



## Article Side

What You Prefer Natural Products or Chemical Products for Your Silky Hair? by [Abhay](#)

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The holidays are a family-oriented time and you will likely attend gathering, host dinners and purchase presents for those that you love. At the same time, however, nothing can ruin the holidays faster than you or a loved one becoming ill and having to miss these special events. Even seemingly healthy people can come down with something from time to time, so it is important that you take the necessary precautions to prevent yourself from getting sick. You might not realize that many of the products that you use daily could have a negative impact on your health. By doing something simple like switching to natural hair products, you could give yourself a better chance of avoiding some of these health problems this holiday season.

The main issue is that many of the beauty products that you normally use contain chemicals. Even if you follow a healthy diet, these chemicals get into your system and slowly wear you down. Natural hair products do not contain these same toxins, so they do not have the same influence on your health. In fact, all natural beauty products are better for you than those containing harmful chemicals. In the spirit of gift giving, you should give yourself the gift of living a healthy lifestyle by changing the beauty products that you use.

If you are looking for a gift for a family member this holiday season, natural hair products are a great choice. Since many people are not aware of the health difficulties that chemically based products can create, they go about their lives purchasing the same old shampoos, conditioners and hair sprays from the grocery store. Shaklee Columbus Natural beauty products can help eliminate the sluggish and unhealthy feeling that you family members might unknowingly suffer from the toxins found in their hair products, which is a give that can be enjoyed throughout the year.

It might come as a surprise, but some of the hair and beauty products that you use could contain formaldehyde, lead, and other cancer-causing chemicals. Recent studies have shown that many hair-straightening products contain up to 12% formaldehyde, while 61% of lipsticks contain at least trace amounts of lead. You should avoid putting these chemicals into your body, so switching to some natural hair products is a great idea around the holidays and throughout the year.

It is clear that you want to enjoy the holidays this year and for many years to come, so why not do everything possible to keep yourself healthy? Natural hair products are widely available and they do not contain these cancer-causing agents at all. Other natural beauty products are also available, so you can avoid putting anything of this nature near your skin. The gift of health is something that you should not only give yourself, but also those that you love, so distributing these items around your family can truly make a difference.

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