

The Self-Sufficiency

Shoppe Newsletter



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Natural Hair Care Alternatives

The commercial hair care business is huge - it brings in millions of dollars from consumers eager to enhance the health and appearance of their hair and deal with problem hair. To broaden and boost sales (and profits) hair-care products focus on every possible aspect of hair management: oily hair, dry hair, everyday care, damaged hair, coloured hair, tangled hair, hair loss, 'deep root' care, etc. More products means higher sales. New products and lines means even more sales and profit. Sales are boosted even further if those products are made as cost effectively as possible using dubious ingredients. However all this has a detrimental consequence for the consumer (not to mention environment).

Modern hair shampoos are basic 'grease-strippers' - containing the same detergent base (chemical compound) used for a range of cleaning products: dish detergents, laundry powders, hand washes, floor cleaners, shower 'gels', etc. Detergents have their place in the laundry and kitchen (if you must use them) - but using them regularly on the body (daily in some cases) could lead to long term problems. Hair shampoos are, in essence, detergents (grease strippers) dressed up as wonder products - many with an expensive price tag. Consumers are well and truly duped - dangerously so when it has detrimental affects.

If you already have a problem with dry skin and redness on hands due to dishwashing detergent - then the same would apply to the scalp when using detergent based commercial shampoos. If your hands are struggling to cope with the chemicals in detergents imagine the consequences for more sensitive areas such as the as scalp and hair follicles. Constant exposure to chemicals results in the body's protective mechanisms kicking in - besides itchiness and dryness (due to absence of natural hair oils) the hair follicles may also close off and hair loss the result.

When I meet people via my workshops hair care is the most asked question along the line of personal care products. My answer to everyone is the same - no matter what the problem: "Stop using chemicals, in particular, commercial shampoos" - and use, instead, less chemically orientated alternatives. As most shampoos are detergent based grease strippers they remove essential natural oils from the scalp and expose the body to toxic chemicals that could have an adverse affect. Some of us are lucky and are able to withstand this constant bombardment with alien substances, but others not so lucky - thinning hair, hair loss, itchy scalp, over oiliness - are all warning signs that something is wrong and change is necessary.





Personal Perspective:

'Hair-care' is my favourite topic! After years of dandruff problems using commercial shampoos and thinning hair later in life (and pointless medical checks and blood tests looking for possible causes) I came to the realisation that the chemicals in commercial preparations were my worst enemy. When I used commercial hair colouring products my hair fell out and thinned even further. So the warning signs had always been there. I now no longer use chemical preparations on my hair and use a soap-based home-made shampoo containing rosemary and lavender to stimulate hair growth – see recipe later - as a shampoo. Occasionally for something different I make up a lemon-based bleach to enhance the fairness of my hair – see Booklet No. 71 for recipe – its cheap and easy to make. As a result my hair and scalp have greatly improved - and although the hair that I lost some years ago has not fully grown back - there has been no further hair loss and the dandruff and itchy scalp issue have become something of the past.

Another Perspective:

Here's a letter from another new adherent to natural hair care techniques:

Hi Pam,

I've just discovered your web-site and think it's lovely and useful. I've been washing my hair using nothing but bi-carb soda and vinegar for over a year now, and it's never been healthier. Here's my method:

I have a small plastic bowl in the bathroom that I put 1 – 2 tablespoons of bi-carb in just before I start my shower. In the shower I have a plastic container of apple cider vinegar, although any vinegar will work. After I've wet my hair in the shower I add to the bowl about ½ cup of water, and pour it all over my scalp. If there's any undissolved bicarb left I do it again. Then I rinse it out, no need to wait. I then put about 1 or 2 tablespoons of vinegar in the bowl and top up with water, and pour that over my scalp, then rinse. Once again, there's no need to wait for it to work, so you save water too.

It takes about a week for your hair to get used to it, but eventually you find that you only have to wash your hair every 4 or 5 days under normal circumstances. You'll find your hair is much lighter because there's no product residue, and it will behave better. We have a septic tank and it seems to prefer the vinegar and bicarb to shampoo by far. I've also found that using the bicarb solution to wash my face and the vinegar to tone works wonderfully well too. I hope you find this helpful, all the best, Liz (via email)

The Hair-Care Solution:

1. **Stop using detergents.** Use less chemicals (commercial products, hair dyes, bleaches, etc.)
2. **Shampoo less** (let 'Mother Nature' take over - make use of the natural hair oils and allow the body to use it's own resources to heal and nurture).
3. **Be persistent** - allow your scalp time to readjust - switching from powerful grease stripping shampoos to more gentle alternatives will result in some initial 'oiliness' BUT it will settle and your body will balance out to normal levels.



Homemade Shampoo

There are many good quality commercial hair products that contain less toxic ingredients - but they are expensive. If on a budget and more practical about environmentally friendly solutions than homemade alternatives are the answer.

The very best natural shampoo is egg (for those of us that can remember the days of 'egg cream shampoo') - it's high in protein, froths like shampoo and wonderful for hair health. But if the thought of using fresh eggs or bicarb soda for your 'hair shampoo' is a little overwhelming then try using a bar of soap in place of commercial shampoo to wash your hair.

Soap is gentle, contains less chemicals, is environmentally friendly and is much less likely cause adverse reactions in the body. It will still provide that frothy shampoo experience but

without the powerful grease stripping properties detrimental to hair health. Even better this herbal soap-based shampoo will enhance even further healthy hair:

Herbal Soap-based Shampoo:

Grate half a bar of soap into a bowl. Add approx. 650ml of boiling water and 1 teaspoon washing soda or bicarb soda (optional - but will enhance frothing). Blend until soap has fully dissolved. When cooled add 2 tablespoons almond oil (or grape-seed oil - a cheaper alternative) and 10 drops each of rosemary and lavender essential oils. Stir well. Pour into a screw top jar ready for use - use in the same way as commercial shampoo



Conditioners:

Creamy hair conditioners are a modern day creation to replace what commercial hair shampoos have removed from the hair and scalp. In times past conditioners were often applied before shampooing - olive oil, for example, to help de-tangle and add lustre to the hair. And lemon as a mild bleach and conditioner.

But even when using soap-based shampoos you may find it necessary to apply a hair conditioning agent. It's reassuring to know that commercial hair conditioners contain less dreaded chemicals than commercial shampoos. So as a compromise when using soap-based shampoo still use a commercial conditioner to make hair management easier. But there are natural alternatives: cider vinegar, lemon, yoghurt, oatmeal, almond or coconut oil, herbal rinses are some suggestions.

(See e-Booklet No. 14 - Natural Hair Care for more detail).

Dandruff a Problem?

Anti-dandruff hair preparations are big business! If dandruff is your problem - perhaps first consider the fact that the powerful grease stripping properties of commercial shampoos are leaving your scalp too dry and the skin peeling away as the result. Before purchasing expensive anti-dandruff shampoos (and applying even MORE chemicals) to resolve the problem try using a natural alternative first - it is cheaper and most definitely your hair and scalp would benefit from using less chemicals.

Grandma's Philosophy:

In times past the general philosophy was that natural hair oils - produced by the body for the body - were essential for healthy hair (lustre, good growth and thickness). Hair was washed (shampooed) once weekly with pure soap to ensure the oils remained on the scalp and around the hair follicle base to provide the right environment for healthy hair. If the hair became over oily during the week a 'dry shampoo' was applied - such as oatmeal, bicarb soda, bran, rice-four, etc. It was rubbed well into the scalp and then thoroughly brushed out - leaving hair oil free and shiny. All this makes complete practical sense - sometimes it pays to take heed of the wisdom of times past!

For more information.....



e-Booklet No. 14 - Natural Hair Care. Includes numerous natural recipes for shampoos, conditioners, rinses, herbs for hair care, specific hair problems: dandruff, oily hair, baldness, graying hair, frizziness. Covers dry shampoos, hair spray and hair setting lotion. **Price: 12.00.** (See page 4 for ordering information)



e-Booklet No. 71 - Natural Hair Dyes & Colours: Commercial hair dyes contain powerful carcinogenic chemicals - this booklet offers safe, cheap and easy-to-make chemical free alternatives to commercial hair dyes and colours using natural materials. Covers: hair rinses & dyes using such ingredients as: sage, chamomile, lemon juice, rhubarb, black tea, coffee, turmeric, red wine, hibiscus, henna and more. **Price: 12.00.** (See page 4 for ordering information)

The chemical we come into daily contact with (more than any other household chemical) is detergent. There is a price to pay - not only for our health but the environment. This e-booklet explains more about the topic:



e-Booklet No. 50 - Recycling Soap: Soap: The environmentally friendly alternative to detergent. Contains many simple suggestions and recipes for: rose liquid hand soap, lemon dish-washing soap, rosemary & lavender hair shampoo, soap-based garden spray, wash-balls, heavy-duty cleansing powder, soap-bags, old English wash-balls, 'gourmet soaps' (pet soap, honey soap, etc.), beeswax polish

(containing soap) and other interesting uses. You'll be amazed at the things that can be done with a simple bar of soap - including making putty, poultice and as a drawer liner

Price: 12.00 (See page 4 for ordering information)

Chemicals applied to the body on a daily basis and left all day are the most dangerous. This e-book set outlines the alternatives:



Natural Hair & Body Care e-Booklet Set
Safe and chemical free alternatives for: hair-care, hair dyes and colours, deodorants, foot and teeth care.

5 Booklets: No. 1 Homemade Toothpastes & Mouthwashes, No. 2 Recipes for Homemade Deodorants, No.14 Natural Hair Care, No. 27 Fantastic Feet, No. 71 Natural Hair Colours & Dyes. **Price:**

\$39.00 (See page 4 for ordering information)

Natural Body & Hair Products 'Workshop at Home' Download
Creating alternatives to commercial products at home using simple ingredients from the home and garden.

Natural, safe alternatives for deodorants, body powders, shampoos, hair dyes, toothpaste and foot care. All chemical free using natural ingredients (from kitchen and garden)

Recipes and procedures for making: Lavender spray deodorant, herbal deodorant spray, rose deodorant/body powder, chamomile body powder, herbal hair shampoo, deodorising foot powder, teeth-cleaning powder, lemon hair bleach, dry hair shampoo

Price: \$25.00 (See page 4 for ordering information)

About the Workshop Downloads:

The Self-Sufficiency regularly presents Sustainability Workshops in South Australia. I'm currently working on plans to do the same inter-state. In the mean-time I've made available four of the most popular workshops in down-loadable format to do at home - containing all the recipes, exercises and procedures in an easy to read format. Do them at home, with your local community group or the family to encourage sustainability and environmentally friendly.

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 then 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.

Recycling Food

It makes good kitchen sense to not waste a thing. Everything ultimately comes from the earth - we should therefore respect that source for our continued survival into the future. Tons and tons of precious food are discarded everyday all over the world. Do your bit in your own home by reusing and recycling food BEFORE relegating it to the rubbish or compost bin. Here's some ways to reuse bread (from e-Booklet No. 80 - Uses for Stale Bread):

Homemade bread crumbs: Place pieces of bread (including crusts) in a slow oven. Leave to become dry and pale straw in colour. Place on a board and crush with rolling pin or put through a food processor or sieve. Store in screw top jar ready for use. (If kept dry, homemade breadcrumbs will keep for some months).



Pastry alternative: Use stale bread to line pie dishes, muffins tins, etc. in place of pastry - remove crusts from bread first and cut to required shape. For a thinner, crispy pastry roll the bread with a rolling pin (works best with stale soft bread - not dry). Stale mountain bread can also be used in place of pastry as a pie base or lid - its healthier & cheaper!

Croutons: Cut bread into 1.5 cm squares. Fry in a small amount of olive oil to make croutons for soups. Alternatively, toast or grill the croutons instead of frying. Spray with a little oil before grilling.

Bread Pan-cakes: Ideal for very dry hard bread. Cut the bread into circles. Give them a quick dunk in some hot salted water. Place on greased pan and brown both sides. Serve as a pancake with honey and cream/ice cream.

Bread Crumb-Pasta Snack

Cook 250g pasta in the usual way. Drain. Melt 3 tablespoons butter. Sauté one clove of garlic (finely minced). Add 1 cup bread crumbs. Saute. Add to hot pasta and toss to coat. Add grated Parmesan and/or chopped parsley if desired.

(NB: I've made this recipe many times - adding other ingredients such as spinach, corn, chopped onions, capsicum, etc. The crispy fried bread crumbs are yummy! Pam

So enthralled am I about ways to use up stale bread I've put together a whole e-book. It's very useful kitchen resource saving dollars in the process.....



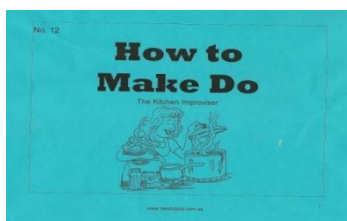
e-Booklet No. 80: Ways to Use Stale Bread: Over 80 recipes and suggestions for using stale bread - from bread crumbs to many practical uses to save money and time, as a filler and binder, recipes for soups, sauces, entrees, main dishes, desserts, cakes and biscuits, includes bread in craft work, healing wounds, coffee substitute, cleaning teeth and more - all using left over stale bread! **Price: 12.00.** (See page 4 for ordering information)

And it doesn't stop there - e-Booklet No. 12 - The Kitchen Improviser contains ways to use up stale cake.....

Lemon or Chocolate Pudding Cake: Grease suitable casserole dish. Pour in pieces of stale lemon or plain cake (icing included). Make up custard mix - add grated rind of 1/2 lemon or a few drops lemon food flavouring. Pour hot custard over the cake (the heat will freshen the cake). Serve with cream or icecream. For Chocolate Pudding Cake follow recipe outlined above - use stale chocolate cake and replace lemon custard with chocolate (add cocoa powder to plain custard). Sprinkle with grated chocolate (the chocolate will melt to form a chocolate layer).

Crumbed stale biscuits or cake mixed with condensed milk and added ingredients such as dried fruit, nuts, rum essence, chocolate chips, etc. and rolled in coconut make sweet treats.

(Both recipes from e-Booklet No. 12)



e-Booklet No. 12 - How to Make Do - Kitchen Improviser: In times past frugality and improvising were an important aspect to having a productive kitchen. This booklet contains some of Grandma's useful 'how to' information: egg substitutes, how to make SR flour from plain flour, souring cream, yeast substitutes, mock cream, icing substitutes, how to make custard without custard powder, gravy without gravy powder, homemade salad dressings, and much more. A very handy kitchen reference. Includes time-saving

measurement reference - converting milliliters and grams to container volume. **Price: 12.00.**
(See page 4 for ordering information)



Improvising in the Kitchen Booklet Set

Back to the days when food was unprocessed & uncomplicated!

8 e-booklets: No. 12 Improvising in the Kitchen, No. 42 – Eggstatic!, No. 53 Homemade Spice Mixes, No. 54 – International Meals on a Budget, No. 70 Homemade Breakfast Cereals, No. 64 – Coffee Alternatives, No. 65 –

Natural Sweeteners, No. 80 – Uses for Stale Bread Price: \$69.00 *(See page 4 for ordering information)*

Appreciating Special Things from the Earth

I'm often asked about the specifics of caring for, cleaning and treating household items made from natural sources. It would seem with so many synthetic materials being used now-a-days to make household goods that information about how to care for items from natural resources has become scarce or forgotten. I can remember when most young girls had a 'glory box' - usually made of camphor-wood. It was a valuable representation of a young girl's transition from child-hood to woman-hood (and marriage) and was often passed down to their daughters in preparation for their same maturation. So maintaining and preserving natural mediums (such as as camphor-wood) so that it lasted many generations was of great importance. I think it's also an example of the importance of appreciation for the earth's resources and the source from which the things we use come from - something that has been lost in the rush for modernisation.

The material I've gathered on the topics in this book has come from both my own information sources and the older generation (familiar with how to manage and maintain items that were precious and important to keep). All pooled into this e-booklet:



e-Booklet No. 59 - Caring for Natural Woods & Fibres:

Many natural mediums such as wood respond best to specific types of care and cleaning methods. This booklet covers an array of natural woods, cane, bamboo, sea-grass. cork, canvas, wool, etc and gives recipes and ideas for cleaning, polishing and rejuvenating. Useful information not so commonly known with the advent of commercial cleaning products and the popularity of synthetic materials **Price: 8.00.**

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