



DIY  
ORGANIC  
*Beauty*  
RECIPES

by HEATHER DESSINGER

## **DIY Organic Beauty Recipes**

50+ All-Natural, Toxin-Free Recipes That Really Work

By Heather Dessinger of Mommypotamus.com

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## About Mommypotamus



Hi there. I'm Heather, the [Mommypotamus](#). This is where you read a little about me, so here goes:

**I'm a mom.** I have two beautiful children who were waterborn in my living room. You can read their stories [here](#) and [here](#).

**I'm a researcher.** Questioning the status quo comes naturally to me, which is why I rely on evidence-based research to guide my decisions on food, vaccinations, birth, full-term breastfeeding and of course making my own personal care products.

### **Why did I write this book?**

Because while corporations quibble about the so-called safety of their products, lakes and streams are filling up with all the answers we need: [alligators with tiny penises](#), male fish who produce eggs, and more.

In a recent [TED talk presentation](#), award winning documentary filmmaker Penelope Jagessar Chaffer breaks down what these poor amphibians have in common: They're **bathing in our old bathwater** and soaking up compounds like atrazine, an herbicide the EU had the sense to ban in the same year that the U.S. Environmental Protection Agency re-approved it for use. (*And use it we do, to the tune of about 800 million pounds a year!*)



Right now as you and I sit here there are about **30,00-50,000 chemicals coursing through our bodies**, many of which were lathered into our hair before we could write our ABC's: potent hormone disruptors, formaldehyde and cancer-causing 1,4 dioxane to name a few. <sup>1</sup>

These chemicals are known to bio-accumulate and be passed from mama to baby, increasing each generations chances of [a particular penile defect](#) in newborn boys, infertility and even cancer. And unfortunately, these chemicals appear to do their worst when introduced to the developing endocrine systems of small children, and things haven't changed all that much since you and I were kids. According to [this report](#), many chemicals of concern are still in the #1 trusted brand many parents use every day.

Fortunately, we don't need that stuff. It's easy to make non-toxic products at home that cost less than expensive organic brands, and this book will show you how!

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