)
- Soaps/Face Washes
 - Norwex Body Towel – contact Renae Reu at 507-283-2257 or ecleanrenae@gmail.com or at our EVENTS!!
 - Kiss My Face Pure Olive Oil soap (vitacost.com or Pomegranate)
 - Jason Satin Shower Body Wash – fragrance free (Pomegranate)
 - Usana Sense Shower Gel (see above)
- Shampoo/Conditioner
 - Desert Essence Shampoo – fragrance free or 2 in 1 Gentle Foaming Hair & Body Cleanser (Pomegranate, vitacost.com)
 - JR Liggett's Shampoo Bar – (Pomegranate or vitacost.com)
 - Ava Anderson Non Toxic Shampoo (avaandersonnontoxic.com)
 - The Honest Company Shampoo (honest.com)
 - Dr. Mercola (drmercola.com)
 - Usana Sense Shampoo and Conditioner (see above)
- Deodorant
 - Florere (Inspired Chiropractic)
 - Kiss My Face – fragrance free or lavender (vitacost.com or Pomegranate)
- Sunscreen
 - Coconut oil and Shea Butter both have a SPF of 5 - use for days when you won't be out very long
 - Miessence Sun Reflect - for longer periods of time (http://miorganicproducts.com/bodycare/reflect_outdoor_balm.php)
 - Badger (vitacost.com)
 - Raw Elements (rawelementssusa.com)
- Lotions
 - Make your own – see body butter recipe on last page
 - Coconut oil
 - Earth Mama Angel Body Butter (vitacost.com)
 - Hugo Naturals Unscented Body Butter (vitacost.com)
- Makeup
 - DIY Makeup - <http://www.realfoodwholehealth.com/2014/02/over-50-recipes-and-tutorials-for-easy-diy-natural-beauty-non-toxic-makeup/>
 - Rejuva Minerals (rejuvaminerals.com)
 - Tarte Makeup (most are below 3 – do your research! Amazon.com or tartecosmetics.com)
 - Bare Minerals Original Formula Foundations (JCPenny)
 - MiEssence (online)
 - 100% Pure (100percentpure.com)

*Please note this document was made April of 2014 & all recommended brands scored a 3 or lower on EWG.org. Products are always changing so please stay informed & do your research. The best option is always to make your own from high quality ingredients. It's cheaper and you know exactly what is in it.



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- Burt's Bees Chapstick (HyVee)
- Perfume or Cologne
 - DoTerra Certified Pure Therapeutic Grade Essential Oils – (Kristin Tigges – ktigs3@gmail.com or 605-661-5017)
 - Yakshi Fragrances Roll-On Fragrance (vitacost.com)
 - Ecco Bella Botanicals Organic eau de Parfum (vitacost.com)
- For menstruating women –
 - Diva Cup or Natracare Organic Chlorine free Tampons/Pads or Seventh Generation Chlorine Free Organic Tampons/Pads (vitacost.com or Pomegranate)
 - Natural Birth Control Options
<http://healingcuisinebyelise.com/2012/08/top-5-natural-birth-control-options.html>
- Hair Styling Products
 - HoneyBee Garden Hair Spray (vitacost.com)
 - Giovanni Hair Styling Wax (Pomegranate)

Children's Care Products

- Coconut Oil for everything! –diaper rash, dry skin, keep meconium from sticking
- Seventh Generation Chlorine Free Baby Wipes (vitacost.com, Target, HyVee)
- California Baby – Sunscreen, body wash, shampoo, etc. (Target, BabiesRUs) – Use Skin Deeps App to check out specific products
- BabyGanics (babyganics.com) – Not everything in their line is below a 3 for a toxicity score. Use Skin Deeps App to check out specific products.

Cookware

- Calphalon—NO NONSTICK COATING. Make sure it's stainless steel (Amazon or Bed Bath and Beyond)
- Le Creuset--Porcelain enamel coating (Amazon)
- Orgreenics
- Stoneware - Pampered Chef, Williams Sonoma (all natural, clay based, even heat distribution)
- Glass cookware - Pyrex

Other Kitchen Utensils

- Glass containers instead of plastic
- Cutting Boards—Make sure to treat the boards with the appropriate oils to protect them and keep from drying out (e.g. Bamboo cutting boards use coconut oil).
 - Bamboo
 - Wood
- Bamboo cooking utensils, bowls, etc.
- Stainless steel/BPA free water jugs/sippy cups (Kleen Kanteen is good.)
- Stainless steel measuring cups/spoons
- Glass straws (strawsome.com) - very durable and kids love them
- Stainless steel popsicle molds and ice cube trays (onyxcontainers.com)

Water

- Shower Filter: New Wave Enviro Premium Shower Filter System (Amazon - buy replacement cartridges about every six months)
- Reverse Osmosis Water Filter - on kitchen sink or purchase water from grocery store - use this water for everything in cooking and drinking needs
- Berkey Water Filters and Shower Filters

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- Kinetico Water Systems – Julene Edwards 725 South 9th Avenue, Sioux Falls, South Dakota (605) 339-3434 – Any Inspired Chiropractic patient receives \$200 off your own system!

Paint

- AFM Safecoat Paint - zero VOC paint

Save Money Tips

- Amazon's Subscribe and Save program saves a lot of money on non-toxic diapers, wipes, coconut oil, food, etc.
- www.vitacost.com – Go to vitacostrewards.com and enter in jmchristoffer@gmail.com or ktigs3@gmail.com or hjpatocka@gmail.com for a **free \$10 coupon!**

Resources

- www.ewg.org – Use their Skin Deep Phone App or internet database to research your favorite brands and see a rating on how toxic they are
- www.healthychild.org

Recipes (for more go to wellnessmama.com)

Toothpaste

About 1/2 cup coconut oil

2-3 Tablespoons of baking soda

2 small packets of stevia powder

15-20 drops of peppermint or cinnamon essential oil

10 drops Grapefruit Seed Extract (optional)

10 drops myrrh extract (optional)

Melt or slightly soften coconut oil. Mix in other ingredients and stir well. If using semi-hard coconut oil, use a fork, if not, use a spoon. If you are using completely melted coconut oil, you will need to stir several times while the mixture cools to keep the baking soda incorporated. Put mixture into small glass jar (I make different ones for each family member). Let cool completely.

To use: dip toothbrush in and scrape small amount onto bristles. Could also use a small spoon to put on toothbrush.

Body Butter Recipe

1 cup shea butter (pomegranate market or hobby lobby)

1/2 cup coconut oil

1/2 cup almond oil (you can substitute olive oil, jojoba oil, olive oil, or any other organic, liquid oil)

Melt shea butter and coconut oil in the top of a double boiler.

Remove from heat and let cool for 30 minutes. Stir in almond (or olive) oil and essential oils of your choosing.

Wait until oils start to partially solidify...I put mine on the back porch to cool. Then whip until a butter-like consistency is achieved. This should only take a few minutes. Place in clean, glass jar and enjoy! A little goes a long way.

Should note: truly natural/organic oils (jojoba, grapeseed) are often easier to find and easily absorbed into the skin

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