

Aluminum-Free Deodorant

Coconut

I stopped using regular deodorant because it just does not work during hot months of Arizona summer! Also, it is full of chemicals such as parabens, aluminum, propylene glycol, phthalates, and triclosan to name a few. These chemicals disrupt hormonal balance, increase the total toxic burden of the body, and make your liver work hard on detoxifying them from the system. Especially, they are harmful to women who experience estrogen dominance and already have a lot of estrogen in their bodies. Applying all these chemicals under the armpits where the absorption is higher than in the rest of the body makes it even worse! Those who have an increased risk of breast cancer should never use chemical-laden store deodorants.



Aluminum-Free Easy Coconut Deodorant

Ingredients:

2 Tbs baking soda

1/3 cup arrow root powder

1/3 cup coconut oil

10 – 20 drops of essential oil (I love a mix of lavender and rosemary oils)

Directions:

1. Mix baking soda and arrow root powder in a bowl.

2. Add coconut oil and essential oil and mix thoroughly until combined.

3. Spoon in a mason jar or plastic deodorant holders and enjoy!