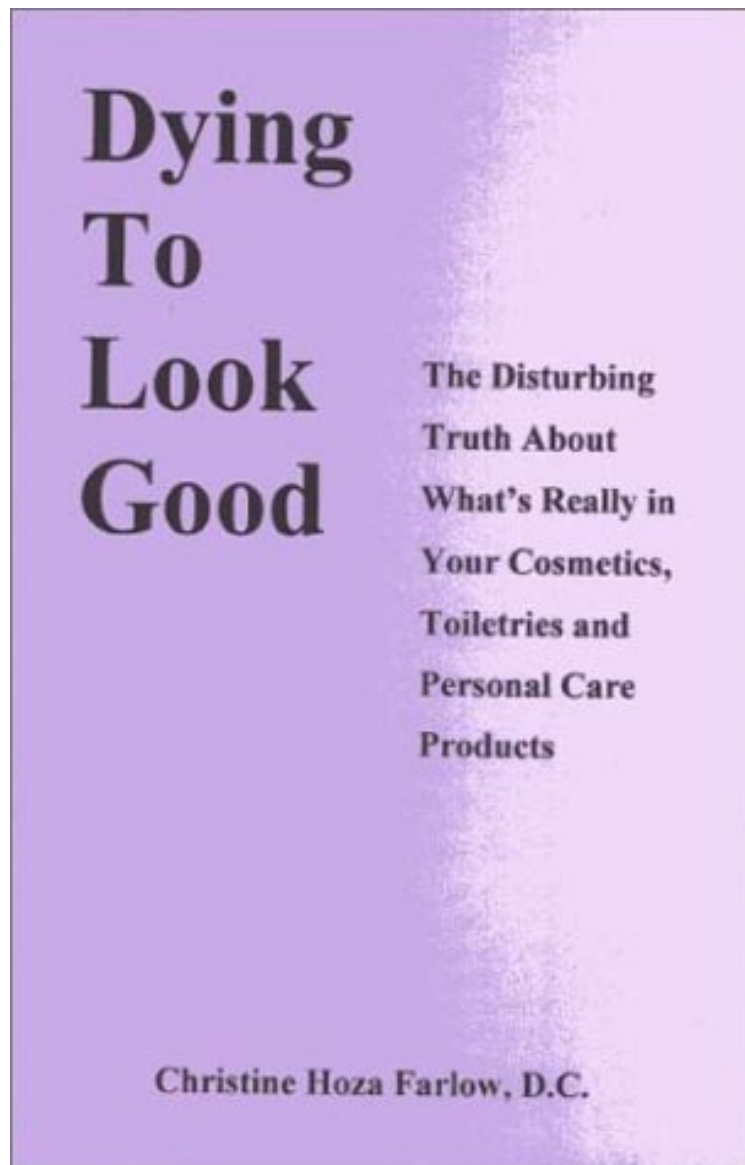


[Read now] Dying to Look Good : The Disturbing Truth About What's Really in Your Cosmetics, Toiletries and Personal Care Products

Dying to Look Good : The Disturbing Truth About What's Really in Your Cosmetics, Toiletries and Personal Care Products

Christine H. Farlow

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#3156345 in Books 2000-12Original language:EnglishPDF # 1 7.00 x 4.75 x .50l, #File Name: 096356353X136 pages | File size: 64.Mb

Christine H. Farlow : Dying to Look Good : The Disturbing Truth About What's Really in Your Cosmetics, Toiletries and Personal Care Products before purchasing it in order to gage whether or not it would be worth my time, and all praised Dying to Look Good : The Disturbing Truth About What's Really in Your Cosmetics, Toiletries and Personal Care Products:

33 of 35 people found the following review helpful. overpriced, lacked substances, inconsistent recommendation
By A Customer
I bought this book because I wanted to learn more about the good, bad and ugly sides of cosmetic ingredients. Here are the reasons why I like this book: -A list of cosmetic ingredients -A good product classification ranking
Here are the reasons why I don't like this book: -Overpriced; it actual value should be no more than \$3.95 -Lacked serious substance -Inaccurate recommendation
I found the Ecco Bella and Logona mascaras that she highly recommended turned out to be just as dangerous as I cross-referenced the ingredients using her book; if the iron oxide in the Ecco Bella Logona mascara can cause skin and eye irritant, lung irritant if inhaled, I would not recommend if I were her. There are two much better written books out there that I strongly recommend: the Safe Shopper's Bible by Steinman Epstein and the Home Safe Home by Debra Lynn Dadd. Don't waste your money purchasing Ms. Farlow's book, it is almost a duplicate version of the Safe Shopper's Bible.
13 of 13 people found the following review helpful.
A Life Saver!!
By Ruth Martinez
This book, DYING TO LOOK GOOD, is truly a life saver. It gets right to the point, without a lot of unnecessary verbiage. The title tells it all. Our cosmetics (like a lot of other modern day products) are killing us--slowly, but surely. Unless we individually take responsibility and clean up our own corner of Mother Earth, we will need to pay the consequences of our own poor choices. Those consequences can only be a decrease in our quality of life.
I was quite surprised by the review written by "A reader from Colorado." She said "The biggest misleading part is that there is no word about the CIR being an industry agent of the CTFA, . . . This is clearly not true, as on page 14 of DYING TO LOOK GOOD, it very plainly states that The Cosmetic Ingredients Review (CIR) was established in 1976 by the Cosmetic Toiletry and Fragrance Association (CTFA). I felt that the reader's other issues were equally ill founded.
I personally like this book a lot. Five stars worth! This book fills a need in my life. I now have a compact reference to take with me when I shop for cosmetics which gives objective information about numerous ingredients. It not only tells me what the FDA and CIR say about their safety, but more importantly, gives an independent evaluation of safety, revealing that many ingredients which the FDA and CIR say are safe are in fact really harmful--or at least questionable.
This book is not something you pick up to while away an afternoon. It is a useful reference to be carried with you to help you make wise choices.
0 of 0 people found the following review helpful.
A Real Eye-Opener!
By S Frederick
After a cancer scare, I purchased Dr. Farlow's Book, "Food Additives: A Shopper's Guide to What's Safe What's Not". While striving to adopt a healthier lifestyle through proper nutrition, this proved an invaluable pocket reference. When her recent book came out, I purchased it looking once again to receive additional guidance from a trusted friend. I was NOT disappointed. Although I am now very aware of the harmful effects of food additives, I never thought that everyday items such as soap, shampoo, deodorant and toothpaste could be adversely affecting my body as well. As with Dr. Farlow's first book, I really appreciate how easy this book is to carry with me and use as I shop. Now I can be sure the products I buy are safe products for me to use. Thank you Dr. Farlow. Keep up the great work!

Who would expect that making a profit would be more important than people's health and their lives? Yet, this is exactly the case in the cosmetics industry. Cosmetics and toiletries are laden with toxic chemicals, many carcinogenic. Makeup, hair coloring products, baby powder, shaving cream, mouthwash and toothpaste are just a few of the products that contain cancer-causing ingredients. Even products that are supposed to be gentle and mild for babies often contain toxic, irritating chemicals. Dying to Look Good tells you if the cosmetic and personal care products you're buying contain dangerous ingredients. It reveals what manufacturers don't want you to know about their products and shows you how to find the truth behind deceptive product packaging. You will learn how to confidently read labels so you know how safe your cosmetics and toiletries are. This book classifies over 1200 cosmetic ingredients according to safety, whether they may cause allergic reactions, whether they have been reviewed by the Cosmetic Ingredient Review Panel and if they are approved or recognized as safe by the FDA. It also lists over 750 cosmetic and personal care products that have been evaluated as "safe." In just seconds, you can find out if an ingredient in the product you're buying is harmful and you can identify safer products for yourself and your family.

"...Anyone who uses these chemicals on a daily basis would do well to get a copy of [this] book..." -- Dr. Bruce West, Health Alert
"...Every person who uses cosmetics...should have this book when they go shopping, or look up the products they are currently using." -- Lendon Smith, M.D., author of How to Raise a Healthy Child
"...Everyone concerned with looking good and being healthy needs this book to learn how to shop for cosmetics..." -- Ann P. Tidwell, Ph.D., 1st EnviroSafetyFrom the Author
Do you know what's in the make-up or the shaving cream you put on your face every day? What about the lotion you put on your skin or on your baby? Or the bubble bath you let your kids soak in? Or even the soap your family uses to bathe or the toothpaste you use to brush your teeth? Many of the ingredients in the cosmetics, toiletries and personal care products you use every day are harmful. Studies have found that nearly 50% of cosmetic products evaluated were contaminated with the cancer-causing chemical 1,4-dioxane. Cosmetics, toiletries and personal care products do not require FDA approval before they are sold to the public. A harmful product can only be removed from the market if the FDA can prove in a court of law that the product is harmful, improperly labeled or violates the law. Most products are labeled to "sell" rather than to provide accurate

information about the product. Terms like natural and hypoallergenic do not have official definitions, so the manufacturers can use them to mean anything they want. This often leads to misleading information about the product on the label. You need to read labels more today than ever before! Because of increasing consumer awareness about healthy products, manufacturers are designing packaging to make it look like the product inside the package is healthy and made from natural ingredients. But if you read and interpret the ingredients on the label, there's a very good chance that you'll find that is not the case. Many of the ingredients added to cosmetics and toiletries are harmful or inadequately tested. So, be sure that the cosmetic and personal care products you're using are healthy. With this book, you will discover how quick and easy it is to tell if the products you're buying contains dangerous ingredients and to find products that are safe and healthy to use. You can't depend on the FDA or the manufacturers to make sure the products you buy are safe. It's up to you! Protect your family's health. Don't go shopping without this book. From the Back Cover Buyer Beware! The cosmetics industry is very poorly regulated. Many of the ingredients in the cosmetics, toiletries and personal care products we use every day are harmful. Some cause cancer. Most products are labeled to "sell" rather than to provide accurate information about the product. Terms like natural and hypoallergenic do not have official definitions, so the manufacturers can use them to mean anything they want. This often leads to misleading information about the product on the label. "Some people will do anything to look good in their coffins. ... Every person who uses cosmetics - male or female - should have this book when they go shopping, or look up the products they are currently using." Lendon Smith, M.D. How to Raise a Healthy Child Dr. Christine Farlow has been counseling patients and teaching classes in health and nutrition since 1984. She has helped thousands of people achieve higher levels of health and well being.