

HOLISTIC DEODORANT

Making the Switch

WHAT TO EXPECT

Increased Odor During Detox

The **toxins** are what smell, not you! You will get through your detox. The most important thing is DON'T STOP! Every time you stop, your detox starts over. The goal is a healthier you. You got this!

Moisture

If you have been a lifetime antiperspirant user this may be the first time you have felt sweat under your arms. It's an adjust. It gets better.

More Laundry

The bacteria in sweat create odor. This means your shirts can be stinky even when they look clean.

HOW TO HAVE THE BEST DETOX EVER!

Prior to Starting

If possible, start eating clean before making the switch. Less toxins in your system will shorten your detox time and help reduce odor.

Be Prepared

Remember to bring your deodorant with you to reapply during the day. Wet wipes are a great way to freshen up while on the run.

Mindset is Everything

Be honest with yourself. Yes, you will have increased odor for a time, but you can manage it, it will pass and the purpose is a Healthier You!

BONUS TIPS!!

Super-Charge Your Odor Protection

Apply a little essential oil directly to your underarms, followed by EARTH TMD. Doing this will reduce odor-causing bacteria before it forms. Please conduct a patch test when trying a new oil.

Not Just for Underarms

EARTH TMD is safe to use anywhere. Under breasts, on the soles of feet, intimate areas, anywhere you! Don't forget to patch test first.

Yellow No More!

Coconut Oil is an excellent odor fighter but can cause yellowing on clothing. Should any yellowing occur, please try the following

Make a paste of baking soda and water. Apply to the fabric, let dry like a mask, then wash as usual. Lemon is a stronger alternative to water, but always consult fabric instructions before trying any stain removal tactic.

Your EARTH TMD is concentrated and should last approximately 3 months.