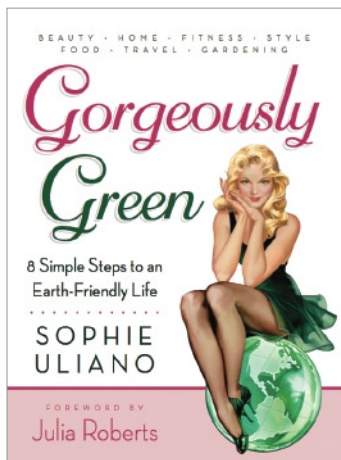


ORGANIC  
DIVA

# Book Club



*"I quite simply cannot list all the amazing aspects of this book you are about to read, but I can tell you this: I love to shop. I love to cook. I love to feel that I have done one thing a day to educate myself and my children in making the world a better, stronger place to live in. Easier said than done, right? We would all do the right thing/things if only we had the resources, the answers, the advice we need. What can I tell you, but here it is!"*

from "Gorgeously Green"  
Foreword by **Julia Roberts**

[www.organicdivas.com](http://www.organicdivas.com)

You've seen her on "Oprah" now meet Sophie Uliano, author of "**Gorgeously Green: 8 Simple Steps to an Earth Friendly Lifestyle**" as she talks with Organic Diva. Sophie offers an upbeat solution-oriented program in "Gorgeously Green" by showing Divas how to live a sustainable life in style. "From lipsticks to light bulbs, you will learn how to feel gorgeous without polluting yourself or the planet." Sophie's program covers beauty, home, fitness, style, food, travel and gardening in an entertaining way thanks to her English wit.



**Sophie Uliano**

Show Sophie some Organic Diva love by picking up her book and making one of her suggested changes daily. You and your world will be even more beautiful. (Is that even possible?!)

**OD:** You cover so many great topics in your book. For our purposes today, we'll mostly focus on cosmetics. What is your advice to women who are just becoming aware of toxins in their cosmetics?

**SU:** There is a great media buzz right now about how some cosmetic companies are taking all the "bad" chemicals out of certain lines or how a particular nail polish brand is completely safe; however, these claims should be based on scientific evidence and often aren't.

Most products claim to be natural or say that they contain botanicals or plant extracts. This means absolutely nothing—they may well contain miniscule amounts of these ingredients but they also use a plethora of chemicals and additives.

**OD:** What else should Organic Divas watch out for?

**SU:** Definitely the Dirty Dozen. They should also watch out for "unscented" or "fragrance-free," which often means that synthetic ingredients have been added to mask the odor. Also be wary of "hypoallergenic." Although the most common irritants may have been left out, the product could still contain other ugly stuff.

**OD:** What's a Diva to do?

**SU:** Don't waste another penny on a cream or lotions that wasn't produced with your health in mind. If you are in doubt or confused by a particular product you own, you can go to a website [www.safecosmetics.org](http://www.safecosmetics.org) and actually type in the product to get the safety scoop on it. (And of course, shop at Organic Diva!)

**OD:** One of our Divas recently emailed to ask what she should do with her old products?

**SU:** It's true that all of the toxic chemicals in the products we use get washed into the water and affect fish and wildlife. I put my old toxic cosmetics out with our hazardous waste.

**OD:** What is your final advice to women who are trying to make healthier cosmetic choices?

**SU:** Read the ingredient labels on the products you use. Get a magnifying glass if you must. Also, try to use products that use 20 ingredients or less. It's up to women to make healthier choices for themselves and their families. They can do this by educating themselves. A good place to start checking the safety of their products is the Environmental Working Group's site [www.ewg.org](http://www.ewg.org). The EWG covers every aspect of the environment and is pushing companies that need it to make our world a healthier place.

The following are a list of products on the Organic Diva website that Sophie recommends in her book:

"**Suki** has an excellent exfoliating lemongrass cleanser that you want to eat off your face as it drips down."

"**Afterglow Cosmetics** are made from pure crushed minerals and are really safe. Everything from my base to my eyeliner is Afterglow."

"**UV Natural** is a fabulous sunscreen that contains no chemicals, and I love that a little goes a long way. It's extremely thick, so squeeze out a dime-size amount into your palm, rub your hands together and then apply (the heat of the hand rubbing helps to soften it.)"