

REDEFINE YOUR BREAST HEALTH

Secrets you can do to create healthier breasts.

Why BOTHER with homemade deodorant?

Does your deodorant contain...

- 1. Aluminum- the primary ingredient in most deodorants linked to BREAST cancer and Alzheimer's disease?**
- 2. Parabens- a preservative believed to upset our HORMONE BALANCE and linked to BIRTH DEFECTS and TOXINS in our organs?**
- 3. Triclosan-a chemical actually classified as a PESTICIDE by the FDA and a probable carcinogen by the Environmental Protection Agency?**
- 4. Phthalates-linked to a slew of health issues including BIRTH DEFECTS?**
- 5. Propylene glycol- a PETROLEUM based mineral? Studies have linked this to damage to the central nervous system, liver, and heart.**

Your simple, very cost effective recipe for homemade deodorant:

HOMEMADE DEODORANT

**1/3 cup organic coconut oil
2 tbs baking soda (if you are overly sensitive use less)
1/3 cup arrow root powder
Essential oils of your choice**

Cream all ingredients with a spoon until consistency is similar to deodorant. Mix in oils- lavender, peppermint, citrus, orange, vanilla, etc. Pour mixture in a small container, using a spatula, and simply swipe your two fingers gently into the mixture and rub into your underarms. Wait 3 minutes before dressing.

Remember: "Prevention BEFORE Detection"

For your RADIATION FREE, PAIN FREE, COMPRESSION FREE Breast Session screening call Sherri at: 714- 345-0561 or our office at: 949-380-7215.

***ASK ABOUT OUR FULL WOMEN'S & MEN'S SCREENING FROM CRANIUM TO PELVIS*
THERMOGRAPHY VIDEO: WWW.TotalThermaloc.com**

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