

**The following products are only a sample of some of the most common products in your cosmetics, hair and skin care products. All are extremely hazardous to your skin. We have only begun to understand the long-term effects of these ingredients.**

**MINERAL OIL:** A petroleum derivative that seals in moisture and breaks down skin oils and makeup. Often found in lipstick, lotions and makeup removers. Some forms of mineral oil have been linked to cancer, skin and eye irritation. Mineral oil also clogs pores because it does not allow the skin to breathe or release toxins. By inhibiting the skin from breathing and releasing toxins, mineral oil slows down the skin function and normal cell development causing the skin to prematurely age. Stay away from this product.

**PETROLATUM (mineral oil jelly):** A petroleum derivative common in lip balms. Petrolatum clogs skin from taking in oxygen and releasing toxins. Highly acne producing, it can cause both sun sensitivity and chapping. Incredibly cheap for manufactures. Stay away from this product.

**METHYL PROPYL BUOTYL and ETHYL PARABEN:** Used as preservatives to inhibit microbial growth to extend products' shelf life. May cause allergic reactions and rashes. Contain highly toxic formaldehyde-releasing ingredients which are carcinogenic, increasing the risk of cancer in both men and women. Stay away from this product.

**SYNTHETIC FRAGRANCES:** Used in most cosmetics and cleaning products. Synthetic fragrances can contain hundreds of chemicals. Unfortunately, due to the lack of regulation almost all labels usually only identify chemicals as "fragrance". Many cosmetics don't even bother to say "fragrance" at all. Synthetic fragrances cause headaches, dizziness, rashes, coughing, vomiting, skin irritations, etc. Hydrocarbons such as formaldehyde, styrene, toluene and phenol can cause depression, exhaustion, anxiety, dizziness, diminished blood flow and brain damage. Stay away from these product.

**PROPYLENE GLYCOL:** Derived from petroleum and used as a humectant to keep products moist. Propylene glycol is also used as a key active ingredient in antifreeze. Propylene glycol breaks down protein and cellular structure. It is so dangerous that the EPA requires workers to wear protective gloves, clothing and goggles when working with it. Frequently used in antiperspirants, suntan lotions, lipsticks and hair care products. The National Toxicology Program classifies Propylene Glycol as a skin and eye irritant, possible carcinogen and known to cause liver and kidney damage. These chemicals were removed from cat food because cats were dying of liver failure. Stay away from this product.

**RETINYL PALMITATE:** A topical form of Vitamin A derivative. It is listed on the Health Canada Product Safety Bureau's Hit List as TOXIC.

**SODIUM LAURYL (LAURETH) SULFATE (SLS or SLES):** Holds oil and water together and acts as a detergent causing your products to foam. One of SLS's original uses was as an industrial garage floor cleaner. Now used in cosmetics and personal-care products as a wetting agent which makes suds extremely well. Incredibly inexpensive and added to everything from shampoos, toothpastes, bubble baths and lotions. Extremely irritating, SLS causes skin irritations, itchiness, cracking (from dishwashing soap), dandruff and infections in children (from bubble bath). SLS has also caused corneal damage to animals. It creates nitrates in the body when mixed with other common chemicals in cosmetics, ultimately producing known or suspected carcinogens. SLS penetrates incredibly easily especially in shampoos, entering the body through the large hair follicles on the head. The national Toxicology Program classifies it as a skin and eye irritant. Avoid this product.

**PEG (Polyethylene Glycol):** PEG's are used to dissolve oil and grease, and to thicken products. They strip the skin of its natural moisture factor, leaving the skin and hence the immune system vulnerable. They are also potentially cancer causing. They are used in spray-on oven cleaners and, not surprisingly, in many hair care and skin care products.

**TALC (Magnesium Silicate):** a natural mineral found and lung irritant, Talc is a slippery, finely powdered mineral that absorbs moisture. It is widely used in makeup and body powders. Talc has been linked to ovarian and lung cancer. It is NOT biodegradable. Talc has caused babies to severely cough, induced vomiting and pneumonia. Stay away from this product.

**DEA (Diethanolamine), MEA (Monoethanolamine), TEA (Triethanolamine):** three are hormone-disrupting chemicals and form cancer-causing agents. They are commonly found in bubble baths (in which we relax and soak for long periods), shampoos, soaps and facial cleansers. They are easily absorbed by the skin, and research indicates a strong link to liver and kidney cancer. There is also evidence that carcinogens form when Cocamide DEA (a cleanser, thickener and foam booster) is applied to the skin.

**FORMALDEHYDE:** Widely used in cosmetics as a germicide, preservative and fungicide. Formaldehyde is very often in cosmetics and not listed as an ingredient. It is also found in soaps, nail hardeners, lipsticks, body lotions and shampoos. Formaldehyde is suspected as a powerful carcinogenic and mutagenic, damaging and inhibiting the repair of DNA. Despite all evidence of negative implications of use, Formaldehyde is still widely in the US. Banned in Sweden and Japan. Stay away from this product.

**QUATERNIUM-15:** used as a preservative in cosmetics and toiletry items, as well as skin moisturizers and hair care products. It commonly causes allergic reactions and dermatitis, and breaks down into formaldehyde (see above).

**IMIDAZOLIDINYL UREA and DIAZOLIDINYL UREA:** both are very common in cosmetic preservatives after the parabens. IU and DU are often found in baby shampoos, lotions and creams. IU and DU are also known to cause dermatitis (inflammation of the skin) according to the American Academy of Dermatology. Also may cause joint pain, allergies, depression, headaches, chest pain, ear infections, chronic fatigue, dizziness, loss of sleep, or even function as asthma triggers. Serious side effects include the weakening of the immune system, and, as usual, cancer. Stay away from this product.

**ISOPROPYL ALCOHOL:** petroleum derived, and is used in antifreeze and shellac. Side effects are headache, dizziness, mental depression, nausea, vomiting, and coma. It is commonly found in hair color rinses, body rubs, hand lotion and aftershave lotions. It penetrates the skin easily and is thought to destroy intestinal flora, leaving your body's major organs open to parasites, and thus to cancers. Considered by the petroleum industry as an "industrial byproduct" (read: industrial waste).

**ARTIFICIAL COLORS:** Generally referred to on labels as "FD and C" followed by the color. These colors are coal-tar derivatives and NOT plant-based. FD and C Red No. 6 and Green No. 6 are suspected of causing cancer. Stay away from ALL artificial colors.

If you're thinking you will simply start buying cosmetics that say "organic", "natural", "hypo-allergenic" or "herbal" to avoid these dangerous chemicals please beware. Products with these labels still often contain these dangerous chemicals, minerals and synthetics because there is no regulation or standard that companies who label their products are required to follow. Read the ingredients.

The typical adult uses nine cosmetics/ personal-care products a day with an average daily load of around 126 chemicals. Most of these chemicals (including the one's mentioned above) are absorbed into your body through your skin. Others, found in lipstick and lip balm, you actually eat as they come off your lips when eating, drinking or wetting your lips.

Cosmetic companies use synthetics and fillers in their products to keep costs down and give themselves the greatest profit margin possible. They are spending pennies on the dollars you spend at your local drug or department store to buy their products. What you are paying for is an image of beauty perpetuated in advertisements. You are not usually paying for quality with most commercial cosmetic brands.

What can you do to save your skin and your body from exposure to a lifetime of harmless chemicals? Inform yourself, read labels, investigate products if they don't list ingredients. There are natural alternatives that are better for you and your skin.