



MARIPOSA NEWS

SUMMER 2012



Welcome To Summer From Mary Anne

Though I said this last summer, it's true every year. When the star jasmine over my garden fence bursts into bloom and scents the air, that's when I know that summer is really here. Add to that the heady fragrance of the Oriental Lilies on a warm night and I feel like I'm in some tropical paradise—minus the humidity. When you drive through the countryside, Mendocino County has that summer smell.

At Mariposa Market summer means “fruit”. It's just plain exciting to walk into the produce department and see the abundance of summer produce. July and August are the best months, when just about everything wonderful is in season, from blueberries, strawberries and raspberries to melons, grapes, and stone-fruit. This year my favorite melon is the “Goddess”. It is a cross between an Ambrosia Cantaloupe and an Orange Honeydew—soft, sweet, and dripping with juice. Apricots were delicious this year, but unfortunately, their season is over. We will be getting more pesticide-free peaches and nectarines through July and August. These are super delicious fruits and come from a family farm near Modesto. Bartlett Pears from California are waiting in the wings. And strawberry prices will drop again a little, making this a good time to order up a case or two for jam or freezing.

Green beans and corn are at their finest moment now. And tomatoes are finally coming from California. Their flavor is very good. The Early Girls and the small Heirlooms are particularly delicious.

Be sure to indulge yourselves in this summer bounty because this season is fleeting and its riches are short-lived.

Just a reminder: Mariposa Market will be celebrating its 33rd anniversary at the end of August. As usual, it will be a PARTY! We'll keep you posted.

Greetings From The Deli

Greetings from the deli. WOW! Finally summer has arrived and we are doing our best to come up with cool and refreshing food choices. Our lemonade is made with fresh lemons and is always available in our self-serve dispenser in front of the bakery case. We have been fortunate to procure an absolutely light, yet creamy cheesecake with homemade sauce (sometimes strawberry, sometimes pineapple) from our locally owned, *Senerchia Bakers*.

You'll find these delightful goodies in the reach-in fridge in the deli department. As a reminder, our smoothies are made without ice so you can count on an ice cream-like treat without the ice cream. Local owner of *Herbs and Cheese Pizza*, Matt, has brought us his latest creation, Spicy Chicken...it is already a top seller.

Due to high demand, we will be offering cold sandwiches at our deli counter. You can create the sandwich of your choice exactly the way you like it. We're still working on rice wraps, and will get them to you when we are satisfied with the end product. In the meantime, we still have our tortilla wraps, which make a great, no cook lunch or dinner meal accompanied by our side tossed green salad. Here's hoping for a cool and safe summer from the Mariposa deli staff.

Mark Your Calendar Mariposa Market Annual Party Friday, August 31

Store Hours

Mon-Fri 9-7 Sat 9-6 Sun 11-5:30

Mariposa Market - 500 S. Main St., Willits, CA 95490 - Ph (707) 459-9630

Need To Remove Gluten From Your Diet?

By Terri

Gluten is the generic name for certain types of proteins contained in common cereal grains such as wheat, barley, rye, and their derivatives. Many products including all fresh fruits, vegetables, beef, chicken, fish, lamb, pork, and dairy products are naturally gluten free. Grains not allowed in gluten free diets include wheat, einkorn, durum, faro, graham, kamut, semolina, rye, barley, and triticale. Grains and flours allowed in gluten free diets include rice, corn, soy, potato, tapioca, beans, garfava (garbanzo fava blend), sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, montina, flax, and nut flour. Distilled alcohol beverages, vinegars and wines are gluten free. Beer, ales, lagers, and malt vinegars made from gluten containing grains are not distilled and therefore are NOT gluten free.

I am currently working on an extensive gluten free product list to help guide you in shopping for your dietary needs. I am excited about it and will continue marking the shelves with tags for the gluten free products to help you to locate these delightful foods. I have been doing a little reading and journaling and have a few fun things to share with you.

I would also like to mention we have Bob's Red Mill Tapioca Flour on sale for \$2.49! Located on our baking aisle, we have a great selection of gluten free mixes. Pamela's Baking Mixes are very popular, as are the Sylvan Border Gluten Free Pantry's selections. I am getting rave reviews about these products all the time.

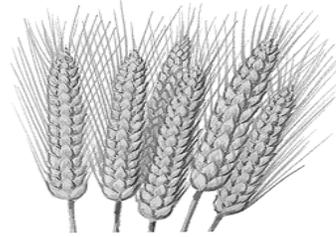
I would like to talk flour for the "bake from scratch" lovers. Gluten is a protein found in wheat flour. It gives the baked goods texture. To replace gluten, you would need to use another thickener. Xanthum or Guar Gum can be used in your recipe. I found this flour mixture very compatible for all your basic baking recipes, with a few additions of your own, of course.

6 Cups White Rice Flour/finely milled from polished white rice

2 Cups Potato Starch/ also great as a thickener for sauces

1 Cup Tapioca Flour/a light smooth flour that adds the chewy texture

Note: For each cup of flour you would mix in 1 tsp Guar Gum or Xanthum. This will keep the baked goods from crumbling.



We carry many non-gluten flours such as brown rice flour which is high in protein, and corn flour which I like to

add to cornmeal for muffins, waffles and pancakes. Coconut flour is my personal favorite. It has a pleasant flavor and is high in fiber. Almond flour is nutty and sweet and excellent for low-carb diets. There is also buckwheat flour, which is not really wheat at all. It is actually in the rhubarb family! Garbanzo and garbanzo-fava blend flours make an excellent crispy coating, like tempura. Quinoa Flour is very popular as it is also a superfood in its whole form. There is a great recipe for Quinoa Porridge and Fruit in the 'Living Without' magazine located in the front of our store. You should check out this issue with lots of info and ideas.

Fun Notes: Egg Substitute: Mix 1 TBLSP flax meal with 2 TBLSP of hot water. Let it set a couple minutes until gummy and add to your recipe. ONE Large EGG=1/4 C mixture.

~Egg White substitute: 2 TBLSP Agar powder dissolved in 2 TBLSP warm water, whipped then chilled 1/2 hr., then whipped again.

~Tofu makes a great egg alternative; be sure to puree it to avoid clumps.

~Butter or oil alternative: Applesauce!

Here is a flour mixture for bread I want to share with bakers:

2 Cups Oat Flour, 1/3 Cup Brown Rice Flour (retains all the nutrition of rice bran), 1/3 Cup Tapioca Flour (adds the chewy texture) and 1/3 Potato Flour (if you use yeast~ 2 tsp required.) Note: Also, remember use 1 tsp of Guar Gum or Xanthum Gum for each cup of flour.

As always, we will continue updating our offerings here, putting in place products which are the most nutritious and taste the best. I am here most days to assist you and answer questions. Our goal is to help you on your way to a new healthy life without gluten.

Excerpts From The Suggestion Box

PLEASE DO NOT PERMIT CUSTOMERS TO LEAVE CAR ENGINES RUNNING TO COOL A SINGLE OCCUPANT. ALLOW THEM TO SIT IN THE SHADE.

If only we had such control of the world around us! Mariposa's parking lot just doesn't have much shade to spare.

PLEASE CARRY CELESTIAL SEASONINGS TRUE BLUEBERRY, CHERRY BERRY, AND ALMOND SUNSET TEAS.

We got the Cherry Berry and True Blueberry. The Almond Sunset has been discontinued by C.S.

WHAT HAPPENED TO VITA SPELT PASTA?

Most of it is no longer available, and it failed to sell.

YOU MUST STOCK MARMITE!

After much searching, we found a distributor. Now we have it for all you Marmite-lovers.

PLEASE CARRY EARTH BALANCE OLIVE OIL MAYONNAISE. THIS IS A NON-SOY VEGAN MAYO ALTERNATIVE.

It's on the shelf--your wish is fulfilled.

WHERE IS THE JULIE'S MOCHA FUDGE ICE CREAM?

It is no longer available.

HOW ABOUT JUST PLAIN BANANA YOGURT? I HAVE TO DRIVE TO TRADER JOE'S TO GET IT.

Sorry, we can't find a plain banana yogurt.

CAN YOU PLEASE GET HUMBOLDT GRASS FED BEEF? IT'S A FRACTION OF THE PRICE AND A LOT TASTIER.

We wish we could carry this fine product. Unfortunately, the beef comes in big chunks and has to have a butcher to cut it up and package it. We aren't set up for this at Mariposa.

PLEASE CARRY PIACI AGED PROVOLONE AND MOZARELLA.

This is a very yummy product, as you said. But, unfortunately, it did not sell for us and it is dated.

COULD YOU PLEASE CARRY SOY BOY VEGAN RAVIOLI AND OKARA BURGERS?

This brand is not available to us.

Is It Apple Cider Or Apple Juice?

Bartholomew flew in from London, England, to stay a few days at our house recently before trekking to Washington to visit Kurt Cobain's grave. During his stay with us he visited Mariposa Market to stock up on some of our tasty organic snacks and beverages.

"Hey, Kevin" he asked while I was busy stocking the beverage aisle, "what's the story on this Bernie's apple cider? What's the alcohol content? I don't see it listed?"

I looked up from my kneeling position and just shook my head. "Another victim of apple cider/juice confusion", I thought to myself.

"There is no alcohol in Bernie's or any other apple cider we sell." I said with a smirk as I stood up. "Allow me to enlighten you" (he's big on enlightenment).

Together we walked the juice aisle and I pointed out several juices and ciders.

"**Apple cider**, also called **sweet cider** or **soft cider**", I continued, "is the name used in the USA and parts of Canada for an unfiltered, unsweetened, non-alcoholic beverage made from apples. Although the term cider is used for

Continued on Page 6

Skye Creek Herbals By Tasha J.

Mariposa Market has just picked up a line of local body care products from Skye Creek Herbals. A young woman named Shelly Spellins has just opened her business in downtown Ukiah, and reports that she is doing well. Her herbal products are made using recipes from her grandma, who was a "granny woman" in the Ozark Mountains.

The "granny woman" was the one who was called when someone took sick or was going to have a baby. She knew what natural remedies to use and cured many maladies even without knowledge of modern medicine. "I am proud to be the carrier of this knowledge and even happier to bring it to my adopted home of Mendocino County," says Shelly. At her shop she also carries items made by local artists and crafters from all over Mendocino County.

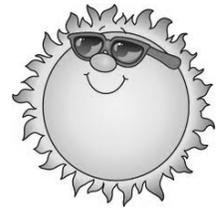
Mariposa Market is starting off by bringing in a few of Shelly's products which we think are the most unique. We have the bath teas, which are beautiful with their flower petal, fresh harvested herbs, and powdered buttermilk. Buttermilk is great for softening, brightening, and exfoliating the skin. Because it is astringent in nature, it is well suited to lightening skin spots and tightening the skin.

The Coffee and Honey Butter is my favorite. It smells like a fresh cup of coffee. Yum! And the Boo Boo Stick, in the form of a lip balm, is perfect for applying to cuts, scrapes, and burns. It fits easily in your purse—we consider it a "mommy must have". We also carry Skye Creek Herbal baby bottom salve and baby powder. Come in and try these products. We have testers for all of them.



Is The Sun Really Our Enemy? New Facts About Sunscreens

By Alecia O'Neil



When considering the use of sunscreen, there are some questions we need to ask ourselves. First, do I need sunscreen? And second, which brand should I choose? If you are like me and sunburn easily, sunscreen is sometimes necessary.

However, there are considerations. We absolutely need sunlight to synthesize Vitamin D. When our skin is exposed to Ultraviolet B (UVB) rays our bodies are able to produce Vitamin D. Most people are aware of the importance of this vitamin, and how a deficiency can be detrimental to our health. Ironically, when it comes to skin cancer, there are studies which prove a link between Vitamin D deficiency and the development of skin cancer. As well, high Vitamin D levels have been shown to improve skin cancer survival rates (1). So really, why should we be expected to stay out of the sun or slather our bodies with sunscreen, a substance that prohibits our bodies from manufacturing a vitamin which has been proven to protect us? Common sense dictates that we limit our sun exposure if we are fair-skinned and burn easily. A nasty sunburn is not a realistic way to get adequate Vitamin D. But, I am constantly amazed how sun-phobic most of us have become. We constantly cover our bodies with copious amounts of sunscreens (copious amounts are recommended), many of which contain dangerous chemicals. (2)

Profit-driven sunscreen companies will have us believe that UV exposure is the one thing that causes skin cancer. The truth is that skin cancer development is not one-dimensional. To suggest that prevention is an issue of sunscreen use versus no sunscreen use is grossly over-simplifying the facts, and is actually misleading. Skin cancer most usually is caused when excessive UV exposure is combined with chronic nutritional deficiencies which make the skin vulnerable to attack by rampant malignant cells (3). What you eat largely determines how your skin reacts to UV exposure. There are ways to boost your internal sunscreen potential. Antioxidant rich foods such as dark chocolate, leafy green vegetables, pomegranates and green tea actually help protect us from UV damages on a

cellular level. The supplement astaxanthin is rich in soluble carotenoids, which are transported to skin cells, protecting them from many of the sun's harmful rays (5). The more antioxidants a person consumes, the more sunlight their skin can handle without burning.

With this said, there are still those times when sunscreen is a must. Long days at the beach or river can fry even the toughest hide. And, sensitive areas like the face definitely need protection. But, do take a look at your sunscreen. Many of them are loaded with questionable ingredients, including parabens, toxic chemical solvents, and cancer causing fragrances. The ingredients are in nano-particle form which means they are small enough to penetrate the skin and reach the bloodstream. A common ingredient, oxybenzone, for example, has been shown to mimic estrogen and is a potent hormone disruptor (6). For over a decade the FDA has turned a blind eye to known toxic ingredients, and has done nothing about them (see article in this issue about toxins in body care). Many sunscreens have actually been proved to increase the incidence of skin cancer by spurring the growth and spread of cancerous cells. Sunscreens containing Vitamin A and derivatives such as retinol and retinyl palmitate have been shown to be phyto-carcinogenic, which means they become toxic when exposed to sunlight (7). A FDA report states these ingredients may cause tumors and lesions to develop and spread 21% faster than sunscreens without Vitamin A (8). It behooves us to think twice before covering our bodies with chemical-laden products. Realize that the sunscreen industry is big business and their goal is to get us to use a lot of product a lot of the time.

There are a few natural sunscreens. However, the FDA has only approved a handful of ingredients which are natural and can still use the

Continued on page 5

The Chill Department “Kalona Super Natural”

By Carrie

Kalona Dairy is a Mid-West co-op based dairy in Iowa. This dairy uses milk only from family owned and operated farms. Most of the farms are maintained by Amish or Mennonite farmers who still do most of the work by hand. All of the herds consist of 35 or less cows which are made up of breeds such as Holstein, Jersey, Brown Swiss, Guernseys, Ayrshires, and Milking Shorthorns.

Kalona is a certified organic company. They do not add thickeners or stabilizers to their products. As well, they do not add Vitamin D, and the milk is non-homogenized. They process at the lowest temperatures possible to deliver products at their most natural state.



Kalona Yogurt is different from other yogurts. It is not whipped, so it keeps its natural marbled texture. No artificial colors or sweeteners are added. Their fruit yogurts use fruit as the sweetener, making these yogurts very low in sugar—only 7-12 grams as opposed to 20-35 grams in the more common brands. Kalona Yogurt is naturally rich in protein, riboflavin, calcium, and vitamins B-6 and B-12.

Besides yogurt, we carry their chocolate milk (a whole milk product), buttermilk, cottage cheese and half and half.

Kalona Dairy embodies what we honor as sustainable farming. More products like this one mean better food for our planet and better stewardship of our environment.

Kombucha Update

We know that many of our customers have been anxiously awaiting the return of Mellinium Kombucha Classic to our shelves. It will be returning later than expected due to production issues.

New additions to the Bulk Department:

Organic Jojoba Oil
Organic Almond Oil
Organic Avocado Oil

Sun and Sunscreens - Continued from page 4

word “sunscreen” on their label. These are the minerals “zinc oxide” and “titanium dioxide”. Sunscreens that contain natural protectants have to be applied more often. They remain on top of the skin as a barrier and do not contain nano-particles. Sadly, they are more expensive. However, for children, they are well worth the extra cost. In this world, as we know, the extra expense now can save us thousands down the line. The world of marketing does not have our best interests at heart.

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(5) “Astaxanthin Naturally Prevents Sunburn”; Natural News, Aug. 2, 2011

(6) “CDC; Americans Carry Body Burden of Toxic Sunscreen Chemicals” by Rebecca Smith, Environmental Working Group, March 2008

(7) “How Supermodel Gisele Bündchen Infuriated Cancer Experts”; www.Mercola.com.

(8) “Many Sunscreens May Be Accelerating Cancer”, The Huffington Post, May 24, 2010.

Beer and Wine by Debbiemac

Hopefully everyone is having a great summer. We encourage you to come in and check out our unique selection of beer and wine. We have some wonderful summer beers that are light and refreshing. We have Summer Solstice from Anderson Valley, Anchor Summer from Anchor Brewing, Summerfest from Sierra Nevada, Twilight from Deschutes, and Blonde Ale from Eel River Brewing Company. There are also 12-pack cans available from Sierra Nevada, Anderson Valley Amber Ale and Blue Moon along with our regular selection of 12-pack bottles of Scrimshaw, Racer 5 and Boont Amber Ale. We also carry a variety of ciders. There are chilled wines in the cooler by the beer that include a new Sauvignon Blanc from Simaine Winery and a Sauvignon Blanc Terrior 95470 from Chance Creek winery.

Our wine display this month features a variety of Zinfandel wines from our local area. We have Simaine Zinfandel, Parducci Zig Zag Zin, Brutocao Zinfandel, along with Edmeades and McNab Ridge Zinfandels. The red wine Zinfandel is known for its rich, dark, color scheme, medium to high tannin levels and higher alcohol content. The Zinfandel feature flavors include raspberry, black berry, cherry, plums, raisins, spice, and black pepper all wrapped around various intensities of oak. Zinfandel pairs well with plenty of meat; lamb, poultry, beef, game, and some fish, under a variety of cooking styles (grilled, stewed, braised) and continues to showcase its versatility with tried and true pairing favorites like fish tacos, spicy fare or simply brats and burgers. Grab a bottle of wine or your favorite beer and enjoy it with your meal!

New Items In The housewares And Gift Section

We're into the heat of summer and the kid in us and the children in our care want popsicles. We have a new line of Tovolo Popsicle Makers in the houseware section. They are BPA-free, colorful in design and fun to use with 100% juices or other combinations of tea and juice to create your own refreshing treat. We also carry their BPA-free ice cube trays. Another interesting new item is a filtering water bottle from Hydros. It is designed to reduce chlorine, chloramines and particulates to improve the taste and quality of potable tap water. If you are on the go this might be the bottle for you as the filter is in the bottle itself. We are constantly getting new items in the houseware and gift section.

Please check this section out when you're in the market.

Cider or Juice — Continued from Page 3

the fermented alcoholic drink in most of the world, including England, the term **hard cider** is used for the alcoholic drink in our country and much of Canada."

At this point I led him to our beer and wine refrigerator. As we both peered through the glass doors I offered, "Here is where we have our hard apple ciders, along with a couple of fine pear hard ciders. The alcohol content varies between 5 and 10 percent. They're very popular."

"Very good, my man", the tall, silver pony-tailed man said amusedly. He was obviously piqued at this bit of knowledge he had not already absorbed in his eighty-seven years of living on the planet. "I implore you to blow my mind further on this subject".

"In the US the difference between apple juice and cider is not well-established", I effused in my most professional assistant grocery manager tone. "Some states do specify a difference. For example, according to the Massachusetts Department of Agricultural Resources, apple juice and apple cider are both fruit beverages made from apples, but there is a difference between the two. Fresh cider is raw apple juice that has not undergone a filtration process to remove coarse particles of pulp or sediment. Apple juice is juice that has been filtered to remove solids and pasteurized so that it will stay fresh longer. In our state of California, no distinction is made between apple juice and apple cider."

I went on. "It takes about 4 ½ pounds, or 2 kilograms, to make a quart of cider."

"Is all cider in the States pasteurized", he asked, breaking my momentum.

"Good question. You really are listening", I quipped.

"Due to E. coli outbreaks from unpasteurized apple cider and other outbreaks from contaminated fruit juices, the FDA, in 2001, issued a rule requiring virtually all fresh fruit and vegetable producers to use either heat pasteurization, ultraviolet irradiation or other proven methods to kill bacteria. Exempted are those producers who sell directly to consumers, such as farmers' markets and roadside stands."

He looked at me with a twinkle in his eye. "Son, you really have blown my mind", he said stroking his long, white goatee. "I think a couple quarts of Bernie's and a few of these apple and pear hard ciders should do the trick."

"That's the spirit", I exclaimed.

"And I suppose no pun intended?" he laughed.

"Of course not, Grandpa", I said with a wink. "I never pun on the job."

Top Ten List of My Favorite Products at Mariposa By Camille Stuart

1. Wild Carrot's Lord! My hands are so dry! – hand and body lotion that smells divine.
2. Fort Braggs Bakery's Olive Herb baguette – fabulous with Italian food, or by itself.
3. Roland's Bakery & Catering garlic bagels – actually, ALL of Roland's bagels are great!
4. Napa Valley Olive Oil – Rich & Robust – this is a staple in my house – it has wonderful flavor.
5. Fiscalini Horsefeathers, a gentle cheddar and horse-radish spread – what can I say? I'd eat it with a spoon if I didn't have crackers. It's also a yummy spread on burgers.
6. Rita's Chipotle Salsa – made with organic ingredients – great with Rancho Berenda's tortilla chips.
7. Haig's Baba Ghannouge Roasted Eggplant Meze – for those who like Middle Eastern cuisine – try it with pita chips.
8. Mary's chicken – any and all pieces!
9. Bella Rosa French Roast coffee – our new favorite.
10. From Gracie the cat: Taste of the Wild Rocky Mountain Feline Formula – loves, loves, loves it!!
There are so *many* more items I could list, but I'll just have to wait till next time.

Red Raspberry Leaf Tea



“A Woman's Tonic” By Jenn Sanders

Red raspberry leaf with its high content of vitamins and minerals like Vitamins A, B, C, and E, plus potassium, phosphorus, and calcium, can promote the overall health of women. It has been known to ease the pains of delivery by toning the muscles of the pelvis and the uterus. For women who suffer from menstrual issues, red raspberry can regulate the menstrual cycle and relieve symptoms of PMS. It is usually prepared by boiling one cup of water and adding two teaspoons of leaves. Allow to steep for about fifteen minutes. The tea should be taken while hot.

Oh No! Toxins In Body Care Products

Personal care products are meant to make us more beautiful. But, have you read the list of ingredients on the labels of your favorite shampoo, or your most effective deodorant, or your most fragrant lotion? Have you come across names like phthalates, triclosan, paraben, or sodium laureth sulfate? Surely, our government would not permit dangerous substances that go on our skin or hair. Think again consumer.

The skin is the biggest organ of the human body. Chemicals in body care products can easily pass through the skin barrier into the blood stream. While our bodies have excellent detoxifying systems in place, today we have so many synthetic chemicals assaulting our bodies from air, water, and food that our systems are not able to keep up, and we go into toxic overload. When the body is unable to adequately process and excrete these toxins, the body then stores them in our tissues, mainly our fat cells. Eventually, these stored toxins interfere with normal biochemical processes and cause disease. When you consider that we use an average of nine body care products per day, which can contain up to 126 synthetic chemicals, it does behoove us to read and understand the labels attached to these products. Here is a list of the worst offenders.

Propylene Glycol and Butylene Glycol: Found in anti-freeze. Acts as a wetting agent and solvent. Strong enough to remove barnacles from boats it penetrates the skin and weakens protein and cellular structure. The EPA requires handlers of this chemical to wear protective clothing. Contact with the skin can cause brain, liver, and kidney problems. Yet, there isn't a warning label on products such as stick deodorants, where the concentration is greater than in most industrial applications.

Sodium Lauryl Sulfate and Sodium Laureth Sulfate: Detergents that pose serious health threats. They are used in garage floor cleaners, engine degreasers, and in 90% of body care products that foam, including toothpaste. Eye damage and skin irritation are the main effects.

Continued on Page 8

Toxins In Body Care — Continued From Page 7

DEA (diethanolamine), MEA (monoethanolamine), and TEA (triethanolamine): Hormone disrupting chemicals that form cancer-causing nitrates. Though restricted in Europe they are still used in the U.S. Americans may be exposed 10 to 20 times per day through their shampoos, shaving creams, and bubble baths. Repeated applications of DEA based detergents can result in a major increase in liver and kidney cancer. Especially dangerous for children.

Sodium Hydroxide: This is a new addition to personal care products. This poison which is a common ingredient in drain cleaners (lye) is now found in children's and adult's toothpaste.

Triclosan: Synthetic antibacterial with a chemical structure similar to "Agent Orange". The EPA registers it as a pesticide, giving it high scores as a risk to human health. It may produce "dioxin", a hormone disrupter with extremely toxic effects. It can change genetic material, decrease fertility and sexual function, and foster birth defects. It accumulates in fat cells where it can reach toxic levels which can damage the liver, kidneys, and lungs. It has widespread use in antibacterial cleaners, toothpastes, and household products.

DMDM and Urea: Two of many preservatives that often release formaldehyde, which can cause a myriad of reactions, including skin irritation, joint pain, allergies, etc.

Polyethylene Glycol: Carcinogenic petroleum ingredient which attacks skin moisture, increases the appearance of aging, and leaves the skin vulnerable to bacteria. Found in oven cleaners and cleansers to dissolve oil and grease. Wear gloves when using.

Mineral Oil: Petroleum by product that coats the skin like plastic wrap, clogging the pores. Interferes with skin's ability to eliminate toxins, promotes acne. Many baby oils contain this ingredient.

FD&C Color Pigments: Synthetic pigments from coal tars that deposit toxins onto the skin, causing skin irritation. Absorption of certain colors can cause depletion of oxygen. Animal studies have found almost all of them to be carcinogenic.

Fragrance: Can contain up to four thousand ingredients, including animal urine. Many are toxic or carcinogenic. Causes headache, dizziness, allergic rashes, skin irritation, skin discoloration, and even violent coughing. Fragrances (synthetic) affect the nervous system, causing depression, hyperactivity, and irritability in some people.

After reading this article, we have discovered that, though we try to be careful, some of our own products contain some of these ingredients. We strive to present "clean" products. Some products which may contain one or more of the above listed chemicals are very popular with our customers. Our hope is that upon reading this article you may become more discriminating and refuse to buy products that threaten your body and the environment. We will gladly discontinue them. Our cleaning products and baby care products are carefully scrutinized. Some body care items contain one or more of these toxic ingredients. Read your labels, and please give us feedback.

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