Team Minor: Week of June 7, 2015 #19 - Personal Grooming

Project Participants
The following group will be needed in this on-going project:

- 4 Men
- 12 young people age 12 or over

Need To Know Information About Personal Grooming
From a big-picture perspective, personal grooming is a critical issue that relates to your health due to the parasite infection on the planet. We've been deliberately told to use the wrong type of soap (alkaline soap neutralizes the body’s acid mantle that creates a barrier against microorganisms that cause infection) and microscopic parasite eggs are everywhere. Earth is also heavily polluted with plastic, a material that is known to develop biofilms. For background information, see: [http://en.wikipedia.org/wiki/Biofilm](http://en.wikipedia.org/wiki/Biofilm).
To deal with these factors, you will need to develop a daily routine that includes personal grooming measures designed to inhibit the growth of microscopic and larger parasites including:

- **pH**
  All “bugs,” large and small, thrive in an alkaline environment. For more information, see my article titled “Scientists Who Say Parasite Thrive in Alkalinity” at [http://articles.x10.mx/parasites_alkalinity.html](http://articles.x10.mx/parasites_alkalinity.html).

- **Acetic Acid**
  Acetic acid, or white vinegar, is a weak acid that is powerful enough to kill small microorganisms and inhibit the growth of larger parasites. This is a powerful addition to a laundry load and can also be used to disinfect surfaces, as well as your skin (remember, an acid mantle creates a barrier against harmful bacteria).

- **Vitamin C**
  Vitamin C, or ascorbic acid, has been called a “universal electron donor.” It is this oxidation-reduction reaction and a release of electrons that clobbers bugs. Powdered Vitamin C is a component that is planned as an extra boost for disinfecting baby diapers as they are washed.

- **Few Soap Choices**
  We live on a planet that has used highly alkaline soap for thousands of years (made with lye). It seems almost impossible, but it is true. The only soaps (that I can find) that do not harm the body’s acid mantle are glycerin soap (pH neutral), Miracle II (pH neutral) and goat milk soap (slightly acidic due to caprylic acid content). Glycerin soap is not my favorite soap because it gets gooey easily. Care must be taken to dry a glycerin bar carefully each time the bar is exposed to water. I have not used very much goat milk soap, but I’m looking forward to trying this as an alternative (and possibly learning how to make it from goats’ milk).
Knowledge is Power
Once you understand Earth’s parasite problem, you will understand the need for daily showers (with soap) and the need to wash clothes (with Purex Natural elements and 2 cups of white vinegar).

Air Drying Clothes
Heat in a dryer is very destructive to fabric and you’ll need to air-dry many of your clothes. Cotton woven fabric (e.g. white shirts) and towels can withstand the temperature in a dryer, but cotton knit cannot. Drying shirts for short periods in a dryer (to limit wrinkles) is also a popular approach. One of the challenges co-ops will face with so many people air-drying their clothes is finding places to hang clothes. A tripod 2-tiered dryer offers a solution:
Dowse to Find Locations to Shower and Wash Clothes
Adults will need to introduce children to a daily routine that will require a tote bag full of essentials such as a towel, a bar of glycerin soap (in a travel soap dish with a soap saver), a Ziploc bad for a toothbrush, as well as deodorant, and possibly hair products.

Silicone coin purses will be provided with quarters for use in the washing machines.

Soap and Vinegar Supply in the Laundry Rooms
Six gallons of white vinegar, extra plastic measuring cups and bottles of Purex Natural Elements liquid laundry soap need to be loaded in a bike trailer — for the assigned task of restocking supplies in the laundry rooms. This is an important aspect to a personal grooming project.

Shoes
Teva sandals (everyone will have this type of sandal) are very rugged and can also be washed in a machine occasionally.

A large shallow tub with a cocoa mat (filled with soap and water) will be available for cleaning garden shoes that get caked with mud.

Extra-large Ziploc bags are available for shoes that need to be stored in your large tote bag.