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# 11 Easy Ways to Go Organic

By: Andrew Daniels

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## Fine-tune Your Fragrance

Unlike organic foods, organic toiletries aren't bound by any national guidelines, so you'll have to become more adept at deciphering their labels. "Avoid anything with a lot of chemical-sounding ingredients," says Rodale, "and steer clear of anything called 'parfum.'" That's the calling card of a synthetic fragrance, many of which contain phthalates—a class of endocrine-disrupting chemicals that have been linked to health issues ranging from obesity to infertility. Use organic deodorants, colognes, and lotions—like those produced by Herban Cowboy ([herbancowboy.com](http://herbancowboy.com))—instead.

