

Hooray for you!

Pat yourself on the back. Give yourself a little congratulatory hug. By printing our Truth Naturals Wallet Card, you've shown that you are one smart cookie.

Follow the steps below to print your card — it's as simple as Print—Cut—Fold. And if you find this card helpful, feel free to pass it along to friends and family, too.

Happy Shopping...

Fold here and here to make accordion-fold wallet card

7 Cut along edges

3

Web Resources

Finding trusted information on the web can be challenging, so we've compiled these websites to help sort it all out. Use these sites for great information as you pursue a more natural life.

www.cosmeticdatabase.com Skin Deep Database. Search by product or manufacturer, and find safer alternatives.

www.healthyoys.org Search for child-safe toys, and discover for child-safe toys, and which to avoid.

www.ewg.org Environmental Working Group: The very best source for info on environmental toxics. Tons of studies, suggestions and learning resources.

www.safemama.com The original one-stop source for child-safety, health and well-being. Also see the sister-site, safemama.com/lovely for natural beauty product reviews.

Top 15 Toxic Ingredients

1. Propylene Glycol (PG)
2. Butylene Glycol
3. Sodium Lauryl Sulfate (SLS)
4. Sodium Laureth Sulfate (SLES)
5. DEA (Diethanolamine)
6. TEA (Triethanolamine)
7. MEA (Monoethanolamine)
8. DMDM & Urea (Imidazolidinyl)
9. Polyethylene Glycol (PEG)
10. Lufane or Propane
11. Alcohol Isopropyl (SD-40)
12. Mineral Oil
13. FD&C Color Pigments
14. Fragrance
15. Triclosan

www.truthnaturals.com
800.880.6150

Beyond Beauty Products -- Simple Steps to a Non-Toxic Life

3 Months to Natural

The road to natural can feel overwhelming. Don't panic. Below are 10 steps that can reduce your exposure to toxics...and implementing all 10 can be achieved in 3 months or less.

1. Switch to plant-based, natural cleaners.
2. Use chlorine-free tampons and diapers.
3. Use a shower-head dechlorinator.
4. Filter your drinking water.
5. Remove the air fresheners and candles.
6. Never microwave in plastic.
7. Throw out "bad plastic" containers.
8. Choose organic when you can.
9. Use a "green" dry cleaner.
10. Use cast-iron instead of Teflon pans.

The Dirty Dozen in Produce
(Buy These Organic)

Peaches	Cherries
Apples	Lettuce
Bell Peppers	Grapes (imported)
Celery	Pears
Nectarines	Spinach
Strawberries	Potatoes

The Truth About Plastics

On the bottom of your plastic containers, you'll find a number surrounded by the recycling symbol. These numbers indicate the type of resin that is used to make the product, and some resins have known associated health risks.

Generally considered safe for use, with no reported health issues concerning their manufacturing or ingredients.

Contain potentially harmful toxic chemicals such as polyvinyl chloride and polystyrene.

DO NOT USE. Known to contain BPA (bisphenol A).

The Cleanest 12
(Lowest in Pesticides)

Onions	Kiwi
Avocado	Bananas
Sweet Corn (frozen)	Cabbage
Pineapples	Broccoli
Mango	Eggplant
Sweet Peas (frozen)	Asparagus

2 Cut along edges