

## Homemade Deodorant

The armpits are some of the key lymph discharge areas. Modern deodorants and antiperspirants are filled with poisons that harm the lymph and immune system. But, detoxing can be stinky business therefore, here is something fun to make THAT WORKS!

Here's what I used:

- ~4oz. Coconut Oil
- ~1oz. of Beeswax
- ~1 oz. Shea Butter
- ~1/4 Cup Baking Soda
- ~1 Tblspn Vitamin E Oil
- ~1/2 Cup Arrowroot powder
- ~10 Capsules of Powdered Pro-biotics
- ~2-3 Teaspoons of any essential oil with antibacterial properties: eucalyptus; rosemary; thyme; tea tree; frankincense; myrrh; lemongrass; lemon; peppermint; spearmint; pine; cedar; chamomile; cinnamon. (clove and oregano are too spicy on the pits!)

Melt down the beeswax (use a double boiler, if you have one), add the coconut oil and Shea butter make sure not to get the mixture too hot: just hot enough to melt everything.

Next, add the arrowroot powder, baking soda. Stir for a few minutes to dissolve as much as possible. Allow to cool down, stirring occasionally (don't let it get hard, it should be a little warmer than body temperature) before adding Vitamin E, essential oils and pro-biotics. Blend thoroughly. This mixture should make about 12oz. This should last quite some time. You can put the extra up in the freezer or give away as gifts to health conscious loved-ones. You can use small glass jars to put your deodorant in and can rub it on your armpit with your finger but you can always purchase deodorant jars from [GloryBeeFoods.com](http://GloryBeeFoods.com) store, if you'd prefer.