



# The Self-Sufficiency Shoppes Newsletter

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## Household Chemicals Poison Us Every Day

*A recent newspaper article warned us that: "Chemicals in everyday foods, cosmetics, home-wares and medicines have been linked to cancer, birth defects, infertility, autism, ADHD, and even changes in the sex behaviour of fish!"*



The article goes on to say that there are over 800 chemicals in such things as baby bottles, food containers, Teflon-coated saucepans, pesticides, electronics and cosmetics, fragrances, preservatives, solvents, household cleaners, building materials, paints, paper, clothing and garden supplies - and more. In fact some countries have already banned some of these chemicals. Evidence indicates that illnesses such as diabetes, cancers, behavioural and mood disorders, infertility, hormonal imbalances are all related to toxic chemicals in the goods we buy. And more specifically: "The speed with which the increase in these diseases has occurred in recent decades rules out genetic factors as the sole cause".

**There's something amiss when society sells it's citizens toxic products in the interests of profit and wealth accumulation!**

Some years ago I purchased a new, expensive 'good quality non-stick' frying pan. After a few uses I noticed small flecks of black appearing around the edges and underneath the food when cooking. Thinking nothing of it I consumed the food - but years later as the dangers of the coatings on non-stick cookware became public knowledge I realised I had most probably consumed that same toxic coating! I was a bit annoyed and concerned about the consequences for me long term. It's an example of how easy it is to come in contact with and even ingest these very toxins that are the basis for this newspaper article. I would guess, like millions of other people, that there are thousands of incidences when I have come in contact with toxic chemicals in manufactured products - it is unavoidable. And I too,

have one or two of the 'diseases' listed as probably being caused by these chemicals. It affects everyone - in one way or another. And as the amount of chemicals increase and human resistance wanes chemical toxicity will become more of a problem.

The other factor about this scenario is that producing toxic products involves exploiting and destroying the planetary environment - both the earth and it's living creatures. So not only are we destroying ourselves but the source of our survival as well. As we move into the future this approach to human existence on Earth must become obsolete. There is no other answer. For the survival and continuation of life we must simplify our lifestyle so that we live more respectfully toward the planet and ourselves. Our behaviour must change - money, profit, financial gain, wealth are secondary to survival. As time unfolds this will become more obvious to humanity - if it is not already to some.

The basis of all my work and writings is to encourage people to simplify their lifestyle by using safe alternatives to consumer products. Besides being less toxic, using alternatives costs less money (than buying commercial products) and is the most respectful way to live upon our precious planet.

## Getting started: Buying less toxic products



*I've put together four specific downloads that deal directly with the problem of toxins in the products we use. These workshop downloads contain all you need to know (and how to do it) to replace toxic poisonous commercial products with simple, safe (and cheap) household alternatives.....*



### ◆ Non-toxic cleaning: [Green Cleaning Workshop Download](#)

Discover how to do all your cleaning with just four basic household items – bicarb soda, vinegar, soap and eucalyptus oil. Never walk down the cleaning lane of the supermarket again Price \$25

### ◆ Non-toxic skin-care and cosmetics: [Natural Skin Care Workshop Download](#)

Complete facial skin care regime (cleanser, astringent, moisturiser) using just 5 affordable, safe and environmentally friendly ingredients. No more expensive toxic skin care products! Price \$25

### ◆ Non toxic body products: [Natural Hair and Body Products Workshop Download](#)

Chemicals we apply to our body daily and leave on ALL day are the most dangerous. Here's chemical free, easy to make alternatives (using natural ingredients from kitchen and garden) for hair shampoos, conditioners, personal deodorants, foot care products and mouth and teeth cleaners!

◆ Non toxic soaps and cleaners: [Soap-Making and Detergent Alternatives Workshop Download](#) Make soap easily at home to your specifications. Safe & environmentally friendly. Transforming a simple bar of soap into a range of alternative soap-based products (detergent alternatives). Price \$25



# Workshop@Home

*Discover how to make alternatives to commercial products at home using ingredients from home and garden. Safer, cheaper and better for the environment and you!*

*Easy to follow recipes and procedures.*

*Topics include:*

## ◆ Natural Skin Care **Workshop@Home**

*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 cleansers, Facial scrub, Oatmeal bag, Herbal astringent, Antibacterial astringent, Herbal moisturiser, Lip salve, Lipstick, Lavender Hand cream, Bath-salts

## ◆ Green Cleaning **Workshop@Home**

*Do all your cleaning with just four basic household items. Never walk down the supermarket cleaning lane again! Safe, cheap and environmentally friendly.*

**Recipes and procedures for making:** Deodorising powder, Disinfectant, Air-freshener, Furniture polish, Heavy duty cleaning powder, Soap jelly, Lemon dish washing soap, All-purpose surface cleaning/stain removal spray. *Plus many other recipes & cost saving ideas!*

## ◆ Soap Making **Workshop@Home**

*Making plain soap simply and quickly. Easy to follow basic recipe with numerous variations.*

*Transforming a bar of soap into a range of alternative soap-based products (detergent alternatives). Safe & environmentally friendly.*

**Recipes and procedures for making:** Basic soap (like Grandma used to make) with 10 variations, Soap bag, English wash balls, Soap Crayons (for the children), Pressed Soap Shapes, Herbal wash-balls, Rose Liquid Hand Soap

## ◆ Natural Body & Hair Products **Workshop@Home**

*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

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**Price: \$25.00 each or all four workshops for \$85.00**

**To order:** download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) OR send \$25.00 (plus \$3 postage) to: The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043. For more information go to 'Workshop@Home' at [www.theshoppe.com.au](http://www.theshoppe.com.au)

## Useful Recipes:



### Non-toxic Talc Alternative

*Talc is a mined substance that exploits the earth's resources. It also has links to health problems such as cancer and asthma. Here's the environmentally responsible non-allergenic and safe alternative: rice-flour OR corn-flour.*

*Both are very similar to talc in nature - silky, smooth and soft on the skin - but less toxic and more respectful toward the environment. Use plain or create your very own non-toxic alternative:*

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### Perfumed Body Powder:

1. Obtain a small clean recycled jar
2. Pour into a clean bowl: 1/2 cup each of rice flour and cornflour.
3. Add one tablespoon chopped fresh flower petals (such as roses or jasmine) or one teaspoon dried flowers (rose pot pourri or contents of chamomile tea bag for chamomile body powder) or 3-4 drops essential oil (i.e. lavender)
3. Mix the ingredients well. Pour into jar. Seal ready for use. Punch holes in lid for easy sprinkling .

From: **e-Booklet No. 2 - Home-made Deodorants** (and body powders). Contains many more recipes and suggestions. Price: \$12.00



### Non-toxic Detergent Alternative

*Detergents are the most dominant chemical in our life. We come into contact with it many times a day in the form of shampoos, dish detergent, laundry detergent, shower gel, liquid hand washes, household cleaners, and more. Soap is a less toxic environmentally friendly alternative. Transform a bar of soap into a versatile soap liquid mix that will replace all your detergent-based products:*

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### Economical Soap Liquid Mix:

One bar of soap will make 20 litres (2 buckets) of detergent alternative.

1. Grate one bar of soap. Put one half in one 9 litre bucket. Put the other half in another bucket.
2. Add ½ cup washing soda\* and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved.
3. Top each bucket up to full with water. Leave to cool.

**How to use:** 1 cup per full wash tub (for clothes washing) or use as a detergent alternative for all other cleaning tasks: dishes, floors, walls, mats/carpets, hair shampoo, hand wash, shower wash, etc.

\*Sodium carbonate is a water softener available from supermarkets or use bicarb. soda as an alternative

From **e-Booklet No. 50 Recycling Soap**. Contains many more recipes and suggestions using a simple bar of soap. Price: \$12.00

## Useful Publications:



### Environmentally-friendly Basics Booklet Set

Discover the many uses for 6 common household products – Bicarb Soda, Vinegar, Lemon, Eucalyptus Oil, Soap, Oatmeal - that have a multitude of safe, environmentally friendly uses around the home. Very cost effective!

**Contains 6 Booklets:** No. 9 - Uses for Bi-carb Soda, No. 10 - Humble Lemon, No. 33 - Versatile Vinegar, No. 51 - Uses for Eucalyptus Oil, , No. 50 – Recycling Soap, No. 58 - Old-time Oatmeal. **Price: \$42.00**



### Chemical Free Options Booklet Set

The specifics about living chemical free and environmentally friendly - covers non-toxic paint, insect repellents, glues, colours and dyes and polishes.

**7 Booklets:** No. 4 – Making Beeswax Products, No. 6 – Making Whitewash, No. 20 – Natural Insect Repellents, No. 18 – Homemade Glues, Pastes & Putties, No. 75 – Natural Colours and Dyes, No. 55 – Handyman Hints, No. 35 – Natural Pet Care. **Price: \$59.00**

## More Useful Recipes:

### Recipe: Simple Homemade Whitewash

1. Place ½ kilogram of common salt and 4 ½ litres of water in a large bucket.
2. Stir thoroughly until the salt has dissolved.
3. Slowly add 2¼ kilograms of hydrated lime (slaked lime).
4. Continue stirring the mixture while adding the lime until it reaches a thick, smooth consistency.
5. Cover the mixture and leave for two or three days (or, at the very least, 24 hours) before applying . Add more water if the mixture is too thick.



(Best suited to smooth surfaces, such as wood, iron, glass or metal).

(More detail about application and use plus alternative recipes:

**e-Booklet No. 6 - Making Whitewash. Price: \$8.00).**

### Recipe: Homemade Glue

Did you know? Many Australian trees and shrubs produce a sap suitable as a simple glue. The Australian wattle tree (acacia), particularly the species common to drier areas, produces a gum that often appears as small globules exuding from various areas of the trunk or branches. These globules, when mixed with water, blend to make a simple glue.



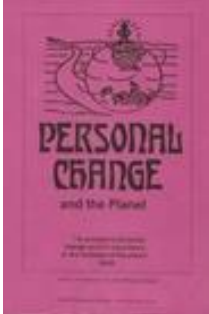
(From **e-Booklet No. 18 - Homemade Glues, Pastes and Putties** - contains numerous recipes and ideas using environmentally, non toxic alternatives. **Price \$18.00**)

**Note:** Protect our native flora –check local regulations before disturbing or removing shrubs, trees and/or branches from the bush



## Practical Sustainability Workshops

Natural Skin Care, Green Cleaning, Environmentally- friendly Living, Natural Hair and Body Products, Soap-Making, Old Time Kitchen Skills, Ways With Herbs, Back-yard Self-Sufficiency. All conducted on a regular basis in Adelaide, South Australia - for more information contact Pam (08) 8374 2531



### 'Your Change and the Planet '

Our planet and humanity are undergoing preparations for an evolutionary shift. As a result people are being drawn to areas of self-exploration and deeper understanding about themselves and the planet. It is crucial we change *with the planet* as it moves through it's own path of change. *Topics covered:* What is evolution? Stages of personal change (awakening, inner change, transcending to the next level), Dealing with emotions as they arise, Benefits and outcome, How it effects those around us. Presented both in the form of practical information and personal experience. 13 page booklet. **Price: \$12.00**

*I hope you enjoyed the newsletter - plus the additional illustrations! Keep well - and I'll catch you next time. Pam Marshall - The Self-Sufficiency Shoppe [www.theshoppe.com.au](http://www.theshoppe.com.au)*

**Please educate others about the benefits of 'anti-consumerism' and alternatives - please pass this newsletter on to a friend!**

### 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](http://www.theshoppe.com.au). Choose your item for download Click 'ADD TO CART'

6. 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](mailto: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 (add \$3 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per book for postage and printing costs.

**If you have any problems or queries contact: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) - ph: (08) 8374 2531**

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