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| **Environmental Enlightenment #190**By Ami Adini - March 31, 2017

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| This is a SHORT, LIGHT and SIMPLE newsletter. Its purpose is to rekindle in the initiated concepts they have once learned, and enlighten the uninitiated on concepts they may have never heard of, but will understand once they are introduced to them. |
| **Deeper than Skin**Substances enter bodies in three ways: eating (ingestion), breathing (inhalation), and skin (dermal) absorption.http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-002.jpgA sage once said, “Do not ingest the food whose name you can´t pronounce.” In decades of practice in hazardous-substance arenas, I learned to adopt the “can´t pronounce” rule for substances that may come in contact with the skin.Out of mere boredom, one day I picked up a face-shaving lotion at the store and attempted to read the ingredients. I gaped, pulled a pen, reached for a napkin and listed them down:

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|   | C12-15 alkyl benzonateC13-14 iso paraffinGlycerinIsononyl isononanoateDimethiconePhenooxyethanolTocopheryl acetate Retinyl palmitateAllatoinPanthenolPolypropylene glycolChitosan lactateMenthyl lactateIsopropyl paraben | http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-004.gif | Isobutyl parabenButyl parabenBenzyl alcoholPhenoxy ethanolIsobutyl paraben Butyl parabenEthyl parabenPropyl parabenFarnesolBisabololDisodium EDTAPolymethyl metacrylatePolyacrylamid |

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| Goodness! Twenty-seven terms I could not straightforwardly pronounce or spell!Back in my office I opened a chemical encyclopedia and gave up in a hurry. | http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-006.jpg |

The next morning, I concocted the *Ami Adini’s Homemade Shaving Lotion for the Enterprising Male.*

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| The ingredients:Liquid soap of the most basic formula, and, cold-pressed, extra virgin olive oilThe application:Wet the face with warm water.Apply the soap and lather it up in light strokes.Apply the oil onto the soaped face with light strokes.The combination of oil and soap creates a rich, smooth lather. | http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-008.jpg | http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-010.jpg |

While some commercial formulas result in closer shaving, my wife has yet to complain.http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-012.jpgAnd topping it all is my sense of well-being, knowing that the complex life processes running my system are now isolated from 27 alien substances.

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| A disclaimer is in order, to the effect that as much as I would like to see you benefiting from my experience, skin care is not my trade, I know miserably little about it, and you are on your own if you should decide to follow my formula, on which I maintain no exclusivity. |   | http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-014.jpg |

Healthfully,http://amiadini.com/NewsletterArchive/170331-NL190/envEnl-190-016.gif |
| You can find past issues of our "Environmental Enlightenment" at [amiadini.com](http://www.amiadini.com/) Wealth of information about environmental site assessments in the real estate transactions and issues concerning assessment and cleanup of contamination in the subsurface soil and groundwater. |

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| Call me if you have any questions. There are **no obligations.**Ami Adini Environmental Services, Inc.Environmental Consultants & General Engineering ContractorsCalifornia Lic. #1009513 A B HAZ ASB**818-824-8102**; **mail@amiadini.com**[www.amiadini.com](http://amiadini.com/)Ami Adini is a veteran environmental practitioner with over 40 years of experience. He carries a Bachelor of Science degree (B.Sc.) in Mechanical Engineering including academic credits in Nuclear and Chemical Engineering and postgraduate education in these fields. His career includes design and construction of nuclear plant facilities, chemical processing plants and hazardous wastewater treatment systems. He is a former California Registered Environmental Assessor Levels I & II in the 1988-2012 registry that certified environmental professionals in the assessment and remediation of environmentally impacted land, and a Registered Environmental Professional (REP) since 1989 with the National Registry of Environmental Professionals (NREP). He is a California Business & Professions Code Qualifying Responsible Managing Officer (RMO) in the General Engineering Contractor classification with Hazardous Substance Removal and Asbestos certifications, and president of AMI ADINI ENVIRONMENTAL SERVICES, INC. (AAES), a general engineering contractor and consulting firm specializing in environmental site assessments, rehabilitation of contaminated sites and removal of environmental risks from real-estate transactions. (Contact Ami for a complete resume.) **AAES provides practical solutions to environmental concerns using the highest standards of ethics and integrity while providing its clients with maximum return on their investments.** |

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