Deodorant; If You Want it Done Right, Do it Yourself

‘Looking for a source of high quality deodorant, worthy of your skin and subsequent delicate organs? Why, make it yourself! No need to read ingredients, no need to wonder what they really mean because you are the manufacturer.

Homeopaths recognize that the skin and internal organs are keenly connected. We also understand that anything that’s placed on the skin has the potential of being absorbed and forces the system to distribute. So salves, roll-ons, sprays and creams, particularly placed on a most tender and delicate area of the body are important considerations. Remember, the lymph nodes responsible for battling infection and such are only millimeters away from the underarm area. So, what we apply on our skin must be worthy of our entire system. Here’s a good rule to follow that I teach my students and clients:
If you wouldn’t eat it; don’t wear it!

Below are my favorite ingredients, chiefly because they’re edible, but also because they’re the properties we’re looking for in a quality deodorant. If you have suggestions, especially that would help minimize the liquidly result caused by coconut oil in warm temperatures, please let me know. We’ll adjust the recipe.

1) Let’s begin with coconut oil. It’s a good ingredient choice because it has natural antibacterial properties and is soothing and nourishing to delicate, underarm skin. The only trouble with coconut oil is that it melts in very warm weather, so I recommend keeping it in a tightly sealed container if traveling or in very hot weather. The importance of it in the diet should also be considered, but that’s the subject of another article.
2) Our second ingredient is baking soda which has a reputation

for naturally antidoting odor and balancing the acid/alkaline of the skin. ‘Right out of the kitchen pantry!
3) And of course, essential oils have been employed in an effort to reduce odor, so I chose sage because it’s also reputed to have natural antiperspirant properties as well as a pleasing aroma. ‘Very fresh smelling.
4) Cornstarch is an acceptable addition as long as one isn’t allergic to corn. Be sure to buy the organic version. At some point, I’d like to find GMO-free , but for now it works to absorb wetness. I’m still experimenting with arrowroot powder and bentonite clay. ‘Will keep you updated.

Here’s my home made sage deodorant that’s been a staple for my clients for some time:

Homemade Sage Deodorant

• 1 2/3 cup high quality coconut oil, such as from GreenPasture.org
• 1 cup of baking soda
• 1 cup cornstarch
• 1-2 drops of sage oil such as from YoungLiving.com
• Deodorant roll-up containers http://www.fromnaturewithlove.com/package/product.asp?product_id=botdeod

Gently warm the coconut oil so that it’s either slightly liquid-y or just soft enough to stir easily. Keeping it near the stove before mixing, will accomplish this. Combine all ingredients in a bowl using a spoon. Once thoroughly blended, spoon the mixture into a deodorant stick container and there you have it!

Homemade, inexpensive, gentle, and effective….’Love it!