



The Self-Sufficiency Shoppe Newsletter

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Allergic reaction becomes rampant

A CHEMICAL used in hundreds of beauty products is being blamed for a massive rise in dangerous allergic reactions.

Cosmetic giant Johnson & Johnson says it is so concerned, it is taking the chemical out of its best-selling Piz Buin sun cream and other products.

Molton Brown is doing the same and big brands such as Nivea, L'Oréal, Clarins and Sanctuary are under pressure to take action as doctors say adverse reactions to the chemical have reached "epidemic proportions".

Skin experts say manufacturers should urgently remove the chemical, a preservative called methylisothiazolinone (MI), from products that are left on the skin. It can cause rashes, lumps, blisters, itchy eyes and facial swelling.

Experts say the scale of the allergic reactions to the chemical, which has been used increasingly since 2005, is alarming. Dermatologists expect an allergic reaction to a cosmetic product of 1 or 2 per cent, but clinics say the rate for MI has been more than 10 per cent.

Leading dermatologist Dr Ian White, from St Thomas' Hospital in London, said: "The frequency of reactions to MI is unprecedented in my experience."

"We've never seen anything quite like it."

Johnson & Johnson insists that Piz Buin 1 Day Long is safe and effective and it will not be recalling bottles from shopping malls, but it will be changing the ingredients.

The Advertiser 19/9/13 - DAILY MAIL

There's No Place for Chemicals in Skin Care

A recent newspaper item warned consumers about using commercial skin care products containing a particular preservative (methylisothiazolinone). It is commonly used by many 'big name' companies and is causing dangerous allergic reactions in 'epidemic proportions'. So-much-so that the medical profession has expressed concern about the use of the chemical and requested it be urgently removed from skin care products.

It's very alarming that consumers are sold chemicals that cause such severe reactions under the banner of 'skin health' and 'beauty'. It is, by no way, 'beautiful' to have rashes, lumps, blisters, itchy eyes and facial swelling. Maybe I'm confused, but it seems to me that selling chemicals in a bottle is contrary to what Mother Nature and the body's own healing mechanisms need for health and balance!

The human body is a natural organ - an extension of Earth, Nature and the physical world. It responds best to natural applications - just as Mother Nature meant it to be. There is a place for chemicals and that's when the body is unwell and normal healing and health is absent. Applying powerful chemicals complicates that balance. My question is what damage that toxic chemical is having on the rest of the body: liver, kidneys, etc.? It's a shameful example of 'consumerism exploiting consumers'.



Natural Skin Care Regime

In my e-booklets and workshops I encourage a completely natural skin care regime - using ingredients from home and garden. Just how Mother Nature meant us to appreciate beautiful skin - using uncomplicated, chemical-free and environmentally friendly ingredients - which is, of course, better for you and for the planet! A complete 'skin care regime' should include: cleanser, toner/astringent and moisturiser using:

Oatmeal - a gentle cleanser and healer that is chemical free and suites all skin types

Cider Vinegar - natural anti-bacterial agent, astringent & skin toner.

Almond Oil - moisturiser and skin softener

Fresh Herbs - healing agents from the garden.

Honey/Beeswax - honey is a natural skin healing agent used since ancient times. Beeswax is a chemical free emulsifying agent for skin creams and salves



For more information:

Natural Skin Care Workshop

The most popular of all my workshops (of some 12 different topics in total) Natural Skin Care is the most popular. It is often 'booked out' with a waiting list! A reflection of the great might of the skin care industry and the huge amount of money it makes tapping into the desires of women (and men) seeking beauty via their skin care offerings. I have devised a complete regime using the basic items listed above. In the workshop attendees make a range of take home products using two or more of each of these items. I am an advocate of not using chemicals on the skin and my workshops and e-booklets reflect just that. It works - and has worked well for my skin. I could not imagine applying ANY alien substance to my skin if I want healthy, clear and appealing skin.

For list of upcoming **Natural Skin Care Workshops** (South Australia only) contact The Self-Sufficiency Shoppe or go to: www.theshoppe.com.au (see Upcoming Workshops & Events) OR download the full workshop (to do at home) from: www.theshoppe.com.au



Natural Skin Care Workshop Download

(in PDF format)

Make your own facial skin care products using ingredients from the home and garden!

Complete natural facial skin care regime (cleanser, astringent, moisturiser) using affordable, safe and environmentally friendly ingredients

Recipes and procedures for making:

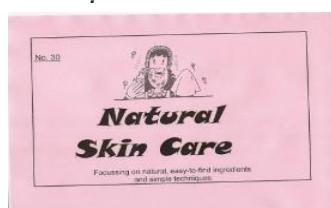
- ◆ Facial scrub ◆ Oatmeal bag ◆ Herbal astringent ◆ Antibacterial astringent ◆ Herbal moisturiser ◆ Lip salve ◆ Lipstick ◆ Lavender hand cream ◆ Bath-salts

Price: \$25.00

To download go: www.theshoppe.com.au (*find 'Natural Skin Care Workshop' - click on 'Add to Cart'*) or see page 6 for information on ordering my mail

Natural Skin Care e-book Downloads:

I've put together a range of e-booklets dealing with a natural approach to skin care



e-booklet No. 30 - Natural Skin Care:

Natural alternatives to commercial skin-care products.. Numerous recipes for cleansing creams, moisturisers, masks, scrubs, astringents and cleansers. Includes herbs suited to skin type. All simple, accessible ingredients from kitchen, garden or supermarket. (25 pages) **Price: \$12.00** (see page 6 for ordering info)

Other titles:

e-booklet No. 13 - Making Simple Salves & Creams: Basic procedure - step-by-step for making both skin creams, moisturisers and lip salves. (15 pages) **Price: \$8.00**

e-booklet No. 58 - Old-Time Oatmeal: Used in earlier times oatmeal is a completely safe and natural agent that has many uses - skin-care, gentle cleanser, water softener, hair-care, baby-care, healing skin conditions, cooking, plus many other uses. (21 pages) **Price: \$12.00**

e-booklet No. 37 - Beautiful Baths: Recipes and suggestions for bath-time - bath-salts, bath oils, bath vinegar, scented and floral waters, homemade eau-de-cologne, bath bags, bubble-bath and various other suggestions for bath additives, bath-bombs. (23 pages) **Price: \$12.00**

e-booklet No. 26 - Beautiful Hands: Contains practical suggestions for protecting hands, non-detergent and non-soap hand cleansers, removing odours and stains, hand lotions, moisturisers and creams (12 pages) **Price: \$8.00**
(see page 6 for ordering information)

Save 20%

Natural Skin Care Booklet Set

All 5 e-booklets - Numerous recipes, techniques and ideas for a natural approach to skin care.
Contains: No. 30 Natural Skin Care, No. 13 Making Simple Salves and Creams, No. 26 Beautiful
Hands, No. 58 Old-time Oatmeal, No. 37 Beautiful Baths

Price: \$39.00 (For ordering info see page 6)



Where's My Apple Tree?

There was once an apple tree. The only apple tree on earth. The apples were luscious and bountiful - giving life, nourishment and sustenance to all. People took from the apple tree - picking it's sweet fruit and savouring in its wonderful flavour. But the people became impatient and insensitive to the 'needs' of the tree and could no longer wait for the fruit to ripen so they began taking the fruit whilst it was still small and green and used it for play. So useful were the

little green 'balls' that they stripped the entire tree of all it's fruit before it had time to fully ripen and rejuvenate. With the tree no longer producing fruit people began to find other ways to make use of it. The perfumed blossoms were removed for personal adornment and aroma. Without blossoms the tree's cycle of production and rejuvenation was broken. So the people found new ways to make use of the tree - it's leaves became materials for making goods. The tree was then totally bare - no leaves, no blossoms, no fruit. So the people used the branches and trunk for firewood. And the last remaining apple tree disappeared from earth.

The earth is the 'apple tree' that sustains us. Continuing to strip the environment of it's resources and not allowing the planet to rejuvenate and continue it's cycle of life will result in disaster for all those that are dependent upon it. We must nurture our earth and consider it's every need as if it were our own.



It's Tomato Growing Time!

For most areas of the country now is the time to plant tomato seedlings.

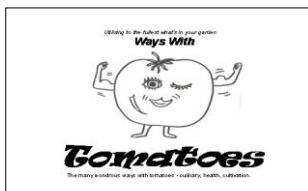
Through running workshops over the years I've discovered that many people would like to grow their own vegetables but either feel overwhelmed by 'where to start' or have attempted to grow veggies but without success – which has discouraged them from any future attempts. So I have put together some information for such people in hope

that it may make the job easier and with some success they may be encouraged to grow more!



e-booklet No. 76: Growing Vegetables in Containers

Step by step guide for growing vegetables cheaply and easily in recycled containers. A 'fool-proof' way to help you get started in producing a successful first crop of vegetables. 14 pages **Price: \$8.00** (For ordering info see page 6)



Ways With – Tomatoes

Surprisingly tomatoes have many 'unusual' uses: skin toner and cleanser, sun-burn, poultice, insect repellent, and more. Culinary - recipes for jam, sauce, chutney, soups, pasta sauce, pickles, salads. Covers seed saving and how to preserve tomatoes: drying, freezing, juicing. 24 pages **Price: \$12.00** (For ordering info see page 6)

Tomato Tips!

- Boiled tomato leaves & stems (prunings) when sprayed onto vegetable plants will deter whitefly, aphids & grasshoppers.
- Slices of tomatoes placed over sun burnt skin will immediately relieve soreness
- Placing green tomatoes in a warm, dark place along with a ripe tomato or apple will hasten ripening.

Fat cat? It may be emotional

OWNERS are often blamed when pets put on a few kilos.

But experts say that in many cases, obese dogs and cats are "emotional eaters". They consume more than they need simply to cope with boredom or stress.

"There is a ton of evidence in humans, and animals like rodents, that stress-induced eating is a very real thing and

contributes to obesity, so we should be looking at it in pet animals," Dr Franklin McMillan said.

"If this is a major factor in our pets, then the standard approach, simply yanking away their food, is very misguided and potentially harmful."

Research suggests putting an "emotional eater" cat or dog on a diet could worsen its con-

dition by taking away its "coping mechanism".

Dr McMillan, a vet at the Western University of Health Sciences in California, said owners should address pets' underlying emotional issues.

The research, published in the Journal of Veterinary Behaviour, found half of dogs and a quarter of cats were obese.

- DAILY MAIL



That's a Relief!

I was most relieved to find this recent newspaper article explaining the most likely reason why pets are over-weight. I have a 'little' black cat called Penny. Penny arrived one rainy Sunday morning some years ago in my backyard - still a kitten, starving, wet and shivering in the cold. I took her in and my home became her home. However Penny eats, and eats, and eats. She eats everything - including other cats' leftovers. (Very resourceful and ensures waste is kept to a minimum!). But as I have a family of cats I care for it has become a arduous task every meal-time to run around and collect all the left-over food plates so that my 'little' Penny does not consume the lot! As she has grown bigger and bigger over the years I have sometimes lay awake at night trying to find a solution and unravel the problem of 'little' Penny's eating habits - asking myself: Where did I go wrong? So it was with great relief to read this article

saying that the problem (for Penny) is most likely caused by stress and underlying emotional issues. Yes - that fits Penny well - she is a very nervous-type cat, hiding under the bed when visitors arrive - in fact - when ANY unusual activity or noise eventuates from around the house - inside or outside - Penny dives under the bed or into the wardrobe. Eating, for her, helps deal with her anxiety - like a type of protective behaviour. Plus the fact that she arrived starving and emaciated - she has developed the behaviour of eating everything (including, at one point, dishwashing sponges and polystyrene material - the tubs in which I grown my tomatoes!) and anything just in case, tomorrow, the food supply disappears. Now I understand her much better

We Must Nurture all Living Creatures

I am an avid animal lover - pets, for me, have brought me such happiness, healing and unconditional love and acceptance. Presently I have a 'family' of cats - all unloved strays that arrived seeking a home and, of course, food. It makes me very happy to give them just that: safety, love and security. I believe, humans, as the highest life form on earth, have the innate duty to care for and respect all forms below: the environment, plants and animals. But in our rush to satisfy the need for progress and profit we have disconnected from that duty leaving the vulnerable and helpless to fend for their own.

In my e-booklet 'Natural Pet Care' I've outlined my money saving and natural suggestions for pets with lots of photos of my 'family' - past and present. It's also worth noting that much of what is said about humans, chemicals and the human body also applies to the animal world. Detergents, for example, are chemicals that can cause adverse reactions for some animals (most pet shampoos are detergent based). This e-booklet contains many natural suggestions and recipes that are better for: your pet, you, the environment and your home environment:

Dry Pet Shampoos

Most pet shampoos are detergents - which are powerful grease stripping chemical compounds containing many nasty additives. Just like some humans react to detergents so too do animals. It's better to use just a plain soap* to wash your pet then detergents that strip all the natural oils from the pet's fur, and worse still, the detergent residue is ingested by the animal when it licks itself after shampooing. Flaking skin and itchiness is often due to the natural oils being removed from the pets fur or the over application of chemicals - i.e. detergents. A dry-based pet shampoo ensures only excess natural oils are removed and that the experience of 'washing' your pet is more pleasant - both for owner and pet!

*e-Booklet No. 35 contains a recipe for pet shampoo using a diluted soap base that is less toxic for the animal

Recipe: Oatmeal-based dry shampoo

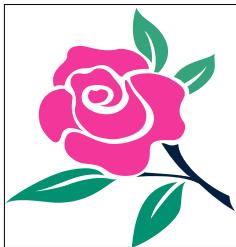
Oatmeal is a natural, gentle dry shampoo that will leave the pet's fur wonderfully soft without the use of chemicals. Simply rub a tablespoon or two (depending on the size of your pet) of oatmeal through the fur making sure to rub right into the root area. Then brush out thoroughly.



e-booklet No. 35 - Natural Pet Care

Chemical free, money saving and practical. Includes homemade dog and cat food, dog biscuits, healthy food options, making a birdseed cake, natural insect repellents, non-toxic pet shampoo, homemade flea collar, deterring pets from the garden (and furniture!), dealing with bad breath, puppy care, fur-balls, and more. 23 pages

Price:\$12.00 (For ordering info see page 6)



Extracting essential oils from your garden plants

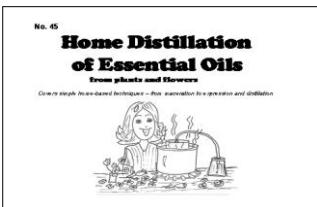
Spring has arrived with great gusto so many people have wonderfully perfumed flowers in their garden. I've been asked many times by people for a way to extract the aromatic perfumed oil from flowers for household use. Distillation or extraction by chemical means is the most common commercial way to extract essential oils from plants. This is a little difficult to do at home - but here's a simple technique that transports the essential oil into another (oil) medium that can be used in place of commercial essential oils. The recipe is from e-booklet No. 45 (see details below) which contain more techniques that may suit you better:

Making Perfumed Oil

1. Place a layer of fresh highly scented flower petals (such as roses) into a clean jar.
2. Sprinkle with 1-2 dessertspoons salt (to help extract the oil and moisture from the plant).
3. Dip and soak cotton wool balls in almond oil*. Place a layer of soaked balls on top of the plant material and salt.
4. Add another layer of fresh flowers, salt and cotton wool dipped in almond oil.
5. Continue adding layers until the jar is full.
6. Seal with lid or plastic wrap. Leave in sunny position for 1-2 weeks.
7. Squeeze out the perfumed oil - the best way to do this is to pour the mixture into a double layer of muslin, cheesecloth or panty hose. Close in the ends and squeeze as tightly as possible. Discard the plant material.
8. Strain the perfumed oil again (through muslin, cheesecloth or pantyhose) to ensure all impurities have been removed. (Any remaining plant material may rot and contaminate the delicate perfume of the oil). Bottle ready for use.

For stronger scented oil repeat the process with fresh petals and the same oil.

*You can use grape-seed oil as an alternative - which is cheaper and in supermarkets but almond oil is better.



e-Booklet No. 45 - Home Distillation of Essential Oils:

Essential oils purchased commercially are expensive. This booklet covers simple home-based techniques for extracting essential oils from your own garden using herbs and flowers. Covers: basic techniques, suitable flowers & plants, special blends, plus many other recipe. Price: \$12.00 (For ordering info see page 6)

How to Purchase The Shoppe publications

There are 3 ways to purchase publications:

Method 1. From the website:

All information is available **for immediate download**. This is the quickest way to access information. Go to www.theshoppe.com.au. Choose your item for download Click 'ADD TO CART' Follow the prompts (pay by debit or credit card, Mastercard, Visa, American Express or Paypal)

Method 2. Internet Banking or Direct Payment:

Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can than be emailed or posted* to you. Email: pam@theshoppe.com.au for The Shoppe's bank account details for payment transfer. *Please add \$3 to the price of each booklet to cover printing and postage costs.

Method 3. By Mail

Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043. Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per book for costs.

I hope you enjoyed this newsletter. Keep well - and I'll catch you next time.

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