

DR. MIKE'S BODY CARE MYTH BUSTER

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MYTH # 1: ESSENTIAL OILS ARE 100% SAFE

A lot of people are under the very mistaken impression that just because essential oils are 100% natural, then they are completely harmless, and can be applied directly to the skin or taken orally. This is not the case!!!

Essential oils are highly concentrated, and most contain allergens that can cause problems if not used correctly. It is important only qualified and experienced persons correctly formulate body care recipes, and that the appropriate concentrations of essential oils are used in products to ensure that internationally accepted allergen levels are not exceeded.

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MYTH # 2: ANTI-BACTERIAL CLEANSERS ARE MORE EFFECTIVE THAN SIMPLE SOAP & WATER

This is not supported by scientific data, and hand washing with soap has been shown in many scientific studies to be just as effective as bacterial cleansers.

There is a real danger that the widespread use of antibacterial products in homes could result in dangerous bacteria developing antibiotic resistance, which ultimately could result in a global health crisis.

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MYTH # 3: ALL SOAPS ARE THE SAME

The fact is that many products are not actually soap, and are chemically classed as detergents. Check around, some products that people assume to be soap are called beauty, cleansing or facial bars.

Detergents are made from various petroleum products, and are made up of various surfactants, foaming agents, synthetic artificial fragrances, preservatives and antibacterial agents to prevent them from spoiling.

Handmade natural soaps are made from vegetable or animal oils, and do not require preservatives.

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MYTH # 4: SOAP & HOT WATER IS MORE EFFECTIVE IN KILLING GERMS THAN SOAP WITH COLD WATER.

Scientific research has demonstrated that hot water with soap for hand washing is no more effective than cold water with soap.

For example, in a report published in the *Journal of Occupational and Environmental Medicine* (J Occup Environ Med. 2005 Apr; 47(4): 434-5.) it is reported that for subjects who had their hands contaminated with microorganisms and then were instructed to wash their hands with soap for 25 seconds in water ranging in temperature from 4 Celsius to 49 Celsius, the various temperatures had "no effect on transient or resident bacterial reduction."

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MYTH # 5: IT IS HYPOALLERGENIC, THEREFORE IT MUST BE SAFE

Not true, and while the word “hypoallergenic” sounds impressive it actually has no medical definition, and products labeled “hypoallergenic” may not be any better for sensitive skin.

There are no accepted testing methods, ingredient restrictions, regulations, guidelines, rules, or procedures of any kind, anywhere in the world, for defining a product as being hypoallergenic. A company can label their product “hypoallergenic” because there is no regulation that says they can't, regardless of any proof. What proof can they provide if there is no widely accepted standard for “hypoallergenic”?

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MYTH # 6: IF A PRODUCT IS LABELLED NATURAL OR ORGANIC, THEN IT MUST BE SAFE

No, what is more important is a close examination of the ingredients list. Some “organic” bath and soap products may contain only a single-digit percentage of organic ingredients. For example, “organic” shampoo may only contain organic essential oil at around 1% concentration, which does not make the entire product organic.

Products labeled as “natural” may use ingredients sources such as Decyl Glucoside (Coconut And Corn Derived), Propanediol (Corn Derived). These ingredients are highly processed, and some of these types of plant-derived chemicals have been found to contain synthetic and petrochemical compounds as a result of their high degree of processing.

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ABOUT US & WHERE TO FIND US

The founders of Indochine Natural, a Vietnamese fashion designer and an Australian scientist, have merged their talents to create a unique dynamic that embraces the rich exotic fragrances and ingredients of the Orient to enhance the essence of healthy clean skin and hair.

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