



Home-Made Deodorants :: Naturally Beautiful: How to make your own natural deodorants at home?

Patricia Morgan

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The commercial deodorants contain ingredients whose presence is still controversial. For instance, Aluminum has been found to change the way breast cells divide. Cancer patients have relatively higher levels of aluminum in the nipple aspirate fluid. Another ingredient called Parabens has been found to be linked to cancer, toxicity in the body as well as skin irritation. Some other ingredients like Triclosan are linked to hormonal dysfunction and another Propylene Glycol which is not harmful but helps other chemicals penetrate deeper into the skin.

Sometimes, harmful ingredients are hidden under the "Fragrances" ingredient, i.e. they are not listed. These may contain phthalates which are linked to causing diabetes, cancer and other disorders.

That is why it is recommended to switch to homemade deodorants. Believe me, it's easier than you think. I have listed out some naturally made deodorants for normal and sensitive skin in this book. You can follow the simple steps given in this book to make your own deodorants at home.

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