



Purify My Life!

by Jill Bickford

**How (and Why) To Purify Your Home of
Toxic Skin and Body Care Products ...
In 10 Days!**

STEAL THIS REPORT

Here's what you can do to spread the word about *Purify My Life*:
(You'll be helping your friends, loved ones, and people all over the world keep their families safe from toxins in the home!)

1. [Share on Facebook](#) 
2. Email *Purify My Life* to a friend (send them this link: <http://leb.bz/pure>)
3. [Tweet It!](#) 
4. Leave a comment about your experience [on our blog](#)
5. Print out a copy and give/mail this report to your loved ones.

...and while we're on the subject of 'Stealing'

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Purity Is The Secret To Wellness, Happiness, And A 'Flawless Look'

Making the Connection - What IS Purity?

Have you ever bought an organic piece of fruit? Or chosen spring water over filtered tap water? If you are on a path of wellness and healing, you may have an inherent sense that organic food is 'better than', or 'more pure', than non-organic food. And that spring water is 'closer to the source' than filtered or purified water. Organic food is also known to contain at least 50% more nutrients, minerals and vitamins than non-organic food. We can inherently *feel* in our bodies that a conventionally grown apple is not deeply nourishing. It may have been genetically modified, and was definitely sprayed and/or systemically infused with pesticides, and grown from a tree in chemicalized soil – it is no longer a pure gift of Nature.

Imagine standing on the 75th floor of a high-rise building in New York City. Your feet are on carpet, concrete, and steel that were put there with great effort and entirely manufactured and created by humans. Do you feel nourished, joyful, connected, beautiful, and at peace? Now, imagine you are transported to the beach in Hawaii - you can feel the sand between your toes and the ocean swell lapping at your legs as you breathe in the fresh ocean air. Now, imagine you are standing in a forest of Redwoods – you can feel the cool shade of their limbs, hear the birds chirping, and smell the woody, earthy forest air. The difference you can *feel* in your body between standing in the man-made skyscraper versus standing on the beach or in the forest *IS the difference* between consuming an impure product versus enjoying a pure herb or essential oil, straight from Nature. And the difference shows: in our spirits, our health, and through our skin.

Get this: Our bodies *know* that purity is not only perfect, but is essential for us! When purity is tainted, we take in dangerous toxins and lose the essential nutrients that we need for vibrant health and beauty. Skin disorders, acne, rashes, or even dull, sallow skin are *all* signs of toxins and a lack of nutrients in the body. When the detoxification organs in the body are overwhelmed, the body can no longer handle the toxins on the inside and they are then expressed through our skin.

What is a *pure product*?

A pure product is a product that is utilized or consumed in the same form in which it came into existence in Nature. For example, sugar cane growing wild is pure, while refined white sugar in a bag in the grocery store is *not* pure.

‘Purity’ is not *only* a way to describe an apple, our bodies, or a product’s quality; it is a way of life. Purity means staying authentic to our true nature as human beings in everything we do and every choice we make in our daily lives. We are beings of the Earth, living on the Earth. We are made up entirely of organic matter, just like all living beings of this Earth. Our bodies are sustained and nourished entirely by the organic matter of this Earth. Our bodies and our spirits are meant to live in and with the Earth in total harmony, respect, honor, and love.

What happens when we turn away from Purity?

Our bodies are unable to process impure, man-made substances without being incredibly damaged. The purity of living that our bodies are designed to thrive within has been corrupted as our culture has *turned away from Nature*. Today most products, especially food and body care products are

man-made, genetically engineered, overly processed, and contain chemicals and hormones unintended for ingestion and processing in the human body. Turning away from purity has resulted in a massive increase in disease throughout the world. *Further, it causes breakouts, extensive premature aging, and a bodily condition that is the opposite of Beauty!*

How do we heal this assault on our bodies and spirits? The only way to heal is by taking a rest from the onslaught - by eliminating everything impure, everything *not* of the Earth.

What is ‘A Flawless Look?’

True Beauty is often considered to be the reflection of a heart shining with love. This love radiates to the outside, creating a beautiful glow in our eyes and through our skin. However, *our skin is not only a reflection of our heart, but of our entire internal being.* **Everything we do, feel, and consume shows through our skin.** This includes most shampoos, toothpastes, anti-aging serums, moisturizing lotions, and the list goes ON and ON! The unnatural things we ingest, the toxins absorbed through our skin, and even negative emotions or harmful actions are mirrored through our skin.

Our bodies have to be pure on the inside in order to reveal pure, radiant skin and hair on the outside. Natural, healthful ways of eating and taking care of our skin, as well as an attitude of joy, love, and gratitude are also reflected in our skin. A ‘flawless look’, requires a flawless practice of living, eating, and caring for our bodies. *Purity of living creates radiant skin.*

How do I achieve the pure, healthy, nourished, beautiful body and spirit that is my birthright?

Simple! Begin to consciously reclaim what you already know – by tuning into your innate discernment to FIND and ENJOY the products and foods that feel joyful, healthy, and nourishing! AND when your discernment sends up a red flag, THROW AWAY the products that promise you the moon, but make you feel sick, tired, or disconnected from your body and from the Earth.

We Are Surrounded By Products That Claim To Help, But Actually Harm

It's Time to take a Look at more than Food

Eating pure foods, including Superfoods, and [creating nourishing, healing elixirs](#) with ingredients directly from the Earth are absolutely essential ways to be radically healthy and beautiful. BUT - health and beauty can never be achieved through ingestion alone. ***Everything that touches your skin or is inhaled has a profound affect on your being and your body.***

- Are you eating whole, organic, unprocessed foods, even massively powerful Superfoods, yet still buying soap and shampoo at the drug store or department store?
- Do you believe that a commercial, chemical-based anti-aging product or sunscreen is the only EFFECTIVE way to accomplish the result?
- Do you read the labels on your skincare, soap, shampoo, toothpaste, and other body products as carefully as you read the ingredients on a package of food? Or do you insist on buying skincare, soap, shampoo, etc... that actually LISTS all of the ingredients? Have you ever looked up what these ingredients are and where they come from?

It's OKAY! – we've all grown up in a culture where it's accepted to abuse our bodies and sacrifice purity. Now it's time for that to end – *here's my personal rule for ANYTHING that touches my body:*

If you wouldn't eat it, don't put it on your skin!

When you're reading the contents of a bottle of shampoo, or any body care product, ask yourself "Would I eat this?" If I needed to, how would it feel inside my body? Even if you have no idea what an ingredient is, it's very easy to get a gut-level instinctual reaction, especially when the ingredient you're looking at is named Butoxyethanol, Nonoxynol-10, Propylene Glycol, and Sodium Lauryl Sulfate, Dioxane, or Ethanolamine.

The skin is our body's largest organ. It is also our body's first line of defense against disease. Our skin is easily damaged by external factors (chemicals, synthetics, pollution) and internal factors (poor diet, pharmaceuticals, etc.). **GET THIS: *Our skin is actually the primary means by which we absorb toxic substances.*** In fact, absorption by the skin is often many times more efficient than ingestion. The skin absorbs chemicals into the bloodstream, which, in turn, are distributed throughout your body system. That is why there are medicinal patches for Hormone Replacement Therapy, or Nicotine patches. The chemicals are released slowly and absorbed quickly through the skin, without being filtered by your digestive system.

Even though many of the skin care products we use promise to beautify our skin, the chemicals and synthetic ingredients actually take a terrible toll on our skin and on our general health. Compounds in synthetic cosmetics and perfumes stay trapped in the fatty tissues under the skin and remain there for years. These synthetic compounds require massive amounts of energy for assimilation, absorption, and detoxification – and that is energy, which is being taken away from your health, your beauty, and your life!

Here Are The True Facts About 99%+ Of All Skin, Body, And Hair Care Products

- Industrial chemicals *and byproducts* are basic ingredients in personal care products. The 10,500 unique chemical ingredients in these products equate to about one of every eight of the 82,000 chemicals registered for use in the U.S. Personal care products contain carcinogens, pesticides, reproductive toxins, endocrine disruptors, plasticizers, degreasers, and surfactants. They are the chemical industry in a bottle.
- 89% of the 10,500 ingredients FDA has determined are used in personal care products have not been evaluated for safety by the CIR, the FDA, or any other publicly accountable institution.
- **More than one-third of all personal care products contain at least one ingredient linked to cancer.**
- 57 percent of all commercial body care products contain "penetration enhancer" chemicals that can drive other ingredients faster and deeper into the skin to the blood vessels below.
- 79 percent of all commercial body care products contain ingredients that may contain harmful impurities like known human carcinogens, according to FDA or industry reviews. Impurities are legal and unrestricted for the personal care product industry.
- The government **does not require health studies or pre-market testing** for personal care products before they are sold. And as people apply an average of 126 unique ingredients on their skin daily, these chemicals, whether they seep through the skin, rinse down the drain, or flush down the toilet in human excretions, are causing concerns for human health, and for the impacts they may have to wildlife, rivers and streams.

- A growing number of studies in the field of testing that targets what are known as "PPCPs" — pharmaceuticals and personal care products — finds our personal care product ingredients in rivers and streams across the country. And some ingredients have been linked to impacts in wildlife - those that target the hormone system, for example, that have been linked to feminization of fish and other aquatic life.
- Fifty-seven percent of all products contain paraben preservatives, nearly two percent contain surfactants called alkylphenols and just over two percent contain estrogenic sunscreen ingredients.
- 50 percent of all products on the market contain added "fragrance," complex mixtures of chemicals, some persistent, some neurotoxic, found to harm humans and wildlife. Researchers at Stanford University published work in 2004 showing that mussels lost their ability to clear their bodies of poisons when exposed to parts-per-billion levels of common fragrance musks.

Source: Environmental Working Group: <http://www.ewg.org/reports/skindeep2/findings/index.php>

After reading all that, Purity takes on a new light! Now it's time to reclaim our Skin and Body Care Sovereignty - In the next section, I'll guide you through a step-by-step, 10 day program to IDENTIFY, SORT, and then THROW AWAY and RECYCLE THE EMPTY BOTTLE of every single product that is hurting you and your family!

10 Days To A Detoxed Life - Simple Steps to Make Purity a Priority

Special Bonus: 10-Day Purification Coaching Program

As a 'Thank You' for getting this far, and for being ready to DIVE IN and take 10 Days of Huge steps towards Purification and Beauty ...

I've created a FREE Program that personally guides you through every step of the process, going even deeper than the steps below.

Each day, you'll receive an inspirational update from me that supports you along the way. *There are hundreds of people participating, and we invite you along for the journey!*

[Click Here To Join Us!](#)

Day 1. Three times today, take a deep breath and meditate on the following words:

"I am a divine Being put on this Earth for a divine Purpose. Every inch of me is sacred and perfect. I treat myself with respect and reverence by embracing purity in my life."

Day 2. Take Inventory of The Bathroom

First, go to your medicine cabinet, bathroom shelves, drawers, and cabinets. Read the label on every single product and write down the name of the product and any ingredients that you don't understand. Especially write down the name of any product that doesn't have its ingredients listed.

Note: This includes Nail Polish, Makeup, Cleaning Supplies, Deodorants, Shower Products, Hand Soap ... I mean EVERYTHING.

Second, ask yourself “What is in my bathroom that doesn’t ‘feel’ right when I use it? Maybe you have a shower cleaner that smells offensive, a ‘chemical smelling’ perfume, or a deodorant that itches madly five minutes after you put it on. Write these on your list as well. Save your list for use in the upcoming days.

Third, repeat this process step by step in every bathroom in your home.

Fourth, feel gratitude for your initiative and take a nice deep breath because it’s truly difficult to start opening your eyes to what is going into and onto your body.

Day 3. Three times today, take a deep breath and meditate on the following words:

“The Earth and all life on it is Sacred. My capacity to revere and feel the connection of all life is what will save the Earth and heal and beautify my body. I vow to connect my roots once again to the Earth. The Earth has been designed perfectly with everything I need to thrive and reach my highest potential. Plants are the perfect nourishment for my body, and the perfect medicine to heal any ailment.”

Day 4. Take Inventory of The Rest of Your Home -

First, go to your kitchen. Look in the cabinet or closet that holds cleaning supplies. Read the label on every single product and write down the name of the product and any ingredients that you don’t understand. Especially write down the name of any product that doesn’t have its ingredients listed. *Note: This includes Dish Soap, Hand Soap, Wet Cleaning Wipes or Baby Wipes ... I really mean EVERYTHING.*

Second, ask yourself “What is in my kitchen that doesn’t ‘feel’ right when I use it? Maybe you have a cleaner that gives you a headache when you smell

it, or you intuitively wouldn't want to touch your skin. Write these on your list as well. Save your list for use in the upcoming days.

Third, repeat this process in the Laundry Room. Write down questionable ingredients or names from every product here.

Fourth, find any other places that hold products that come in contact with your skin or your lungs (through being sprayed). This may include the garage (pesticides & herbicides), or a hobby room (glues & paints).

Fifth, pat yourself on the back and take a nice deep breath because it's truly difficult to start opening your eyes to what is going into and onto your body.

Day 5. Today, truly FEEL and COMPREHEND fully the difference between something labeled as 'fragrance' in a product (often made-up of dozens or even hundreds of hazardous synthetic chemical compounds) and the pure essential oil of a flower. **Feel the difference throughout the day in your body and in your heart.** Perhaps even try products that have 'fragrance' on the label, and ones that have essential oil of lavender, for example, on the label - and feel how differently they affect your body, mind, and emotions.

Day 6. Grab The List You Made, Let's Get Down To It!

First, grab a pen and a highlighter. Go to <http://www.natural-skincare-authority.com/cosmetic-chemicals.html>. Scroll down until you find the list, and compare with your list for the ingredients you wrote down. Those that match with this site are the MOST dangerous! Highlight any ingredient that matches with this list.

Second, The Environmental Working Group has a comprehensive database, called Skin Deep, that you can use to check the safety of an ingredient or

product. Look up the ingredients you found in your products, or look up the products that don't have an ingredients list here:

<http://www.cosmeticsdatabase.com/>

Third, visit the [Campaign For Safe Cosmetics](#) website and read any articles that draw your attention, 'debunking' the beliefs that many of the items we use on a daily basis are safe!

Fourth, Review your list. Find the items with the most highlighter marks, or the items you use EVERY DAY or multiple times per day! We're going to decide what to get rid of immediately. Put a circle around five to ten items that you use MOST frequently, and that MUST be gotten rid of. Take a deep breath. Now circle anything else that you can replace immediately. Finally, UNDERLINE things that can be used up then replaced with something better.

Fifth, take another deep breath, and say 'Thank You' - you have just added years to your life and the lives of your family members. It's hard to choose to get rid of things, however when it's a life and death matter, nothing is easier.

Day 7. It's Time To Release!

Today, gather ALL the items you circled and put them on your kitchen counter. Make a quick list of what they are, e.g. "Eyeliner, Dish Soap, Facial Moisturizer" so you know what you've dumped.

NOW, I give you permission to DUMP THE CONTENTS OF EACH AND EVERY ONE OF THESE items into a garbage bag. Breathe out as you release these things.

Finally, Wash, and Recycle the bottles of everything you dumped out. We're disposing of some things, and we must honor the Earth and Her health for Her sake and for Ours, by doing our absolute best to dispose in the most

responsible way we can and always recycle the containers!

Day 8. Go Shopping!

Now that you have *released* the products that were hurting you and your family - it's time to check out some new products by responsibly reading EVERY skin and body care label. Just like buying food, find healthy and joyful alternatives. Try your local natural foods store and again, read the labels *very carefully* – as many toxic products can be disguised with creative marketing and pretty labels. Visit www.LivingEarthBeauty.com for more ideas and raw, vegan, organic skin and body care products that will make you healthier and more beautiful. These products are personally curated and used by me, and are *the most pure, effective, and high-energy on the planet!*

Only skin and body care that is 100% Pure, From the Earth, and Nutrient-Dense can create a Flawless Look. Read labels and replace with joy!

Day 9. Use your new PURE products throughout the day (you might have to wait a few days if you placed an order online) and FEEL/SEE/SMELL/LOVE the difference! Just like being in a skyscraper versus on the beach or walking in the forest - the experience is everything. Do these new products bring you joy? Can you FEEL how they nourish and beautify you outside and inside?

Day 9 1/2 BONUS: Here are some more daily rituals that help me create a 'Flawless Look':

***Drink plenty of water!** Drink 1 liter of water upon waking and carry a glass bottle full of living, mineral rich spring water with you at all times.

***Exercise** Exercise brings more vibrancy and life to the skin by oxygenating and bringing blood flow to all tissues. Regular exercise helps the body to detoxify built-up bodily wastes.



***Skin Brushing** Dry Skin Brushing help to detoxify the skin.

***Quarterly Cleanses** Choose to detox with specific cleanses that focus on the skin, the blood, the kidneys, the liver, the gallbladder, and the colon. There are various effective natural cleanses available to do on your own or with a coach, and all cleanses work faster and more effectively in conjunction with Colon Hydro-Therapy.

Day 10. Spread the Love – This is essential! Share what you have learned with your friends and loved ones. (See the “Steal This Report” section for some quick links!) Tell everyone about your transformation, how it FEELS, and how they as well can be safe, healthy, and beautiful.

SPREAD THE LOVE!

Here's what you can do to spread the word about *Purify My Life*:
(You'll be helping your friends, loved ones, and people all over the world keep their families safe from toxins in the home!)

1. [Share on Facebook](#) 
2. Email *Purify My Life* to a friend (send them this link: <http://leb.bz/pure>)
3. [Tweet It!](#) 
4. Leave a comment about your experience [on our blog](#)
5. Print out a copy and give/mail this report to your loved ones

Purity is Love. Love is Purity.

Everything that has been provided for us by the Earth is perfect. We cannot improve upon nature! Our attempts to 'do better' than nature with quick-fix products, pharmaceuticals, and anti-aging chemicals only cause damage to our bodies and damage to the Earth. We are designed to flourish, both inside and outside, by staying true to what has been gifted to us from the Earth. Purity is the cause and result of the vibrant health and beauty that is our birthright. Only something that is pure can heal damage caused by impurity and return us to a pure state. Purity means eating foods and using skin care are derived directly from the plants of the Earth. These plants are an expression of the sun's love, the water's love, the soil's love, the love of all of creation.

Live a life in connection with the Love that Earth IS by eating pure, natural foods, and using pure, natural body care. We are literally infusing our beings with the love of the Earth. *That* is purity. *That* is how to create Flawless Beauty and Radiant Health.

I am sending you infinite Love and Blessings,



Jill

P.S. Please be good yourself and the planet - choose ONLY pure, natural, raw, vegan, organic skincare!

All About Jill Bickford



Jill Bickford is a certified Holistic Health and Nutrition Counselor, Natural Skin Care Specialist, and 100% Raw Vegan. She has healed her body with a Living Vegan Earth-based lifestyle and believes that by caring for our bodies with the gifts that the Earth has provided, we are most connected to our power, divinity, health, and

happiness. Her life is a love affair with the constant expression of the sacred in all forms. Jill envisions a world where we live in connection with Nature and all beings, creating harmony and wellness. As an expression of this vision, she founded www.LivingEarthBeauty.com with her husband, Jed.

www.LivingEarthBeauty.com

is *the* source for Pure, Raw, Vegan, Organic Skin and Body Care.