

The Never List: Shifting Your Toxic Load One Lipstick at a Time

Episode 11: Show Notes.

Most of us probably don't spend too much time thinking about the chemicals in our skincare products, but did you know that what you put *on* your body is as important as what you put *in* it? Today's guest, Jennifer Nottingham, is on a mission to help others lighten their toxic load. After struggling with hormonal health, Jennifer has found what works for her and wants to share what she has learned. In this episode, we discuss the importance of advocating for your own health and how Jennifer uses Western and holistic medicine practices to honour her needs. We then learn more about toxic load and some of the astonishing side effects of toxin overexposure and bioaccumulation. Jennifer also sheds light on the policy and regulation side of personal care products and why the industry is so unregulated. Realistically, it is not possible to get rid of all harmful chemicals, but there are some small steps you can take to see significant changes. Jennifer shares which personal care products you should try to swap as soon as you can, along with the ingredients we should all be avoiding. To hear more, tune in today!

Key Points From This Episode:

- Get to know Jennifer, the hats she wears, and how she became interested in wellbeing.
- Some of the powerful quotes that inspired Jennifer to take action and start her blog.
- How Jennifer's hormonal health led her to learn about holistic health.
- The definition of toxic load and what we should be looking out for.
- Jennifer's experience navigating between the Western and holistic medicine worlds.
- Some of the adverse effects of toxin overexposure.
- Why the current guidelines around appropriate toxin levels in beauty products fall short.
- Approaching a personal care product overhaul like you would a diet: use the 80/20 rule.
- How Jennifer found Beautycounter and the benefits of using the platform.
- Findings around the lack of regulation with personal care products and the reason for this.
- Cosmetics and personal care products don't have to go through the FDA!
- Why Canada, a progressive country, is not more stringently regulating the personal care industry.
- The ingredients Jennifer recommends you avoid where possible.
- Where to start if you want to decrease personal care toxic load.

Tweetables:

"The same way what we eat matters, what we put on our bodies matters too." — Jennifer Nottingham [0:06:41]

“There’s enough studies out there that show the stuff we put on our body goes into it and can enter the bloodstream.” — Jennifer Nottingham **[0:16:05]**

“The other thing I really love about cleaner products is that it’s actually good for you. There's a lot of really good ingredients.” — Jennifer Nottingham **[0:30:14]**

Links Mentioned in Today’s Episode:

[Britt Anderson](#)

[Britt Anderson on Instagram](#)

[Jennifer Nottingham on Instagram](#)

[Environmental Working Group](#)

[Beautycounter](#)