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## Going green III

labeled "fragrance free"; "unscented" products could contain a fragrance-masking agent.

**>Buy better bubbles.** Whether it's hand soap or bubble bath, choose plant-based options over petroleum-based ones. Petroleum-derived products not only maintain oil dependence and deplete a nonrenewable resource, some of them contain 1,4-dioxane, a known carcinogen. A 2004 EWG study found 1,4-dioxane in 57 percent of baby soaps tested, and in most adult personal care products.

Antibacterials are unnecessary; regular and castile soap are just as effective in killing germs. Lather up and vigorously rub your hands together while saying the alphabet, and teach your child to do the same. That's how long it takes for the soap to do its job.

**>MIY: Make it yourself.** Find simple replacements or create your own; it's a lot easier and more cost effective than you think. For example, use aloe vera gel to soothe the diaper rash and substitute almond or apricot oil for conventional baby oil. *Healthy Child, Healthy World* contains several easy recipes for effective products.

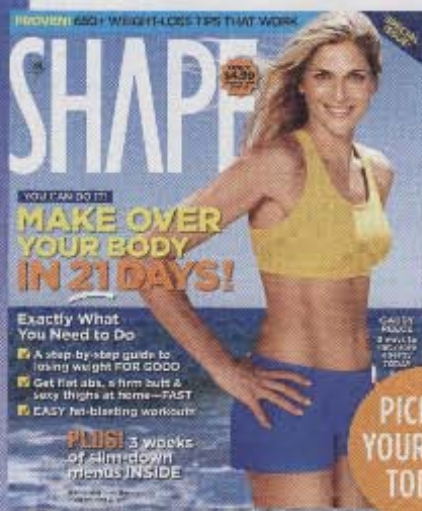
## Shop smart

Here are some purer personal care brands to try. For links to these companies and to the *Healthy Child, Healthy World* Pocket Shopping Guides, go to [fitpregnancy.com/inthisissue](http://fitpregnancy.com/inthisissue).

- \* Aubrey Organics
- \* Aura Cacia
- \* Avalon Organics
- \* Burt's Bees
- \* California Baby
- \* Dr. Bronner's
- \* Earth Mama Angel Baby
- \* Jason Naturals
- \* Perfect Organics
- \* Weleda
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