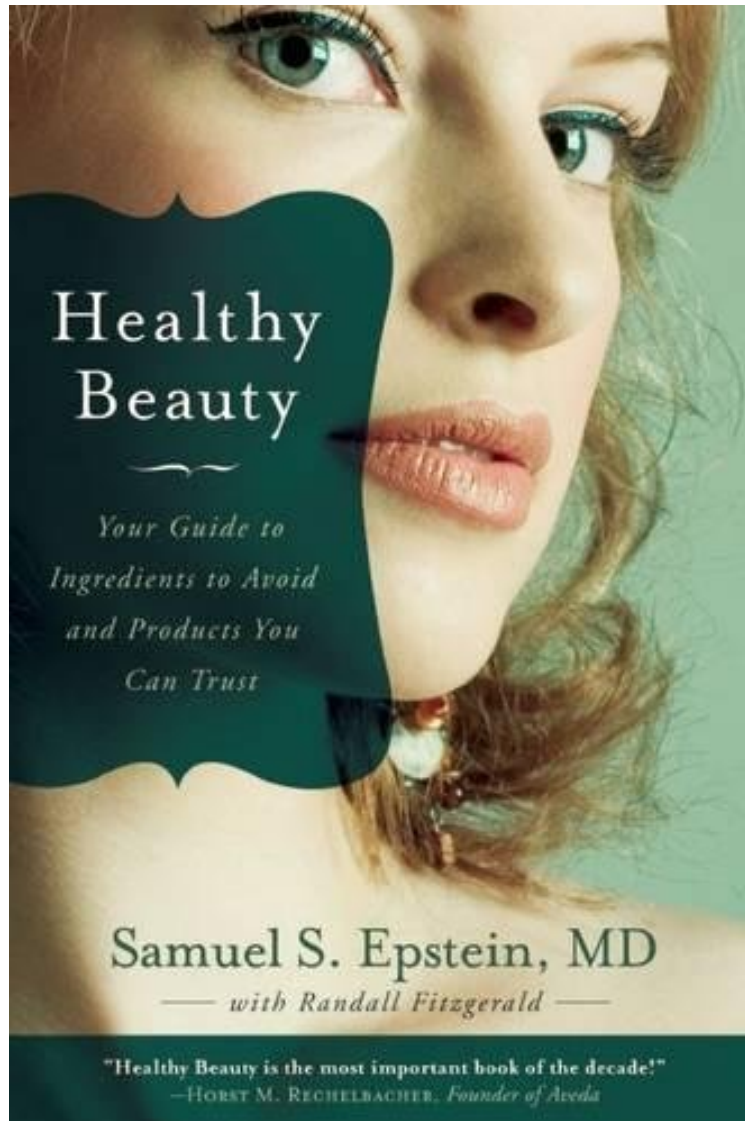


(Ebook pdf) Healthy Beauty: Your Guide to Ingredients to Avoid and Products You Can Trust

Healthy Beauty: Your Guide to Ingredients to Avoid and Products You Can Trust

Samuel S. Epstein, Randall Fitzgerald
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Samuel S. Epstein, Randall Fitzgerald : Healthy Beauty: Your Guide to Ingredients to Avoid and Products You Can Trust before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthy Beauty: Your Guide to Ingredients to Avoid and Products You Can Trust:

0 of 0 people found the following review helpful. This is a book that everyone should read. It ...By CaroleThis is a book that everyone should read. It is shocking how many carcinogens are in almost every product we buy and use.0 of

0 people found the following review helpful. Five StarsBy DeborahVery good book!6 of 7 people found the following review helpful. Not enough product clarityBy Vicki L. VohsI like the book, but I wish it would have been more specific about which products to buy and which ones to avoid. It gets a little confusing. It does however give you a good starting point to build your ongoing knowledge of the cosmetic industry so you can learn to purchase safe products, and avoid the toxic dangerous ones. (Which you will learn are very abundant!)

Anti-aging products are the fastest growing sector of the cosmetics industry as women and men are becoming rapidly more obsessed with looking and feeling young. Splashy ads and commercials are everywhere we turn, promising to keep our appearances fresh and our partners satisfied. But do consumers really know what they're applying to their faces and bodies in their quests for youth and beauty? Do they know the health risks they're taking by simply applying lipstick, face moisturizer or deodorant? Toxic beauty products clutter the shelves at retail stores everywhere, and consumers don't know the avoidable risks they're taking by following a simple beauty regimen. Written by Dr. Samuel S. Epstein, a founder and chairperson of the Cancer Prevention Coalition, *Healthy Beauty* gives the lowdown on salon safety, health risks hiding in everyday products, how we put our children in danger and more. *Healthy Beauty* will also educate you and your family on easily implemented solutions through the use of a variety of positive alternatives. In *Healthy Beauty*, you will learn: How beauty products can affect your children before they're born The brutal carelessness producers use when creating products for women and children The risks taken when you step into a salon Toxins in men's products such as deodorant, cologne and aftershave How to protect yourself and your family by reading labels and identifying potentially hazardous ingredients Through the help of Dr. Epstein and *Healthy Beauty*, you can protect yourself from the possible long-term effects of a simple beauty product.

About the AuthorSamuel S. Epstein, MD, professor emeritus of environmental health at the University of Illinois, Chicago, has published 270 scientific articles and authored or coauthored 15 books. Dr. Epstein has been a consultant to the U.S. Senate and is frequently invited to give congressional testimony. He has also consulted for the Environmental Protection Agency and the Department of Labor. He has appeared on national TV shows including *60 Minutes*, *Face the Nation*, *Meet the Press*, *Good Morning America* and the *Today* show, along with major documentaries, including the 2004 prize-winning *The Corporation*. Coauthor Randall Fitzgerald has been an investigative newspaper and magazine reporter and author for 37 years. He has written features for *Readers Digest*, *The Washington Post* and *The Wall Street Journal*. His most recent book is *The Hundred Year Lie: How Food and Medicine Are Destroying Your Health*.