

THE CRUNCHY PREP

Where we live a clean and natural lifestyle but still wear our gingham and pearls!

Wow, I can't believe it has been an entire month already! Time sure does fly when you're having fun.

I was blown away by the positive response to the launch of [The Crunchy Prep](#)! So many of you found it informative and helpful! If you missed last month's newsletter, I have started an [archive](#) on the website where you can download past editions.

As we enter into summer, many of us are buying sunscreen, bug repellent, and the like.

This month's newsletter will dive into fragrance, sunscreen, and offer safe swaps for both. We'll talk about Vitamin D, sunscreen and how to protect yourself without toxic chemicals.



If you know someone who could benefit from The Crunchy Prep, please share it with them.

THE CRUNCHY PREP

Virtually everything is scented these days. Soap, candles, laundry detergent, sunscreen...the list goes on. What does it mean when something says it has "natural fragrance"? Let's dive in and take a look!



WHAT IS FRAGRANCE REALLY?

Fragrance is the listing on product labels to indicate that a product is scented with unnamed chemicals. A fragrance can be made up of literally anything...chemicals, natural, and yes, toxic ingredients. Many fragrances still use **phalates**- known carcinogens banned in many countries! The internationally recognized fragrance industry (IFRA) lists over **3100 chemicals** in their official database!

WHAT REGULATION?

The FDA has created a huge loophole that **does not require** manufacturers to disclose their fragrance ingredients. Their excuse? Fragrance can be a "trade secret" and thus protected.



WHY IS THIS BAD?

About 80% of chemicals used in fragrance are **not tested for safety** (according to EWG). Of the known chemicals used in fragrance concoctions, almost all of them are known to disrupt the endocrine system, hormones, and cause allergic reactions. Things like migraines, asthma, eczema, lung issues, and behavior issues can all be traced to these chemicals in the body.



THE CRUNCHY PREP

Buzzword: FRAGRANCE

So we now know that fragrance is not a good thing to be consuming but how do we indentify it when shopping? Here are some helpful things to help you shop smarter:

1. FRAGRANCE

The majority of scented products will just list the word "fragrance" on their labels. This is your first major clue to put it back on the shelf. Sometimes a label will say "parfum" instead of fragrance.

2. NATURAL FRAGRANCE

Brands will stick the word "natural" in front of anything to make it seem better. There is no regulation in terms of natural fragrance per the IFRA. A fragrance can contain naturally derived ingredients alongside harmful ones. These are none the safer.

3. ESSENTIAL OILS

Essential oils are great! Be cautious when purchasing products where a label says "scented with essential oils". Always check the ingredients list for fragrance or natural fragrance to be listed alongside the oils. Essential oils are very expensive to use and most companies only add a small amount for marketing purposes.

4. NATURAL FRAGRANCE OILS

It may sound pretty, but these are nothing more than scents that have been isolated from essential oils. You are paying for "essential oils" but not benefiting from their therapeutic properties.

5. UNSCENTED

Unscented is always the better option, right? Wrong. Some companies will put more chemicals in a product to mask all of the smells.

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Buzzword: FRAGRANCE

You may be thinking that there is no way you can use products that don't smell nice. Clean laundry must smell fresh, right?

While it may take some getting used to, it really is important to ditch the fragrances. Compiling carcinogens, skin allergens, reproductive toxins, and neurotoxins in your daily products can cause severe adverse reactions in your body that present themselves.

After ditching the fragrances, the next time you're exposed to one, you'll quickly be reminded how much your body doesn't like them. Headaches, sore throat, burning eyes are all indicators!

FRAGRANCE

WHAT IS FRAGRANCE?

Fragrance refers to any ingredient or mixture of ingredients intended to convey a scent, or mask an odor. Fragrance can come from both natural sources (plants, flowers, foods) as well as synthetically manufactured fragrances. A manufactured fragrance can be composed of tens to hundreds of individual fragrance chemicals, but it most often simply listed by the generic term "fragrance".



TOXIC SECRETS

Most manufacturers do not disclose fragrance ingredients on websites or on the product label. These TOXIC SECRETS put public health at risk.

WHY IS FRAGRANCE A PROBLEM?

Many chemicals used in fragrance are linked to health and environmental harm, including:

- Carcinogens**: styrene, methyl eugenol, pyridine and BHA
- Reproductive toxins**: phthalates, linal and nonylphenol
- Skin allergens**: linalool, hexyl cinnamal, geraniol, and HICC
- Neurotoxicants**: xylenes and phenol

DISPROPORTIONATE IMPACTS

Women have 2-3 times greater risk of fragrance skin allergies than men.

Hairdressers and beauticians have a 47-fold higher risk of fragrance skin allergies than people in other occupations. Massage therapists and geriatric nurses also have higher rates of fragrance contact allergy.

The California Work-Related Asthma Prevention Program has documented that use of fragranced products in the workplace is associated with work-related asthma.

HARM TO HEALTH

Allergies: Between 2-11% of the population experience skin allergies to fragrance.

Respiratory Issues: Exacerbations of asthma and COPD can be triggered by fragrance exposure.

Neurological impacts: Migraines are associated with fragrance.

Reactions are common: In a US national survey, 34% of respondents reported health problems like migraines & respiratory difficulties regarding exposure to fragranced products.

GLOBAL ENVIRONMENTAL CONTAMINATION

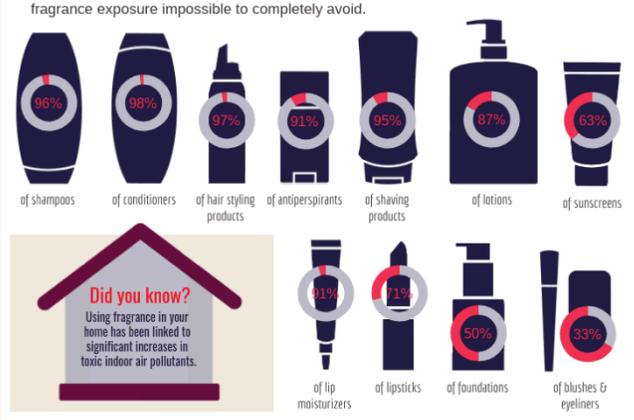
Persistent and bioaccumulative fragrance ingredients such as synthetic musks have been detected in rivers and lakes, drinking water, sediment, air, and all kinds of wildlife from fish to birds to bats.

WHAT IS IFRA?

The fragrance industry is virtually self-regulated through the International Fragrance Association (IFRA). The safety of fragrance is determined by...

FRAGRANCE IS EVERYWHERE!

There is ubiquitous use of "fragrance" in household products -- from perfumes, lotions, tampons and shampoo, to detergents, candles, air fresheners and cleaners -- making fragrance exposure impossible to completely avoid.



Did you know? Using fragrance in your home has been linked to significant increases in toxic indoor air pollutants.

5 WAYS TO TAKE ON TOXIC FRAGRANCE!

- Support Fragrance-Free Public Spaces**
The American Lung Association provides sample fragrance-free policies to submit to your workplace, schools, gyms, etc. Visit bit.ly/IFFPublicSpaces
- Advocate for Better Regulation**
Contact decision makers to support legislation that requires fragrance ingredient disclosure and strict chemical safety screening that puts public health first. Ask WVE about policies in your area.
- Contact Companies Directly**
Call customer service numbers and tell companies to disclose all fragrance chemicals and eliminate harmful ingredients.
- Educate and Engage Others**
Share this infographic to help start a conversation with neighbors, co-workers, or post on a community board. Write an LTE to your local paper on the problem with fragrance.
- Text FRAGRANCE to 52886**

And stay updated on ways you can get involved with others in your area to take on toxic fragrance chemicals!

 Published Sept 2019 406-543-3747 References available: www.womensvoices.org/Fword

Photo credit: [Women'sVoices](http://Women'sVoices.org)

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Instead of This

The Honest Co.
Honest Laundry
Detergent, Free
& Clear



Up & Up
Laundry
Detergent, Free
& Clear



Kirkland
Signature Ultra
Laundry
Detergent, Free
& Clear



Glade Sense &
Spray Automatic
Freshener,
Lavender &
Vanilla



Try This

Dropps Sensitive
Skin & Baby
Laundry
Detergent Pods:
Unscented



Grab Green
Natural 3 in 1
Laundry
Detergent Pods



Seventh Generation
Ultra Power Plus
Dishwasher
Detergent Packs,
Fresh Citrus Scent



Counter Culture
Probiotic Air + Fabric
Refresh, Lavender



Want to know if the products you're using pass the test? Use EWG's free guide to see how they rank. [Click here.](#)

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PRODUCT: SUNSCREEN

Have you stocked up on sunscreen yet? Do you know what's in that bottle you buy every year? It may not be as safe as you think. Sunscreens are absorbed by our skin, our largest organ, and some block vitamin D absorption which is crucial for our immune system.

While there are many ingredients in sunscreens, here are some to be especially mindful of:



OXYBENZONE

Oxybenzone is a very common ingredient in sunscreen, especially ones marketed for children. In 2019, the FDA said that this ingredient could not be labeled as safe because data showed that it:

- was highly allergenic
- absorbed too much by the skin
- found in blood, breast milk, and amniotic fluid (after absorption through skin)
- could be an endocrine disruptor
- could increase chance of breast cancer and endometriosis in women
- lower level of testosterone in boys
-

OCTINOXATE & HOMOSALATE

These are organic UV filters. Several countries have banned the use of this ingredient but the US still allows it to be used. Both are absorbed by the skin and has been found in blood 16x the FDA's allowable limit. It is also a known endocrine disrupter.



TITANIUM DIOXIDE & ZINC OXIDE

These ingredients are common in mineral based sunscreens. Titanium dioxide considered safe by the FDA for sunscreens but it is also classified as a known carcinogen when it is inhaled. Spray sunscreens that use these ingredients are a potential hazard because they are easily breathed in.

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Brands to Avoid

Staying out of sun during its strongest parts of the day is the best way to protect yourself from overexposure to UVA/UVB radiation. If you must use sunscreen, be sure to steer clear of these common brands:



AUSTRALIAN GOLD SPRAY GEL SUNSCREEN WITH INSTANT BRONZER, SPF 50

This ingredient scored an 8 (1-10 with 10 being the worst) on EWG's SkinDeep assesment.

UP & UP SPORT SUNSCREEN SPRAY, SPF 50

This ingredient scored an 7 (1-10 with 10 being the worst) on EWG's SkinDeep assesment.



BABYGANICS UVA + UVB PROTECTION SUNSCREEN LOTION, SPF 50+

This ingredient scored an 7 (1-10 with 10 being the worst) on EWG's SkinDeep assesment.



TRADER JOE'S SPRAY SUNSCREEN, SPF 50+

This ingredient scored an 7 (1-10 with 10 being the worst) on EWG's SkinDeep assesment.

NEUTROGENA WET SKIN SUNSCREEN SPRAY, SPF 50

This ingredient scored an 7 (1-10 with 10 being the worst) on EWG's SkinDeep assesment.



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Safer Brands to Try



SUNTRIBE KIDS MINERAL SUNSCREEN LOTION, VANILLA YUM YUM, SPF 30

This sunscreen is mineral based. It does not contain any of the harmful ingredients mentioned above nor does it have fragrance.

THINKBABY SUNSCREEN LOTION, SPF 50+

This sunscreen is mineral and plant based. It contains no fragrance or harmful ingredients. EWG scores this sunscreen a 2 out of 10!

[Click here to see on Amazon.](#)



BADGER - SPF 40 KIDS CLEAR SPORT SUNSCREEN

This sunscreen is mineral and plant based. It contains no fragrance or harmful ingredients. EWG scores this sunscreen a 2 out of 10! The entire Badger product line is a good option that is affordable.

[Click here to see on Amazon.](#)



OLITA: MINERAL SUNSCREEN LOTION - SPF 30 MINERAL SUNSCREEN

This sunscreen is mineral and plant based. It contains no fragrance or harmful ingredients. EWG scores this sunscreen a 1 out of 10!

[Click here to see on Amazon.](#)



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Resources used in this edition:

- <https://www.ewg.org/news-insights/news/ask-ewg-what-fragrance>
- <https://www.nontoxicrevolution.org/blog/wtf-fragrance>
- <https://ireadlabelsforyou.com/natural-fragrance-safe/>
- <https://www.ewg.org/sunscreen/report/executive-summary/>

This newsletter couldn't happen without help from our sponsor, **Further Food**.



Reducing toxins is just one way I help my immune system. I also use Further Food's Ultimate Immune Support Supplement and Elderberry Syrup for extra support..

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