



## A Guide To Green Beauty

By [Kristen Arnett](#)  
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### Why is greening your makeup important?

Skin is the body's largest organ, and it can actually absorb chemicals into the bloodstream. What you put on our skin day after day accumulates in your system; the affects of which are not yet fully known. The cosmetics industry has only been asked to prove topical safety.



### Read up

Before you buy that blush, foundation or lipstick, turn the package over and see if the ingredients list includes any of the following words: **talc, paraben, fragrance, propylene glycol, PEG**. For a more complete list download the Ingredients to Avoid Shopping Guide at [GreenBeautyTeam.com](#).

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### It can be done!

As a professional makeup artist, I am a stickler for performance. Last year I began working with a safe, non-toxic, "green" makeup kit on my shoots. Not only have the results have been wonderful, but the models fully appreciate how kind this makeup is to their skin.

If you've decided to convert to safer and healthier products, what do you use?  
Where can you find them?

You might be surprised to know that your local drug store or super store carries a few brands worth checking out.

For healthy and gorgeous tinted lip balms, you'll find a great selection in Burt's Bees, and Physician's Formula Organic Wear offers a complete line of budget-friendly natural makeup and even terrific removers.

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## Fix Your Thyroid = Feel Young!



Dr. Jones of the Women's Health Institute of Texas reports that most women who struggle with fatigue, brain fog, thinning hair and weight gain actually suffer from a thyroid condition that is simple to fix with a proven natural remedy. [More from this article...](#)

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