

Spring 2024

ESSENTIALS

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CHAPTER

01

*Ingredients to
Avoid*

01

Where do I start?

With so much press recently about how ingredients in everyday products can negatively impact our health it can feel overwhelming to figure out what you can do. This guide is all about helping you feel empowered when deciding what products to buy and how they might impact your hormone health. Many of us have heard of the "dirty dozen" when it comes to produce; the things that carry the highest pesticide load so we can make appropriate choices for our families; but did you know there is also a Dirty Dozen when it comes to ingredients in household and personal care products?



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01

Why does it matter?

The Dirty Dozen includes a number of ingredients that appear consistently in our daily products. The issue is, if they are tested at all for impact on hormones, they are tested individually and not together, which is how they are used. A very small amount of an ingredient in your hand soap may not pose a huge issue, but combine that with your shampoo, body wash, toothpaste, moisturizer, deodorant, dish soap and laundry products and suddenly that tiny exposure is a much larger exposure that is sometimes repeated multiple times in a day!



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THE DIRTY DOZEN

- Parabens
- Petrolatum
- Triclosan
- Fragrance/Parfum
- PEG Compounds
- Dibutyl phthalate
- Sodium laureth sulfate
- BHA & BHT
- Formaldehyde-releasing preservatives
- Siloxanes
- DEA-related ingredients
- Coal tar dyes: p-phenylenediamine and colours listed as "CI" followed by a five digit number



Worst Offenders

Some of the worst offenders when it comes to your hormone health from that list are:

Parabens - these chemicals are easily absorbed by the body and mimic estrogen; already dropping estrogen levels are negatively impacted and there is no requirement to list these on the product label as they are ingredients that often fall under the "Fragrance" umbrella.

BHA & BHT - found in many cosmetics as well as moisturizers, these ingredients also mimics estrogen and have been shown to also negatively affect male hormones.

Siloxanes - often found in products to encourage a "smooth" application, D4 & D5 are toxic, persistent and can bioaccumulate. The EU bans these ingredients because it interferes with human hormone function.

CHAPTER

02

Safe Alternatives



02

Make your own

One of the best ways to know what is in your products and avoid undesirable ingredients is to make your own. It is relatively easy to make some things with kitchen staples that you likely already have, especially when it comes to cleaning products.

Creating your own personal care products can take some additional work and expense but can also be fairly simple and empowers you to really know what is going on your body and support your endocrine system and overall hormone health.



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02

Can I buy it instead?

I can appreciate that not everyone has the time or inclination to make their own products. If that is you, I can help you find solutions for your home and personal care items.

In the meantime, here are a few of my favorites to get you started!

Thieves household cleaner by Young Living - cleans everything in your home with one bottle!

Countersun Daily Sheer Defense for face spf25 by Beauty Counter - goes on beautifully without the toxins.

Outdoor blend by Young Living - the flying guys and the crawling guys stay away from this summer essential.



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Read your labels

Whether you choose to make your own products or find a reliable source I encourage you to read your labels and do some homework.

Greenwashing is a very real marketing method and it plays on our desire to make better choices for our families. A green leaf, lack of dye or phrases like "all-natural" and "unscented" does not always mean what the consumer thinks.

Knowing the ingredients to avoid will go a very long way in you supporting healthy hormones and feeling your absolute best during all stages of life.



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CHAPTER

03

DIY Recipes



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03

DIY Body Wash

Conventional Body washes can contain SLS, Fragrance and other unwanted ingredients. Try this alternative for an all natural option that your summer skin will love!

1 Tbsp Castor oil

1 Tbsp Jojoba oil

3 Tbsp Castile soap (plain with no scent)

3 Tbsp Raw honey

15 drops of your favorite Essential Oil

Mix together in a glass pump bottle and use with a wet natural sponge for a luxurious lather. (FYI, the right EOs can support your hormones)



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DIY Glass Cleaner

Breathing in the ingredients in conventional Glass cleaners are not only hard on your respiratory system but the sneaky ingredients often contain hidden endocrine disruptors as well. Try this recipe instead and breath easy and see clearly!

8 or 16oz Glass spray bottle

Equal parts White vinegar and Distilled water

10 drops of favorite essential oils (I like citrus)

Add all ingredients to the bottle and shake well. Label the bottle and use as you would any glass cleaner. I find natural cleaners work best with lint free cloths or even newspaper which can be composted afterwards!



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DIY Body Spray

Perfumes and body sprays contain a whole host of ingredients that can cause issues with our bodies; a homemade version is simple, smells delightful and can support hormones.

8oz Glass spray bottle

1 Tbsp Vegetable glycerin

1 Tbsp Witch hazel (I use alcohol free unscented)

6oz Distilled water

25-30 drops Essential Oils

Mix everything together and spray on wrists, neck, chest or anywhere you want a light scent.



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THANK YOU!

I hope you have enjoyed this ebook and found some useful information for this beautiful season.

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