

# The Self-Sufficiency



# Shoppe Newsletter

Issue 8

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## Make Your Own Deodorants

*The newspaper article below gives substance to the argument that aluminum-based deodorants are detrimental to our well-being. Some people's bodies even go so far to react quite severely to these powerful chemically-based products:*

### **BRITAIN**

### **Deodorant risk**

**USING** a deodorant may increase the risk of breast cancer, according to a British scientist.

Molecular biologist Dr Phillipa Darbre said aluminium compounds used in almost all deodorants to block sweat glands, have the same effect on the body's cells as the sex hormone oestrogen, which is known to help cancers grow.

'The Advertiser' 3/3/06

### **Difference Between a 'Deodorant' and an 'Anti-Perspirant'**

The problem with aluminium based 'anti-perspirants' is that they work by causing the sweat glands to swell – hence blocking the secretion of 'sweat'. Perspiring is 'Nature's way' of cleansing and cooling the body and

ensuring a healthy flow of waste secretion. Its therefore not so surprising to now hear that the extended use of chemicals that interfere with that essential bodily function may cause serious health problems.

We all want to 'smell' right – to feel comfortable on hot days and confident that our secretions are not offending those around us!! So what's the solution?

### **What's the Alternative?**

My recommendation is to make a simple 'anti-bacterial' agent from safe, chemical free ingredients. This will still allow the all important free flow of perspiration – but will inhibit the odour of underarm perspiration. It doesn't have to be a complex process – just a simple herbal infusion (fresh herbs in boiling water) or diluted cider vinegar will suffice as a simple anti-bacterial agent. Its definitely much safer, cheaper and you have complete control over what you use on your body! Try a couple of



deodorant options – a spray or powder using different ingredients until you find one that suites you.

I find that a cider vinegar based deodorant (one part cider vinegar with 8 parts water with added natural scent) used as a spray works really well for me. On hotter days I apply it 2-3 times a day – on cooler days a morning application is sufficient.

Deodorant powders can be made from rice flour, arrowroot, orris root powder or bi-carbonate of soda. Herbs that are excellent anti-bacterial agents are thyme and rosemary. When made into an infusion and applied as a spray they make a very natural and safe deodorant alternative.

In my Back-to-Basics 'Personal Care Workshop' participants make two deodorants: a vinegar based lavender spray and rice flour and arrowroot based rose-deodorant powder to take home and try. People are usually pleasantly surprised how easy they are to make and how effective they are to wear!!

*If you would like more information on the topic of making deodorants e-Booklet No. No. 2 'Homemade Deodorants' will tell you all you need to know.....*



### e-Booklet No. 2

### Homemade Deodorants

Covers: a practical approach, simple procedures and alternatives for deodorants. Contains recipes for spray deodorants, deodorant powders & creams using such ingredients as cider vinegar, rice flour, lemon, bicarb soda and herbs. **Price: \$12.00** (download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or send payment to The Shoppe plus \$2 for postage and packaging.)

*Here's a recipe from the book for a quick and easy deodorant spray using garden herbs:*



### Herbal Spray Deodorant

Make a herbal infusion (thyme & rosemary are best) by steeping 2 teaspoons chopped herb with 1 cup boiling water. Leave until cool. Strain. Pour approx. 90-100 ml of herbal infusion into a 100ml spray bottle. Add 8 ml cider vinegar. Apply lid and shake. Use this mix twice daily in place of commercial deodorants. Add 2-3 drops of lavender essential oil to make lavender scented deodorant.



### Natural Body Care 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**

(Available for instant download from [www.theshoppe.com.au](http://www.theshoppe.com.au))



## The Problem with Detergents!

Most detergents are synthetic products that do not fully breakdown in the environment with harmful chemical residues remaining for thousands of years. Commercial detergents also come in containers and packages that further add to environmental problems. Many detergents are poisonous to plants and animals – they work their way via drains into our water systems to pollute and damage normal cycles of 'life' – which is, of course, detrimental to humans, the environment and animals and plants. In fact, in some cases, detergents are more harmful to the environment (and ourselves) than the grease and grime we are trying to remove.

Today in Australia alone 4 million tons of detergents go into local waterways, drains, etc. Up until 1907 pure soap was the only cleaning agent used – now synthetic detergents dominate a whole range of 'soaps' and 'cleaning products' available – in fact the only time we encounter 'pure soap' is as a simple bar of soap or 'Lux' soap flakes – ALL OTHER products (including shampoos, detergent powders, shower gels and the like) are detergent based. Synthetic detergents work by breaking down cells to disperse the dirty residue for easier cleaning. Other chemicals are added to detergent mix to create froth and bubble, scent, texture, etc. – it is the combination and use of all these chemicals on a frequent basis that make detergents toxic.

On the other hand, pure soap is natural, non-toxic and biodegradable (that is, able to break-down readily and quickly in the environment). Pure soap is also less toxic to plants, animals and humans and contain less chemical additives.

**The Self-Sufficiency Shoppe downloads** – all publications can be downloaded from [www.theshoppe.com.au](http://www.theshoppe.com.au) or send payment plus \$2 for printing and postage costs to The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043.

It, therefore, makes good sense to replace detergents with pure soap whenever possible. Here are some suggestions for economical, safe and environmentally friendly ways to turn pure soap into a range of alternatives for detergent-based items.

### Ways to Substitute Pure Soap for Detergent

1. Use a 'soap-saver' with a bar of pure soap (or homemade soap). (More about Soap-Savers in e-booklet No. 47 'Making the Most of Your Soap-Saver').
2. Use finely grated pure soap in place of 'dry' detergent powders – a food processor is the easiest way to 'grate' soap.
3. Turn pure soap into a liquid soap jelly which is a very economical and versatile substitute for any detergent based cleaning product (see recipe below).
4. Make your own soap-based detergents, shampoos, liquid soaps, etc. by using pure soap flakes or grated pure soap or homemade soap – Recipes are outlined in e-booklet No. 50 'Recycling Soap'.
5. Use natural cleaning alternatives as much as possible – for example, bicarbonate soda, lemons, oatmeal, vinegar, etc. (The Self-Sufficiency Shoppe's Information e-Booklet range covers all you need to know about cleaning alternatives).

#### **Economical Soap Jelly Mix:**

*(Transforming a bar of soap into 20 litres of washing mixture!).*

Grate one bar of soap. Put one half in one 10 litre bucket. Put the other half of grated soap in another 10 litre of water. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Leave to cool to form a thick jelly. Approximately one cup of this mixture per wash (in the washing machine) will be sufficient for a full load of washing. It can also be used for other washing tasks in place of 'detergents', ie. dishwashing, hand washing, shampoos, shower gels, etc.

*This mixture will make enough soap jelly to last some months – all from one simple bar of soap – how cheap is that?!*

## More Information:

Further Information is available in the following e-books:



**No. 50 - Recycling Soap:** Transforming a simple bar of soap into a array of safe, environmentally friendly products - either in the form of grated soap or soap jelly. Contains 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**



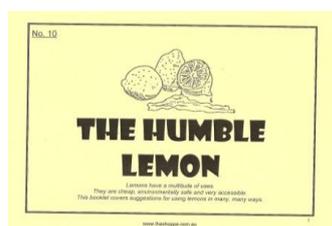
**No. 23 - Green Cleaning:** Alternatives for commercial cleaning products using four basic ingredients: bicarb soda, vinegar, eucalyptus oil and pure soap. Covers an array of common commercial products and lists what can be used 'instead of'. Safe, economical, practical and good for the planet! Includes quick reference Green Cleaning Chart. Recipes for : soap jelly, surface spray, oven cleaner, disinfectant, carpet deodoriser, heavy duty scouring paste, air-freshener spray. Price: **\$12.00**



**No. 24 - Back-to-Basics Cleaning:** More cleaning alternatives using common household products (such as salt, olive oil, tea leaves, borax, methylated spirits, mustard, toothpaste, talcum powder), miscellaneous suggestions (including how to restore shrunken woollens, clean difficult bottles and jars, removing burn marks from wood). Many from Grandma's day when improvisation was the way! Price: **\$8.00**



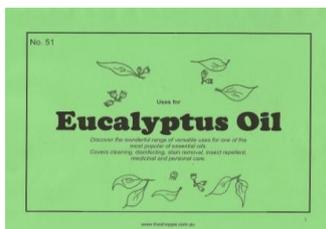
**No. 9 - Amazing Bicarb - 70 Uses for Bicarb Soda -** A practical, money-saving guide on the multitude of uses for bicarb soda - from deodorising, whitening, cleaning, scrubbing - whether it be household, personal or in the garden. You'll be surprised and save heaps on commercial products. Includes recipes for carpet deodorant, shoe deodorant, deodorant body powder, scalp toner, powder cleanser, flea repellent. Price: **\$8.00**



**No. 10 - The Humble Lemon:** The most useful of garden produce - for cleaning, bleaching, deodorising, disinfecting, hair-care, whitening, stain removal, teeth-care, personal deodorant, skin-care and more. All totally chemical-free! If you have a lemon tree this booklet will be very useful. Contains numerous tips and suggestions along with recipes for lemonade, lemon butter, preserved lemon juice, salted lemons, candied lemon peel and lemon hand lotion **\$8.00**



**No. 33 - Versatile Vinegar:** The most useful and versatile household ingredients. A mild acidic agent that disinfects, cleans, deodorises, anti-bacterial, flavours and even curdles and sours (dairy products). Contains suggestions for cleaning, culinary uses, preserves, hair-care, personal care products, skin care, garden use and so much more. You'll be amazed. Many recipe ideas including disinfectant and how to make vinegar, including cider vinegar. Price: **\$8.00**



**No. 51 - Uses for Eucalyptus Oil:** Unique to Australia this popular essential oil has innumerable uses - cleaning, disinfecting, stain removal, insect repelling, medicinal, therapeutic, personal use, softens glues, gum and more. Environmentally friendly and safe to use in small amounts  
**Price: \$8.00**



**No. 58 - Old-time Oatmeal:** Used in earlier times oatmeal is a valuable and versatile agent that has many uses. Including: skin-care, gentle cleaner for soft fabrics, water softener, hair-care, baby-care, for healing certain skin conditions, cooking, plus many other uses. Contains recipes for facial cleansers and scrubs, skin-care, baby-care, oatmeal breakfast cereals, biscuits and so much more! It's cheap, natural (chemical free), very soft and gentle plus Australian produced!  
**Price: \$12.00**



## Green Cleaning Booklet Set

Safe, easy-to-follow suggestions and alternatives for commercial cleaning products. All environmentally friendly.

**Contains: 10 Booklets:** No. 23 Green Cleaning, No. 24 Back-to-Basics Cleaning, No. 9 Amazing Bi-carb, No.10 The Humble Lemon, No. 5 Homemade Polishes and Cleaners, No. 33 Versatile Vinegar, No. 51 Uses for Eucalyptus Oil, No. 50 Recycling Soap, No. 47 Making the Most of Your Soap-saver, No. 59 Caring for Natural Woods & Fibres. **Price: \$69.00**  
**(Available for instant download)**



## Environmentally-friendly Basics Booklet Set

**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!**

**6 e-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**  
**(Available for instant download)**

## 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!*

**Price: \$25.00**

**To order download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact:**  
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