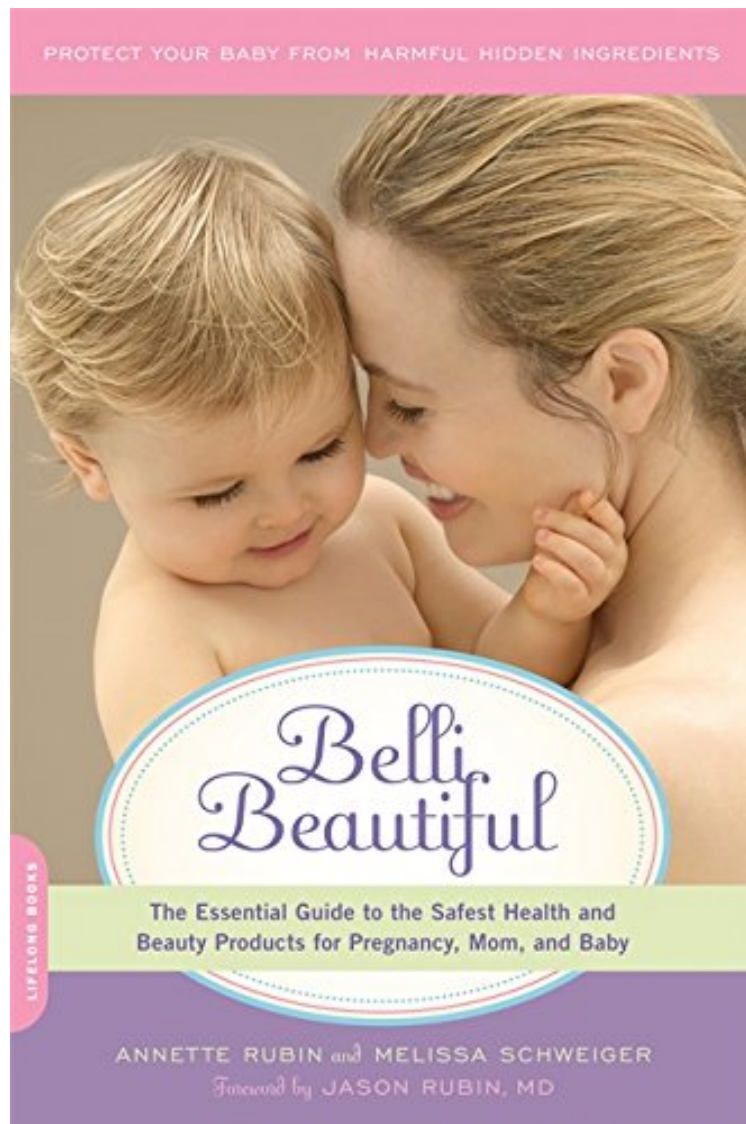


[Mobile library] Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom, and Baby

Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom, and Baby

Annette Rubin, Melissa Schweiger
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Annette Rubin, Melissa Schweiger : Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom, and Baby before purchasing it in order to gage whether or not it would be worth my time, and all praised Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom, and Baby:

3 of 3 people found the following review helpful. helpful bookBy AugustThis book contains information about cosmetics, soaps, shampoos, lotions, etc that are safe and not safe for fetuses and children. It explains what the various chemicals have been shown to cause in animal studies (the book did not do the studies but rather relied on previous research and per the authors Belli is PETA-approved). I liked that, for each proposition, the authors actually cited the original journal article or study. The book also contains lists of products that the authors have found are 90% free of chemicals linked to birth defects, and products that are 100% free. I found these lists very helpful as they actually list the brand and style. Note to the reader: don't make the mistake that I did and keep flipping through your kindle looking for the right list while staring at the shelf at Whole Foods - there is a complete list of all products at the end of the book, not just at the end of each chapter. It is also nice that the authors explained the dangers of each particular chemical, so you can check out your regular brand and see whether it contains any of the hazards. Interestingly, I looked at a "natural" toothpaste and discovered it contains several substances linked to birth defects! I have now tried several of the suggested products. Some are great, some are terrible, and some simply did not live up to my expectations as "beauty" products. I'm trying to rate most of them on so others can benefit from my trials. Many products I had to buy sight unseen on because they were not available even at places like Whole Foods. A few are mainstream products you can find at places like Target. The only reason i give this book 4 stars instead of 5 is because at least one product i've tried smelled horrendous (and it was supposed to be a deodorant!) and I wonder why the authors would recommend such a product when the whole idea is to be safely beautiful. So do your research before you buy, particularly if you can't check out the product in person, and look for reviews so that you can see whether others have yayed or nayed a product. (also, many of the products are much more expensive than they're more mainstream counterparts). Update: I have found the book somewhat inconsistent. For example, it states (and cites the study) that aloe is linked to birth defects, and also at one point mentions that calendula is to be avoided. but then it recommends for baby a shampoo with "calendula" in the name and that has aloe as the first ingredient. I bought it for myself (to remove eye makeup since it's tear free) before realizing that calendula was a no-no and that it contained a lot of aloe. It would have been helpful if the book had pointed out that the shampoo was not safe for Mom. the book also lists several "three free" lines of nail polish but no recommendations for nail polish remover - which historically contains lots of nasty chemicals. so you need to read carefully before making any purchases. 0 of 0 people found the following review helpful. Great adviceBy josie marinaGreat advice in a fun and easy to read book. 1 of 2 people found the following review helpful. too simpleBy KCi found much more info online. even goodguide. com is better than the book. waste of money. could be better

Pregnant women are used to hearing the warnings from their ob-gyns about which foods and medications to avoid, but surprisingly no one informs them about which skin care ingredients could be potentially harmful to their unborn child through topical absorption. Many of the ingredients used in beauty products are normally safe, but when applied during pregnancy are actually linked to birth defects and miscarriage. Exposing the hidden pitfalls of the products we use every day, expert Annette Rubin-- founder of Belli Skincare, the #1 beauty brand recommended by ob-gyns--and beauty writer Melissa Schweiger show moms how to detoxify their skincare regimens. They explain the ingredients to watch for on labels and identify the safest products across major brands. But pregnancy and motherhood doesn't have to mean a ban on beauty! Packed with essential guidance, Belli Beautiful helps moms take the best care of their babies while still looking as fabulous as ever.

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