

How important is a Food-Safe finish to the Maker?

Can chemicals be absorbed into your bloodstream?

You bet they can. It depends on the chemical. Consider that medicine can be administered through a patch on the skin: Nicotine patch. Insulin patch. Fentanyl patch. Birth control patch. Clearly, if medicine can absorb through the skin and into the blood, so can other substances. In fact, back in 2004, the Environmental Working Group published studies that found toxic chemicals in the umbilical cord blood of newborn babies born in the U.S. They screened for more than 400 chemicals, and detected 287 toxins.

The bottom line is chemicals can be absorbed by the skin, and since science is not yet sure which chemicals enter the bloodstream, your safest bet is to avoid putting any chemicals on your skin. Plus, even if a chemical doesn't make its way into the bloodstream, it can cause problems on the skin itself through irritation, rash, and even cancer.

What are some of the chemicals to avoid putting on your skin?

A good motto: if you can't pronounce it, don't use it. Petroleum derivatives, preservatives, synthetic fragrances, and dyes should be avoided. These go by many names including Olefin Sulfonate, Sodium Lauryl Sarcosinate, Potassium Cocoyl Glutamate, Sulfates, Parabens, and Phenoxyethanol.

The above was copied from the internet so do your own research to be sure.

I have been looking for a finish with No Petroleum derivatives.

No Toxic or harmful substances, Or vapours.

The 3 Tried and True finishes I looked at seem to meet that goal

Tried and True Original.

Tried and True Danish

Tried and True Varnish

See what the maker says: <https://www.triedandtruewoodfinish.com/products>

Using Tried and True Original. I have evolved a simple, safe, fast method, that produces a finish I love, and makes finishing a pleasure.

The full video can be seen here: <https://www.youtube.com/watch?v=a5lssFc9iJg>

Get the Formulas here: [Richard's - Food Safe - Finishing.pdf \(novawoodturnersguild.com\)](#)

Get this Pictorial here: [RJF A Foodsafe Finishing Pictorial.pdf \(novawoodturnersguild.com\)](#)

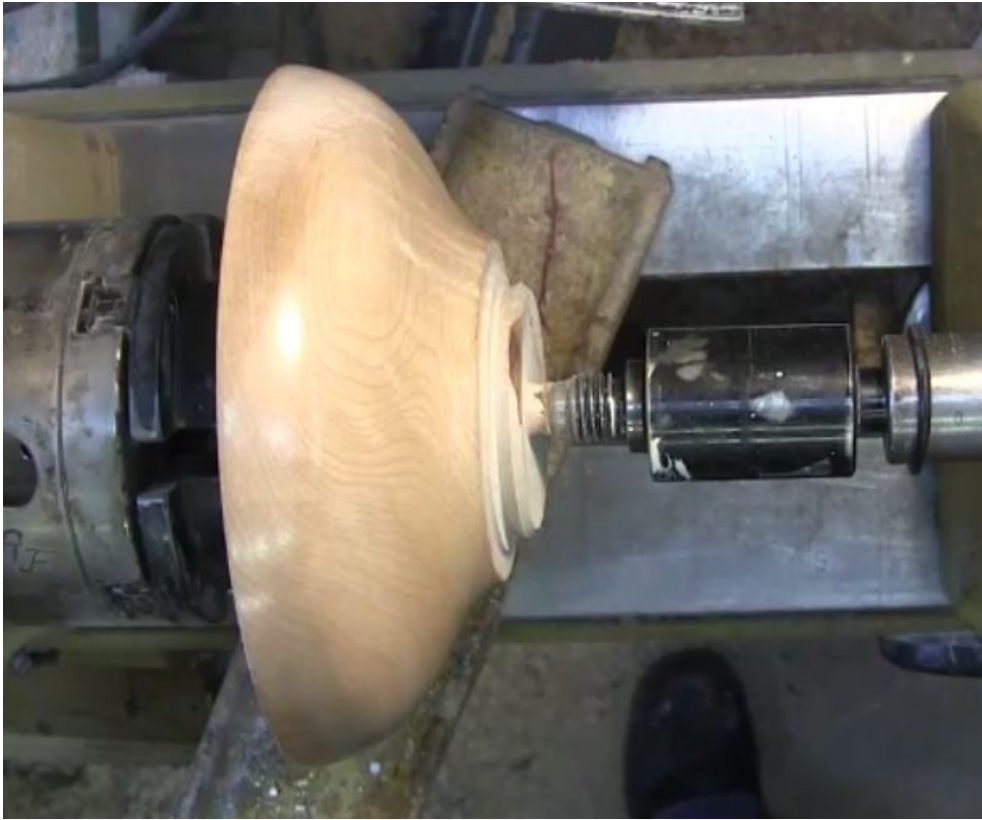
Below is a pictorial representation of the steps of the method:



01 All finishes start with the surface preparation. Here I use 400-600 grit.



02 Rubbing in the 1st coat of Tried & True Original



03 a 2min bonding/setting rest. Just let it sit for a couple of minutes.



04 Rubbing the finish into surface with bare hands and checking surface.



05 Rubbing Nova-Silk into surface with one spot of napkin.



06 Nova-Silk rubbed until it's gone.



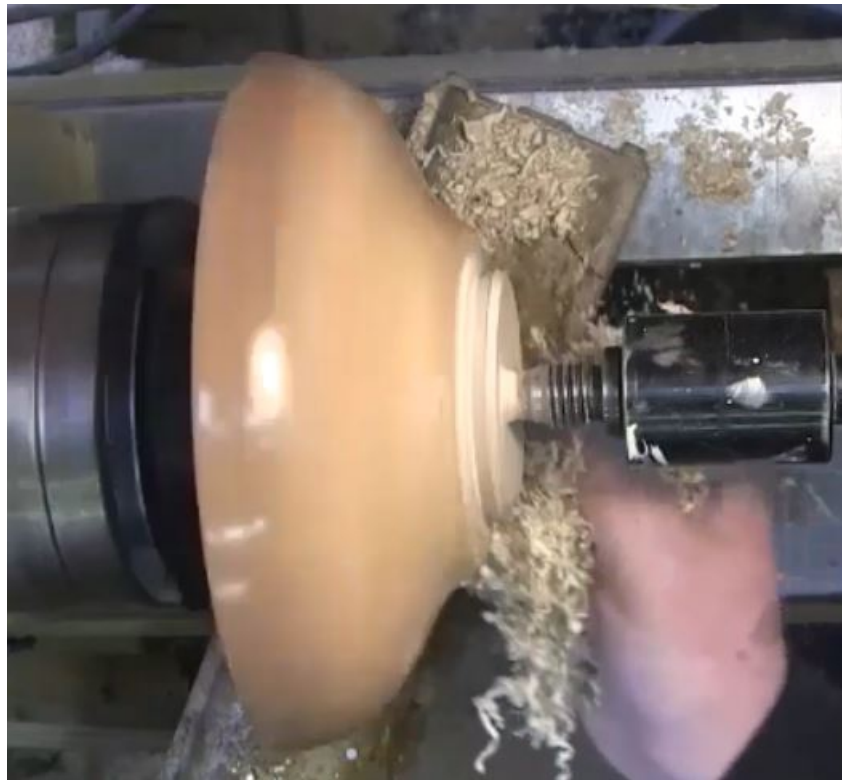
07 Burnish with wood chips or 000 steel wool.



08 Repair any imperfections, before continuing, here orbital sanding with 600 grit abranet.



09 Rubbing in the 2nd coat of Tried & True Original



10 After 2min bonding/setup, Burnish with wood chips or 000 steel wool



11 A final polish with a paper towel.



12 With the outside finished, repeat the process on inside and base.



13 The Inside finished with the same process.



14 The Base finished the same way.



15 After a min 24hrs curing in a warm location it's Buffing Time.



16 Buffed with Tripoli. (Tried & True Original Finish Polished)



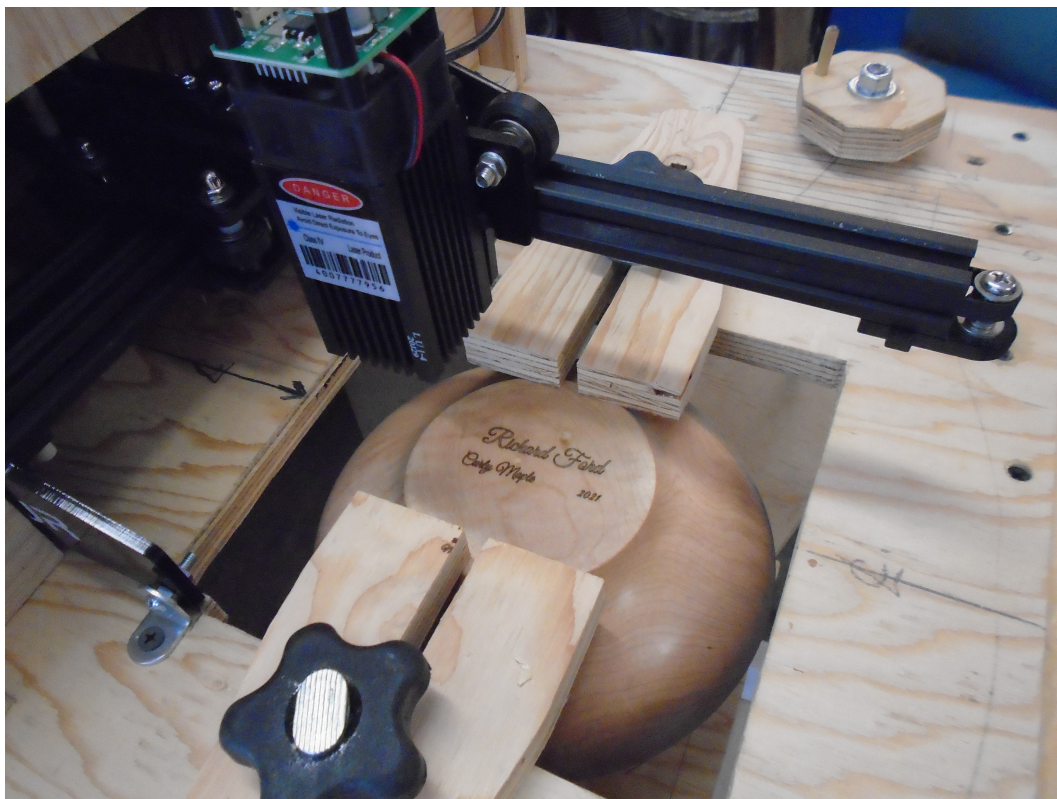
17 Buffed with White Diamond. (Tried & True Original Finish Polished)



18 Buffed with Carnauba Wax.



19 With the Base Signed.



20 My New Bowl/Vase Signing Pen.

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Presented by Richard Ford...